



Sagana Resort is offering Yoga retreats during the month of June when Siargao island is blessed with fine, dry and sunny weather.

The retreats will be held on the following dates:

11th to 18th JUNE 2010 (Friday - Friday) and 21st to 28th JUNE 2010 (Monday - Monday)

The Sagana Yoga Retreat package includes:

- Return airport transfers from Siargao airport to Sagana resort
- Accommodation in our native style cottages
- 3 healthy meals per day - vegetarian and seafood options prepared fresh daily
- Twice daily yoga classes
- 1 Wellness treatment of your choice from the treatment list attached.

Twin share accommodation package: PHP29,300 per person

Single person accommodation package: PHP37,700 per person

Mark Breadner will be leading the two daily Asana practices here at Sagana resort.

Mark is a qualified yoga teacher and trainer and has been practising for more than 20 years.

Both beginners and experienced practitioners are welcome to join the retreats, and Mark will gladly adapt poses to suit your level.

The Yoga classes are 1.5 hours in duration and take place daily at 07:00 AM and 4:30 PM. Classes are small and personal, with a maximum of 18 people in each. You will enjoy a total of 14 classes during your retreat, the first one taking place at sunset on the day of your arrival and the last one taking place at sunrise on the day of your departure.

The retreat dates have been organised around Cebu Pacific Airways' flights to Siargao island which are on Mondays and Fridays from Manila to Siargao (via Cebu). Flights can be booked online:

HYPERLINK "<http://www.cebupacificair.com>" www.cebupacificair.com

Island hopping trips, surf lessons and additional wellness treatments (over and above the one included in your package) can also be arranged during your free time. There will be a selection of treatments available from our trained massage therapist, as well as local-style Hilot massage. Treatments are best booked in advance to guarantee your preferred dates and times, or can be booked once you arrive at Sagana.

We look forward to welcoming you to our June Yoga Retreats, for a total mind and body wellness experience here at Sagana Resort. Remember there are only 18 spaces per retreat so book early by contacting us on:

Email: HYPERLINK "<mailto:sagana@cloud9surf.com>" sagana@cloud9surf.com

+ 63 (0) 928 960 7745 OR + 63 (0) 919 809 5769

Mark Breadner - Yoga



Mark has studied, practiced and loved yoga his whole life. He was born into yoga. His mother and uncle were both yoga teachers... Mark's goal is to take yoga back to its original purpose; to assist people toward their highest potential.

This passion has seen him immerse himself in the practice and study of all things spiritual and having been fortunate enough to be close to many great teachers, understood that the common thread of their teachings is to open the heart and live an authentic life. Mark's own learning and personal growth comes through life experience and from working in somatic psychotherapy, corrective exercise therapy, as a child life specialist for Operation Smile in developing countries and as a yoga teacher and trainer for over 20 years.

This deep and extensive experience and knowledge has placed him in high demand as the yoga coach of elite sportspeople, training bodies and minds in preparation for the highest level of competition. Mark has worked behind the scenes with great teams to support the potential and inspiring athletes such as *Ian Thorpe*, *Craig Stevens*, *Mick Fanning* and *Phil McDonald*.

Mark's knowledge and experience of both the technical and spiritual aspects of yoga has led him to the top of his chosen field, yoga teacher education. He is recognised as a "teacher of teachers" and the "real deal", using his grounded, down-to-earth approach to take ancient knowledge to the everyday. He teaches from the heart and these teachings are life-changing. Mark takes yoga teachers to a totally new level in their understanding and application of yoga.

Mark's two favourite things in the world are yoga and surfing and he can't wait to get back to Sagana.

Teba Oruete - Wellness

Teba's passion for body-work and wellness began in 2005 when she first visited Thailand and the Philippines. She is a certified therapist and a teacher of *Thai Yogic Massage* and *Foot Reflexology* by SMH, Chiang Mai's School of Massage for Health.

Teba also loves hot stone therapy, having learned from a disciple of the late Hawaiian healer Auntie Margaret Machado. Teba's yoga training as an instructor in Thailand and India allows her to understand the needs of yoga practitioners and to work closely with the breath during her therapies.

Furthermore, her experience managing a *Ritz-Carlton Spa in Spain*, her home country, helps her care for every little detail during treatments.

Wellness Treatments

- **Local Filipino-style Hilot Massage (1.5hr) 500 PHP**

This traditional Filipino healing technique involves intuition, as the practitioner scans the body for imbalances, and a deep tissue oil massage with a gentle or firm touch.
- **Foot reflexology (1hr) 500 PHP**

By slowly massaging the reflex points of the feet and legs with oil, this treatment acts as an energy booster and puts in the motion the body's own healing mechanisms.
- **Back, Neck and Shoulder Massage (45min) 500 PHP**

A targeted massage that effectively relieves tension in the back, neck and shoulder areas.
- **Thai Yogic Massage (1.5hr) 1000 PHP**

Received on a floor-level tatami and dressed with comfortable clothing, this deeply therapeutic full body massage combines trigger-point acupressure, stretching and deep breathing exercises to balance the body's energy and release muscle tension.
- **Hot Stone Therapy (1.5hr) 1000 PHP**

This deeply relaxing, almost meditative Hawaiian style therapy, employs lomi-lomi style massage techniques and hot stones to balance the body's 7 energy points or charkas, whilst effectively relieving tension through the increase in blood flow to the affected areas.
- **Thai-style Facial (1hr) 1500 PHP**

Thai style facial treatments cleanse the skin of impurities with a herbal scrub, nourish the skin with the application of a Thai clay masque and herbal compress (during which you get a mini foot massage), and rejuvenate the face and neck with a deeply relaxing and "lifting" massage.

Leisure Activities

- **3-island hopping trip (Half day) 1,000 PHP**

We'll pack a picnic lunch to take with you on your 3 islands day trip.

You'll catch a local banca boat to Guyam, Daku and Naked islands which are all only 10 minutes away from General Luna.

Each island is unique but they all have spectacular white sand beaches and clear turquoise blue water perfect for swimming and sun baking.
- **Surf lesson (1hr) 500 PHP**

Held in the location best suited to your level.

Price is per hour and includes experienced instructor and board.