



Here are five beginner-friendly yoga poses to help you get started on your yoga journey:

- **Mountain Pose (Tadasana):**
- Stand tall with your feet together or hip-width apart, arms by your sides, and palms facing forward.
- Engage your thighs, lift your chest, and roll your shoulders back and down.
- Relax your facial muscles and focus on steady, deep breathing.
- Hold the pose for 30 seconds to 1 minute, gradually increasing the duration as you become more comfortable.



[www.RetreatsHuatulco.com](http://www.RetreatsHuatulco.com)

- **Downward-Facing Dog (Adho Mukha Svanasana):**
- Start on your hands and knees with your wrists aligned under your shoulders and knees under your hips.
- Exhale and lift your hips upward, straightening your arms and legs to form an inverted V shape.
- Press your palms firmly into the mat, spreading your fingers wide, and lengthen your spine.
- Keep your heels grounded as much as possible while actively engaging your quadriceps.
- Hold the pose for 5-10 breaths, focusing on lengthening the spine and releasing tension in the shoulders and hamstrings.



- **Warrior II (Virabhadrasana II):**
- Begin in a standing position with your feet about 3-4 feet apart, facing forward.
- Turn your right foot out 90 degrees and your left foot slightly inward.
- Bend your right knee, keeping it aligned over your ankle, and extend your arms parallel to the floor, palms facing down.
- Gaze over your right fingertips, keeping your shoulders relaxed and your torso facing the side.
- Hold the pose for 30 seconds to 1 minute, then switch sides and repeat on the left.



- **Child's Pose (Balasana):**
- Start on your hands and knees with your wrists aligned under your shoulders and knees under your hips.
- Sit back onto your heels, spreading your knees wide apart while keeping your big toes touching.
- Exhale and lower your torso between your thighs, resting your forehead on the mat.
- Extend your arms forward or alongside your body, palms facing down, and relax your shoulders.
- Hold the pose for 1-3 minutes, focusing on deep, slow breaths and surrendering tension with each exhale.



- **Corpse Pose (Savasana):**
- Lie flat on your back with your legs extended and your arms resting comfortably by your sides, palms facing up.
- Close your eyes and allow your body to fully relax, releasing any tension in your muscles.
- Focus on your breath, allowing it to become slow and natural.
- Remain in the pose for 5-10 minutes, enjoying a state of deep relaxation and inner stillness.
- These poses are a great starting point for beginners and can be practiced individually or as part of a sequence. Remember to listen to your body and modify as needed to suit your comfort level and physical capabilities. Enjoy your practice!



# We Are Water

More than a Retreat, a Transformation

**Find Your Flow**

-women only

5 nights luxury accommodation  
Gourmet Vegetarian Meals  
Daily Yoga and Meditation  
Ceremonial Temazcal  
Transformational workshops  
Waterfall excursion

Cost 1400 USD

Reserve your spot for 300 USD

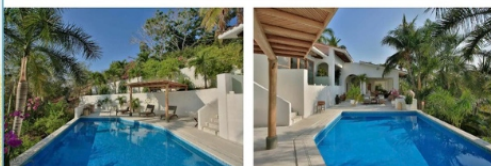
**Book before May 15th for a 20%  
discount**

**October 28-Nov. 2, 2024**

Huatulco, Mexico

JOIN US

[www.RetreatsHuatulco.com](http://www.RetreatsHuatulco.com)



## Escape, Restore, Renew: Join Our Tranquil Yoga Retreat

Are you craving a break from the hustle and bustle of daily life? Ready to immerse yourself in a rejuvenating journey of self-discovery and inner peace? Look no further than our transformative yoga retreat!

### What Sets Us Apart:

**Idyllic Setting:** Nestled amidst breathtaking natural beauty, our retreat venue provides the perfect backdrop for your yoga practice and relaxation.

**Expert Guidance:** Led by experienced yoga instructors, our sessions are tailored to all levels, ensuring a welcoming and supportive environment for every participant.

**Holistic Wellness:** Beyond yoga, our retreat offers opportunities for meditation, mindfulness, and holistic wellness practices to nourish your mind, body, and spirit.

**Community Connection:** Forge meaningful connections with like-minded individuals, sharing laughter, insights, and moments of connection that enrich your retreat experience.

### What to Expect:

**Daily Yoga Sessions:** Start your day with energizing asanas and end with soothing stretches, guided by our skilled instructors.

**Meditation and Mindfulness:** Cultivate inner stillness and clarity through guided meditation sessions, fostering a sense of calm and presence.

**Nature Excursions:** Explore the beauty of the surrounding landscape with guided hikes, nature walks, or optional outdoor activities, reconnecting with the Earth's natural rhythms.

**Nourishing Cuisine:** Indulge in nourishing meals crafted with fresh, locally sourced ingredients, designed to support your well-being and vitality.

### Why Choose Our Retreat:

**Tailored Experience:** Whether you're a seasoned yogi or just beginning your journey, our retreat offers a welcoming space for all levels to deepen their practice.

**Personalized Attention:** Benefit from individualized guidance and support from our instructors, ensuring you get the most out of your retreat experience.

**Lasting Transformation:** Return home feeling refreshed, revitalized, and equipped with practical tools to maintain a balanced, harmonious lifestyle long after the retreat ends.

### Join Us for a Journey of Self-Discovery and Renewal!

Spaces are limited, so reserve your spot today and embark on a soul-nourishing adventure unlike any other. Reconnect with yourself, recharge your spirit, and rediscover the joy of living in alignment with your true essence. Don't miss out on this opportunity to invest in your well-being and create lasting memories. We can't wait to welcome you to our serene sanctuary!