

# Aruba Yoga Vacation

## Manchebo Beach Resort & Spa - Aruba

August 7 - 14, 2010

### Features Aruba Yoga Vacation 5/6/7-night Package:

- ❖ Ocean view room with private balcony or patio.
- ❖ Welcome wine & cheese party
- ❖ Two Yoga & Health Classes per day
- ❖ Guided tour at Aruba's famous Arikok National Park
- ❖ Island Jeep Tour
- ❖ Daily healthy breakfast including a fresh fruit smoothie
- ❖ Two a-la-carte lunches per stay
- ❖ Two a-la-carte dinners per stay
- ❖ Airport – hotel transfer



### Selection of yoga classes featured during your

### Yoga Vacation at Manchebo Beach Resort & Spa:

Your yoga instructor will offer a health intake in order to custom design the yoga lessons to meet your needs.

- ❖ Slow Flow Yoga
- ❖ Meditations
- ❖ Sunset Yoga
- ❖ Power Yoga
- ❖ Gentle Yoga
- ❖ Breathing techniques

Experience and enjoy an Aruban Yoga Vacation from August 7 – 14, 2010 at the intimate Manchebo Beach Resort & Spa located on Aruba's widest beach at Eagle Beach.

For many people, vacation is a time to forget about your usual responsibilities. At Manchebo you can simply relax beside the Caribbean Sea on a breathtaking stretch of beach. Hear the waves, feel the northeast passat and enjoy the lovely sunset. Our resort is well known for the peace and quietness guests often long for during their holiday. We created a perfect vacation where wellness and relaxation come together. Does your ideal holiday include morning yoga with an amazing beach view and a healthy breakfast? And in the afternoon relaxing beside the Caribbean Sea on a breathtaking stretch of beach and enjoying the lovely sunset during your late afternoon yoga class? Then you will love our Yoga Vacation! At Manchebo Beach Resort & Spa we combine vacation, relaxation and rejuvenation for mind, body & spirit! Professional Yoga instructor Monika Ramos Tapia will be hosting again this Yoga Vacation Week.

Experience and enjoy a Caribbean Yoga Vacation on Aruba's widest beach from August 7 - 14, 2010.

**Reconnect to your inner self at Manchebo Beach Resort & Spa - Aruba**

## Meet Monika Ramos Tapia

Professional Yoga Instructor

Professional Yoga instructor Monika Ramos Tapia will be hosting again this Yoga Vacation Week. She has taught Yoga in various locations such as the Nosara Yoga Institute in Nosara, Costa Rica and as a Faculty member at the highly recognized Omega Institute in Rhinebeck, New York and in beautiful Bellagio, Lake Como in Italy. She has a teaching style that is eclectic, inspirational and compassionate. Monika incorporates both physical and spiritual aspects to her classes. She encourages self awareness and self observation both on and off the mat, allowing for compassion to cultivate with self and others. Her teachers include Amba and Don Stapleton PhD, Glenn Black, Jill Miller and Monika is also trained in Reiki and Vortex Healing® as well as Pranassage™ and Thai massage.



*Guided tour at Aruba's famous Arikok Park during our first Yoga Vacation June 13 – 20, 2010*



*Morning Yoga Class at our pavilion during our first Yoga Vacation June 13 – 20, 2010 with Monika Ramos*

### Package Rates:

	Single Occupancy	Double Occupancy
5-night Package	\$ 1,445	\$ 1,775
6-night Package	\$ 1,710	\$ 2,080
7-night Package	\$ 1,950	\$ 2,390

*Prices are per room and based on a 5, 6 and 7 nights stay for single and double occupancy, including room service charge and tax. Call us for pricing for extra nights and the all-inclusive option.*



**MANCHEBO  
BEACH RESORT & SPA  
ARUBA**