

# *Spa, Yoga & Ayurveda*

RENEW • PURIFY • REJUVENATE • DETOX  
WITH MAS VIDAL





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YOGA & AYURVEDA  
IN A TROPICAL PARADISE WITH MAS VIDAL

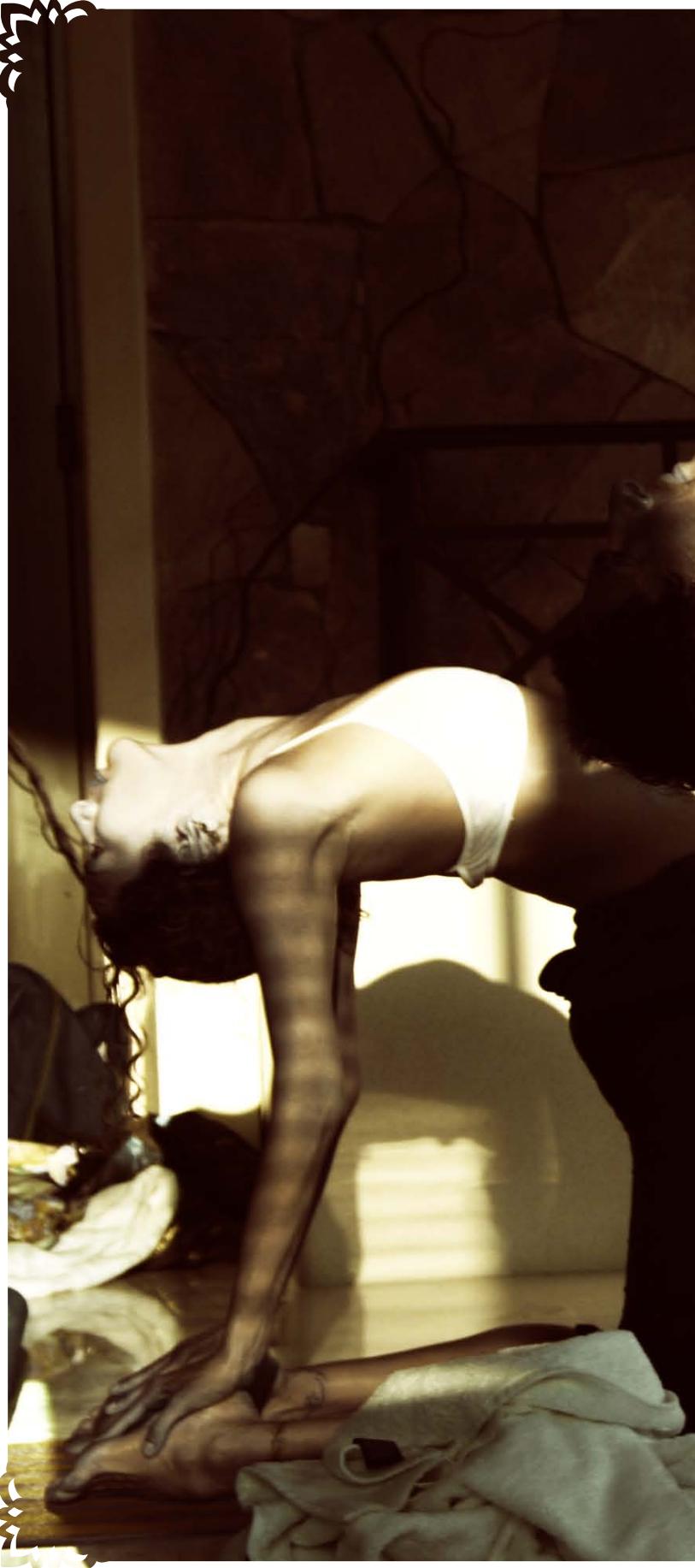
September 18-25, 2012

GRAND VELAS RIVIERA NAYARIT DESTINATION  
SPA + YOGA & AYURVEDA PERSONAL EXPERIENCE RETREAT

Renew your lifestyle, purify your spirit, learn how to nurture, rejuvenate, detox, heal and guide yourself on a path of personal transformation.

On the golden shores of the Mexican Pacific Ocean, at the foot of the Sierra Madre Mountains, is a refuge of total wellbeing, where the ceremonies of the Hichol people are transformed into therapies that heal from within. Grand Velas Riviera Nayarit will be the hub for a specialized Spa experience that will integrate deep yogic practices combined with the wisdom of Yoga & Ayurveda that will heal your body and open your heart to oneness. Experience how you can transform your lifestyle through Yoga & Ayurveda while enjoying the perfect Spa Personal Experience that will attune your mind, body and spirit.

Each day, you will experience how Yoga & Ayurveda are combined into one integral lifestyle. A day begins with guided YogaVeda Meditation and a Yoga practice for a well rounded approach of balancing the body and mind. The wisdom of the seasons is applied through out the entire retreat as well into Ayurvedic healing spa treatments as recommended by Mas Vidal according to your specific health requirements. As the night approaches a restorative YogaVeda and meditation class on the ocean's edge or other resort's locations will bring deep relaxation and peace especially when combined with healing teas and juices and special oils to massage into various energy points. A very effective way to celebrate together a journey of living the bliss of ancient wisdom in modern and practical way.



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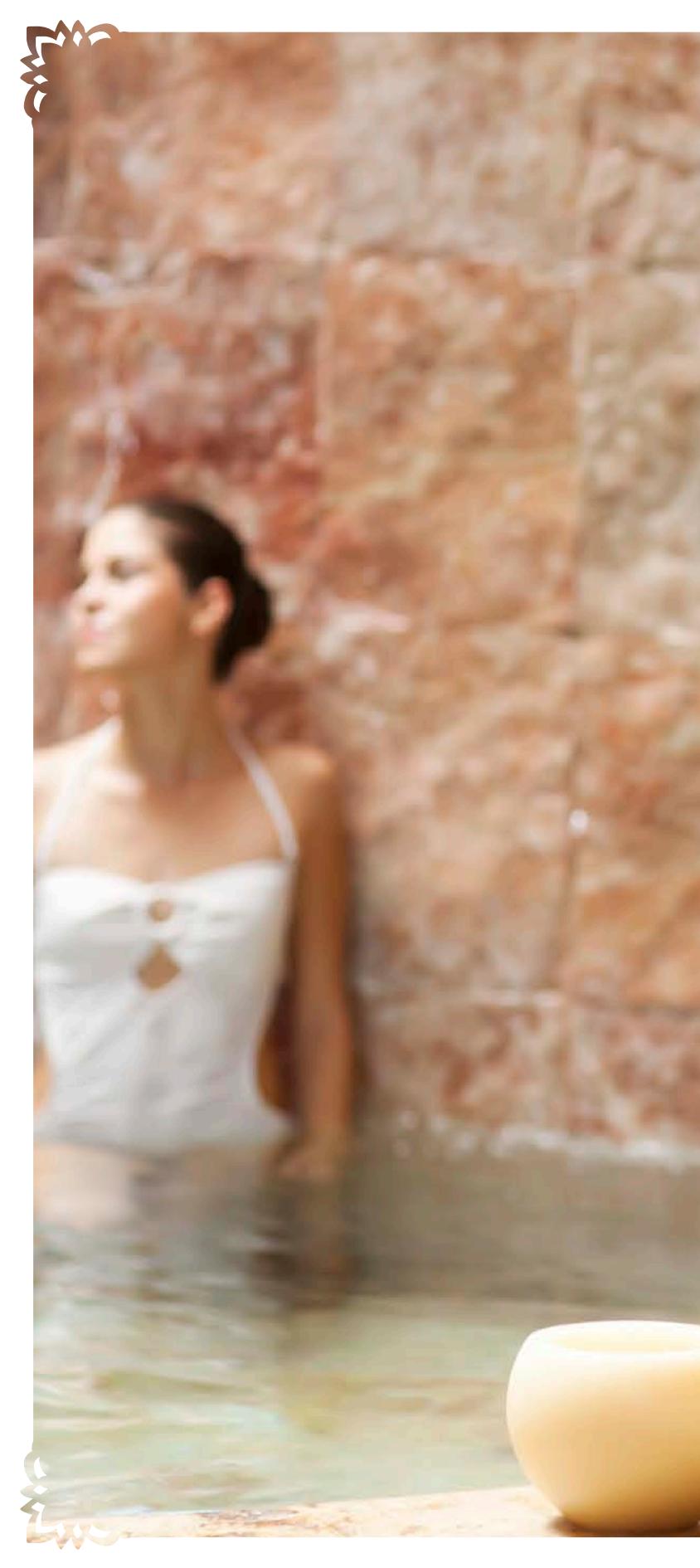
## WITH MAS VIDAL

This triad combination retreat brings together the healing systems of Yoga and Ayurveda into one of the worlds greatest Spa's. The retreat includes the best of Eastern rituals and wisdom with Western lifestyle and amenities to create the ultimate healing and balancing experience that we all truly need. Mas Vidal, master yogi and ayurvedic practitioner brings his years of teaching and healing experience into the Grand Velas resort setting. The retreat will emphasize daily yoga classes, spa treatments inclusive of ayurvedic principles specifically tailored to each participants needs, specialized diets created exquisitely to promote physical and mental balance all amid the natural lifestyle setting of the Grand Velas Riviera Nayarit. Learn how to create and live the life you dream of. We invite you to come join us for a mindful vacation that brings you back to the true essence of your being. Let us all celebrate life and healing together as one. Note: This is an all inclusive retreat experience, which includes classes, consultation, meals, spa treatments, transformational wisdom from Mas, a private suite and the natural beauty of Grand Velas Riviera Nayarit. May we fulfill your hearts greatest desire.

## ABOUT MAS VIDAL

Mas Vidal is the Director and Founder of Dancing Shiva Yoga and Ayurveda (DSYA) in Los Angeles, California, the original center dedicated to the practice, education and lifestyle of the great Vedic sciences of Yoga and Ayurveda. Since its opening in 2001 the center Mas has been committed to teaching an integral form of yoga that combines the classical yoga system of Patanjali, integrated with Ayurveda's science of Tri-dosha. Under Mas Vidal's direction DSYA has been recognized internationally for developing a strong balance between the mind-body relationship and the spiritual principles emphasized in both yoga and ayurveda.

Mas Vidal strongly encourages education in a practical sense and as a way of life in his dynamic yoga classes. The center is aligned with various notable institutions of health and wellness, spirituality and higher learning throughout the United States, Europe and India and maintains interaction in the areas of consulting, research and providing educational materials.



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A genuine opportunity to embark on a path to physical, emotional and spiritual wellness, the Grand Velas Resort and Mas Vidal offer you a transformative lifestyle experience. This retreat promotes a real restoration that begins from within through Yoga classes and lectures, Ayurveda wisdom integrated into diet and the spa treatments; all in the beauty of the Grand Velas Riviera Nayarit. During this retreat you will experience the lifestyle of Yoga and Ayurveda and many ways to integrate the teachings into your life. This transformational retreat will leave a lasting impression on your body, mind and soul.

#### INCLUDES:

- A Complete Ayurvedic Consultation with Mas Vidal and a retreat analysis with Spa's staff. The consultation will allow us to determine your body-mind type (dosha) and any specific goals and health issues you may want to focus on through the various modalities offered in the Spa, Yoga and Ayurveda retreat program to achieve your desired results. A follow-up review after your departure will help to ensure your staying on the right track.
- A personalized series of Yoga and Ayurveda classes, guided deep meditation on the ocean's edge, instruction in breathing exercises and contemplative strolls with Mas Vidal; internationally recognized Yoga Teacher and Ayurvedic Practitioner, and founder director of Dancing Shiva, Yoga & Ayurveda Studio in Los Angeles, CA.
- Special Spa treatments as prescribed by Mas Vidal according to Ayurvedic principles and exclusive medicinal body oils according to your body-mind type (dosha), a complete consultation Dosha Booklet with Ayurvedic lifestyle principles and nutritional tips written by Mas Vidal just for you. You will also enjoy amazing spa amenities in your suite including aromatherapy, a variety of healthy juices and healthy foods, luxurious Spa bath products and plush Spa robes and slippers.
- A special menu designed by Mas Vidal and our executive Chef Claudio Hotter with specific dietary recommendations according to Ayurvedic principles. Choose from our 3 award-winning gourmet restaurants or a personalized menu of gourmet spa delights prepared by our acclaimed chefs.

Your experience also includes these additional resort features:

- 1,750 sq ft/ 150 m<sup>2</sup> Two-floor Penthouse Suite offering a luxurious, comfortable and tranquil ambiance. This elegant two-floor suite features a spacious ocean view roof terrace on the penthouse level with Jacuzzi and spectacular ocean view. The living and sleeping areas are decorated in soothing natural tones with accents of native artwork and hand embroidered linens.
- Unlimited access to our Hydrotherapy Circuit, with dry sauna, herbal steam room, pressure shower, plunge lagoon, Jacuzzi, hydro-reflexology and lounge area.
- Relaxing, rejuvenating and beautifying Spa treatments in our world-class Spa. Provided in your suite or in one of 20 Spa Treatment Rooms, including double spa treatment suites for couples



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## PROGRAM

Your 7-night, 8-day Spa + Yoga & Ayurveda Retreat Personal Experience will enhance your spiritual connection with your mind, body and soul and nurture your inner being in one of the most enchanting natural settings in the world. In addition to the features of the core program, you will enjoy:

**Day 1:** •Grand Velas Hydrothermal Ritual, unlimited duration. •Gold Bath Therapy (25 minutes). •Aromatherapy Massage (50 minutes). Welcome Spa group dinner with Mas Vidal at our AAA Four Diamond Mexican restaurant Frida.

**Day 2:** •Sunrise YogaVeda Meditation guided by Mas Vidal •YogaVeda Class • Juice Therapy •Grand Velas Hydrothermal Ritual, unlimited duration. •Aromatic Body Wrap (50 minutes). •Restorative YogaVeda Class and Meditation •Spa group dinner with Mas Vidal at our AAA Four Diamond Italian restaurant Lucca.

**Day 3:** •Sunrise YogaVeda Meditation guided by Mas Vidal •YogaVeda Class • Juice Therapy •Grand Velas Hydrothermal Ritual, unlimited duration. •Restorative YogaVeda Class and Meditation •Tukipa Massage (80 minute). •Bath Ritual (preparation for your Jacuzzi). •Spa group dinner with Mas Vidal at our AAA Four Diamond French restaurant Piaf.

**Day 4:** •Sunrise YogaVeda Meditation guided by Mas Vidal •YogaVeda Class • Juice Therapy •Grand Velas Hydrothermal Ritual, unlimited duration. •Shirodhara Massage (50 minutes). •Organic White Tea Facial (50 minutes). •Restorative YogaVeda Class and Meditation • Spa group dinner with Mas Vidal at our AAA Four Diamond Mexican restaurant Frida.

**Day 5:** •Sunrise YogaVeda Meditation guided by Mas Vidal •YogaVeda Class •Juice Therapy •Self-Massage Class •Grand Velas Hydrothermal Ritual, unlimited duration. •Diamond Magnetic Body Wrap (100 minutes). •Restorative YogaVeda Class and Meditation • Spa group dinner with Mas Vidal at our AAA Four Diamond Italian restaurant Lucca.

**Day 6:** •Sunrise YogaVeda Meditation guided by Mas Vidal •YogaVeda Class • Juice Therapy •Grand Velas Hydrothermal Ritual, unlimited duration. •The Cure Facial (80 minutes). •Sports massage (80 minutes). •Restorative YogaVeda Class and Meditation • Spa group Gala dinner with Mas Vidal at our AAA Four Diamond French restaurant Piaf.

**Day 7:** •Grand Velas Hydrothermal Ritual, unlimited duration. • Juice Therapy •Four-Hand Samunprai Massage on your suite's private terrace (80 minutes). •Bath ritual (preparation of your jacuzzi). •Dinner at our AAA Four Diamond Mexican restaurant Frida

**Day 8:** • Farewell Spa Moment.

\*Spa treatments may be exchanged for comparable treatments of your choice.



# GRAND VELAS

Riviera Nayarit

## GRAND VELAS RIVIERA NAYARIT SPA

Awarded Five Diamonds by the AAA and named Most Excellent Spa Hotel by Condé Nast Johansens, at Grand Velas Riviera Nayarit Earth, Water, Air and Fire rituals awaken your being and the ceremonies of the Huichol people are transformed into therapies that heal from within. Grand Velas Resort continues to raise the bar when it comes to all-inclusive luxury and excellent service at our splendid resort in Puerto Vallarta. Our commitment and dedication to world-class hospitality, innovative dining, exceptional lodging and state-of-the-art resort facilities has garnered us many prestigious awards and designations over the years, as well as rave reviews from satisfied guests of our Nuevo Vallarta resort.

## LUXURY SUITES

Enter our beautiful suites and discover how Mexican Contemporary design features accent our luxury accommodations to provide a truly relaxing experience. Choose from amenities such as interior Jacuzzis, outdoor Jacuzzis with panoramic ocean views, bathrooms with space for enjoying in-suite Spa treatments, grand family dining areas and more. This Spa + Yoga & Ayurveda Retreat Personal Experience features suites over a 1,000 square feet with a private terrace for enjoying the tropical ambience day or night, and in-suite dining areas offer the perfect space for a romantic private dinner or relaxed family meal. Rest on the finest linens in our luxury suites, as the sound of the waves rocks you to sleep. Step outside in the morning to enjoy the morning sunlight and refreshing breeze off of Banderas Bay, or better yet, order breakfast to enjoy on your terrace. Non-smoking suites available.

## CULINARY TOUR

The unique dining experience at Grand Velas Riviera Nayarit, along with its breathtaking facilities, is what has revolutionized the Luxury All Inclusive concept and set the bar for other resorts. All part of our All Inclusive resort plan, our restaurants offer gourmet à la carte dining on par with restaurants in culinary destinations like New York, Los Angeles and Paris, fusing diverse flavors and spices with artful presentation. After a day in the sun and sea air, strolling along our breezy, softly lit corridors lined with tropical plants and koi ponds to one of our elegant restaurants is a true pleasure. End up at our lobby bar for a nightcap and a bit of live entertainment or enjoy the moonlight beach.

## BEYOND ALL INCLUSIVE

Your Beyond All Inclusive, Beyond All Compare Spa + Yoga & Ayurveda experience includes an exceptional dining plan of personalized chef-created meals and unique Spa beverages at our five acclaimed restaurants, in addition to all service charges, taxes and gratuities. Other included: A Luxury Spa + Yoga & Ayurveda Retreat yourself experience with a two daily Yoga & Ayurveda classes in our spa, state-of- the- art fitness center, decks and beach, sunrise deep meditations on the ocean's edge with pranayama breathing or sunset walk, self-massage classes, etc.



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## RATES:

7-night, 8-day Spa + Yoga & Ayurveda Personal Experience Retreat:

Single occupancy \$ 7,086 USD  
Double Occupancy \$ 5,693 USD

## Includes:

Luxury Renewing and Purifying Spa treatments, two daily Yoga & Ayurveda classes in our spa (and other locations) and an exceptional dining plan of personalized à la carte meals in our award-winning restaurants, special dinners prepared in your honor and a wide variety of beverages, as well as all service charges, taxes and gratuities.

\*Spa treatments may be exchanged for comparable treatments of your choice.

Velas Resorts donates a percentage of these retreats profits to charities in the communities of our destinations. At the end of every package purchase, guests can choose how these proceeds are divided, with the options being Animals & Environment or Children & Human Rights. Each month, Velas Resorts distributes your donations to groups in each of these categories according to the votes of our guests. Thank you for making a better world.



**GRAND VELAS**  
Riviera Nayarit



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