

Ocean of Devotion: Sound and Wellness retreat with Gina Salá Yelapa, Mexico, March 9-16, 2013

Open to your good and let the clarity and blessings of your relaxed body, heart and mind ripple throughout your life and to those you meet!



Supported by the peaceful beaches, delicious food, wildlife, waterfalls, and wonderful locals in Yelapa (a lovely Mexican coastal village without cars), experience a spacious, rejuvenating week of singing and sound practices for wholeness and joy.

Discover the pleasure and power of your unique voice to heal, to awaken, and to open to grace, ease, love and delight in your life. In this special sound immersion, Gina Salá draws on over 3 decades of practice and 17 years of leading workshops and retreats to offer a restful and transformative week of bhakti yoga (yoga of the heart), chant and nada yoga (yoga of sound). The techniques and chants you learn can benefit you for years to come. Interested participants will also be guided in creating and leading chants and other empowering vocal techniques. All welcome, no experience needed.

Together we reach back in time in this beautiful seaside village, a short boat ride from Puerto Vallarta, fed by the sun and spirit of the land and sea. As in all of Gina's tours, we connect with locals in a way that allows for a richer, beneficial experience for all! There will be time for the beautiful beach, hiking, bodywork, waterfalls, and optional dolphin/snorkeling boating excursion, cooking classes, birding or massage.



About Gina Salá: With a repertoire spanning 23 languages and a lifetime interest and study in cross-cultural sacred and healing sound, Gina Salá leads mantra, kirtan and sound wellness retreats internationally. She was a lead singer for Cirque du Soleil, offers workshops and private sessions in freeing the voice as well as sound tours of India. Her passion is singing ourselves awake to the Magnificence in all.

For more information about these offerings or to receive newsletter about future trips, tours, classes, concerts, please contact Gina at: <http://www.ginasala.com/contact.php> or info@ginasala.com or +1 206 412-3745.