

# Yoga in Paradise

May 17 - 25, 2011



Vickie & Jerry Aldridge  
at Casa Cayuco, Panama

**Casa Cayuco** is a peaceful and secluded beach retreat in the Bocas del Toro Archipelago of Panama. Nestled among coconut palms on the picturesque white sand beach of Punta Vieja, the location offers an opportunity to explore the natural beauty of the area, from vibrant coral reefs to lush rainforests, as well as visits to nearby indigenous villages. Squawking parrots will wake you in the morning and deep-throated frogs will lull you to sleep at night.

This **yoga vacation** is open to anyone who is interested in travel and new experiences, with daily yoga classes “on the water” and a chance to gain a new perspective on your life in the process. No previous yoga experience is required. You will have time to kayak, surf, sail, snorkel, hike, or just hang out in a hammock and guard the view. It’s your vacation, after all.

**Lodging** is available with shared accommodation in several cabins that sleep 3 - 4 people in each. Couples can be accommodated at a slightly higher rate. All cabins have private baths with spectacular views of the bay and volcanoes on the distant mainland.

**Vickie and Jerry Aldridge** run the Boise Yoga Center and are both certified Iyengar Yoga Instructors with over 30 years of teaching experience. They have led yoga groups to exotic locations for many years and can easily accommodate any level of student. Vickie’s thorough planning and travel experience will help to guide even the novice traveler for smooth sailing on distant shores.

**Fees:** Early Bird Discount! \$1475 by November 1, 2010  
\$1650 after November 1

\$200 non-refundable deposit will secure your spot. Space is limited to 14 students for this private retreat, so register early to avoid disappointment. A full refund (minus deposit) is available before January 1, 2011, after that, only if your spot can be filled by the waiting list.

**Fee Includes** 2 yoga sessions per day for 7 days, 7 nights lodging, gourmet meals, wine (mixed drinks for a fee), free use of the 12 kayaks, snorkel gear, surfboards, hobie cat and two excursions, one of them including a sea turtle watching trip. Not included: Airfares, Tips, Panama City B&B and optional tour of Panama City.

**To Register** mail \$200 non-refundable deposit  
or the full amount to:  
Vickie Aldridge, 3541 Ticonderoga, Boise, ID 83706  
[vickie@boiseyogacenter.com](mailto:vickie@boiseyogacenter.com) or 208-343-9786

**Departure date:** May 17, 2011, arrival in Panama City  
May 18, morning tour of Panama Canal and Old Town  
May 18, afternoon, fly to the Bocas in the afternoon for  
45-minute boat ride to Casa Cayuco  
May 18 - 25, Casa Cayuco  
May 25, departure to Bocas for flight to Panama City  
Overnight at B&B for early flight on May 26 to home

More information provided by Vickie after your registration and upon request. Airfare estimates are around \$800 round trip.

Mail check & completed form to:  
Vickie Aldridge, 3541 Ticonderoga, Boise, ID 83706

---

**Yoga in Paradise: May 17 - 25, 2011**

Name: \_\_\_\_\_ email \_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Any special dietary requirements? \_\_\_\_\_

Roommate request: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

