



2012

Anusara® Yoga in the Islands

Suzie Hurley is a Certified Anusara® yoga teacher, and former Director of Willow Street Yoga Center in Takoma Park, MD, which serves over 2,000 students. She has taught yoga since 1981, with a strong background in both Iyengar and Kripalu Yoga. Suzie's teaching is enthusiastic and inspirational. Her clear and precise teaching style is balanced with fun and authenticity. Suzie's enthusiastic devotion to inspiring others toward discovering their own greatness will find its way straight into your heart.



Moses Brown is a Certified Anusara® yoga teacher, and on the faculty of the WSYC Anusara Immersion Program. He believes that yoga should be a heart-opening experience that is supportive as well as empowering to the student. His teachings create an approach that is physically dynamic, mentally stimulating and therapeutic. Moses brings focus, concentration and mindfulness to his classes, weaving them together with playfulness, joy and fun.



Optional Trips

Mayfield Falls - Bathe in an exotic place of splendor with natural jacuzzis, rejuvenating mineral water and water falls for you to wash your troubles away. Full-day trip includes lunch, approximately \$70.

Dunns River Falls - Known as one of the most picturesque attractions in Jamaica. This lush, breathtaking 600 feet of cascading waterfalls is one to climb and see. Approximately \$95 for full-day trip. Includes breakfast, guided tour and drinks on bus.

YS Falls and the Black River Safari - Take a ride down the river and see friendly crocodiles, talk to the different species of birds and take a tour of the plantation. Then, sway from swing to swing at the waterfall. Approximately \$75 for full-day trip. Includes lunch.

Please note:
Optional trips are arranged through the resort, upon your arrival.

For more information, contact the Retreat Coordinator:
jamaicaretreat12@gmail.com



February 11-19, 2012

Jamaica Yoga Vacation
with Suzie Hurley and Moses Brown

