



# Yoga Natura Retreat in Mexico at Zazil Retreat in San Agustinillo with Sandra Bicker February 23 – March 03, 2023

**Develop a deeper Mind-Body  
Awareness**

The beaches in Oaxaca, La Costa Oaxaqueña, stretch for hundreds of miles of Pacific Ocean along the southern heel of Mexico. San Agustinillo is a small beach village with a laid-back vibe and gorgeous natural setting. It's a perfect destination to disconnect and recharge.

Zazil Retreat is a boutique resort on the coastline of the Pacific Ocean in Oaxaca. It truly offers the most spectacular panoramic sea view you can find in the Mazunte / San Agustinillo area. Surrounded by the sound of birds and the gentle crashing of waves, the resort offers a location of perfect tranquility. Zazil is the Mayan word for light and clarity.

**Enjoy the beautiful Pacific Ocean, the magical sunsets, practice Mindful Yoga & develop a deeper Mind-Body Awareness. ... and experience a new Vitality and a lasting Relaxation!**

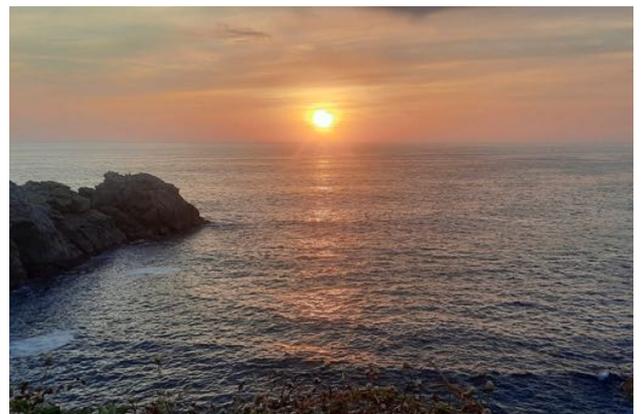


## Yoga

In the mornings and evenings we practice Yoga for about 90 to 120 min. Sessions include Pranayama (breathing techniques); classical Hatha Yoga Asanas, sun salutations and other dynamic movements with synchronized breathing and deep relaxation. The complementary singing with and/or just the sound of nature facilitates a deeper involvement and feeling of the asanas. Some Yoga experience is preferred.

## Additional Activities

In addition to the intensive yoga practice, there will be enough time to enjoy the marvelous beaches of San Agustinillo and Mazunte. A boat tour to see dolphins, sea turtles and whales can be organized. You can visit the turtle museum in Mazunte. Another possible tour would be the crocodiles and iguanas Eco Tour. The short hike to Punta Cometa to watch one of the magical sunsets is highly recommend. Or if you simply wish to relax, you might indulge yourself with a Massage, take a swim in the pool, read a book or just enjoy the spectacular panoramic sea view from Zazil.





### Accommodation and Board

We will stay at the beautiful Zazil Retreat located on a peaceful hilltop and will be pampered with a delicious vegetarian breakfast and dinner. The cozy bungalows and rooms with a king-size bed or double beds offer fabulous views from the terrace. (WIFI available.) Each room is a Mexican tropical 'palapa' structure with typical high ceilings made of tropical hardwoods thickly covered with skillfully woven dried palm leaves. For further information please visit: <https://zazilretreat.com>

### Costs and Services

Per person for Yoga classes, meditative exercises, accommodation in a double room or single accommodation, half board with vegetarian food (vegan options on request), tea/coffee and water.

**Early bird special through 23/08/2022 from 819,-€**

Regular bookings as of 24/08/2022 from 869,-€

*Max. 12 participants.*

### Type of accommodation:

	<b>Early bookers</b>	Regular price
Bungalow – double accommodation	<b>819,-€</b>	869,-€
Suite – double accommodation	<b>899,-€</b>	949,-€
Room Coral – single accommodation	<b>1049,-€</b>	1099,-€
Bungalow – single accommodation	<b>1129,-€</b>	1179,-€
Suite – single accommodation	<b>1279,-€</b>	1329,-€

*Yoga, accommodation & board will be booked via Sandra Bicker, payment for food will be done directly in cash at Zazil Retreat (in cash in Mexican Pesos, will be around 6500 pesos).*

### Arrival / Departure

Participants are responsible for their own travel arrangements to Mexico, the nearest airport is Huatulco airport (code HUX). It is also possible to fly into Puerto Escondido airport (PXM). From either airport you can take a taxi to get to Zazil Retreat in San Agustinillo.

We recommend that participants acquire travel cancellation insurance.

Passports must be valid for 6 months beyond the date of departure from Mexico. Please check Visa requirements for your country, e.g. <https://visaguide.world/north-america-caribbean/mexico-visa/who-needs-visa>.

Room occupation at Zazil begins upon arrival on Thursday, February 23. We will meet in the late afternoon/ evening for welcoming introductions as well as a first (soft) yoga session.

We will depart from Zazil on Friday, March 03.

### Whether a familiar face or a new one, I look forward to seeing you in Mexico:

#### Sandra Bicker

- Yoga teacher (BYV, 720hrs Teachers Training), teaches Hatha Yoga
- Yoga Therapy Trainings in India and Bali
- Vocal training (singing and harmonium) in Germany and India
- Leads Yoga Workshops and Vacations in Europe, Africa & Asia
- Has been practicing Yoga since 2002

#### Further Information and Registration

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