

EAU SO YOGA

For more information please: [click here](#)

Be Touched. Be Moved. Be Inspired.

\$299 Single Occupancy // \$329 Double Occupancy

Only you and your body know what you want from a vacation, we encourage you to indulge in a truly personal experience. The Ritz-Carlton, Palm Beach will start you off with the essentials to enjoy personal wellness and serenity for this body and soul retreat. Enjoy land, water, yoga, fitness and overall well-being. This soul satisfying journey is on select weekends in May.

Eau So Yoga package includes:

*Full American Buffet Breakfast daily in Temple Orange, excludes gratuity

*Overnight accommodations in a Deluxe Guest room

*Yoga classes with views of the Atlantic (an hour and a half flow on Saturday and Sunday morning)

*30 minute session with "Integrative Bodywork & Energy Coach" Valerie Leeds of **INVIGORATE U**

* All Day Pass to Eau Spa by Cornelia, linger in the Self-Centered Garden with access to Bath Lounge for Steam and Sauna

INVIGORATE U empowers, inspires and connects you to be your greatness in mind, body and spirit. Certified Integrative Bodywork and Energy Therapist for 16 years, Invigorate U Founder, Valerie Leeds is adept at connecting and listening to you in a way that facilitates *your own abilities* to clear your blocks, limitations and 'stuckness' whatever the life area may be. In 30 minutes Valerie uses multiple modalities to support you in releasing stresses, opening up new possibilities, and expanding awareness of dormant power within!

To arrange your session with Valerie Leeds please dial (561) 540 – 4956, Monday – Friday from 9:00 am – 5:30 pm.

Would you like to join us just for a day?

\$65 for Yoga session and Eau Spa day pass only

CHOOSE FROM JIMMY BARKAN OR KEITH FOX:

Join Jimmy Barkan on April 30 – May 2, 2010. Stay tuned for additional weekends with other acclaimed Yoga Instructors. **Jimmy Barkan's** unique style of teaching encourages students of all levels to reach their full potential. With two successful Florida schools, national and international workshops and seminars, Jimmy keeps busy. Jimmy Barkan has also trained many of our country's top professional athletes including members of the NFL, NBA, NHL, the 1997 World Series Champions Florida Marlins and PGA Tour players. We are excited to welcome Jimmy Barkan!

Join Keith Fox on May 7 through May 9, 2010. Keith Fox is the owner of YogaFox Studios of Delray Beach, FL and is a Professional Level Registered Yoga Alliance Teacher with over 500 certification hours. He has over 15 years of teaching experience both with group classes and private instruction. Keith teaches weekly at his 2 studios in Delray. He enjoys sharing all of his yoga experiences with his students in helping them move toward a place of freedom and peace. We are excited to welcome Keith Fox.