

**To register**, please call for a registration form 803-613-0694 or 505-603-0803 or go to [www.radiantwellbeing.com](http://www.radiantwellbeing.com) or [www.yogawithjacci.com](http://www.yogawithjacci.com) to download a registration form.

### **Trip Price**

\$1355 Double Occupancy  
(does not include airfare)

\$700 deposit

Remaining balance \$655  
due by November 30, 2010

For more information go to  
[www.radiantwellbeing.com](http://www.radiantwellbeing.com) or  
[www.yogawithjacci.com](http://www.yogawithjacci.com)

or email

[info@radiantwellbeing.com](mailto:info@radiantwellbeing.com) or  
[yogawithjacci@gmail.com](mailto:yogawithjacci@gmail.com)

Radiant Well-being  
501 West Avenue  
North Augusta, SC 29841  
[www.radiantwellbeing.com](http://www.radiantwellbeing.com)

## **Opening to Your Life with Pranakriya Yoga**

### **In Tobago**

*Led by Yoganand Michael  
Carroll and Jacci Reynolds*



**February 5-12, 2011**

**Kariwak Village**

**...where Tobago begins**

# Yoga in Tobago

## Trip Leaders



### Yoganand Michael Carroll

has been recognized as a Master-Level teacher in the Kripalu Yoga tradition.

Through many years of intensive study and practice

of the Kripalu approach to yoga, Yoganand has gained a profound ability to distil and interpret esoteric yoga texts and techniques. After 15 years at Kripalu, he left to create Pranarkiya Yoga and open the Radiant Wellbeing Yoga Center.



Jacci Reynolds has been practicing yoga since 1997 and teaching since 2001.

Jacci completed her 200 and 500 hour trainings in the Kripalu tradition with Yoganand and other Kripalu teachers. She continues to train with Yoganand and now is a Director of the 200 Hour Pranakriya Yoga Teacher Training. She also leads Prenatal Yoga Teacher Trainings around the country.

## The Trip...

The practice of Pranakriya Yoga is about being fully alive during all the moments in our lives. Our yoga practice in Tobago will give participants an opportunity to explore the depth of their own practice and how it relates to their life both on and off the mat.

**Yoga:** Morning and evening yoga, meditation and pranayama classes appropriate for students of all levels of experience, led in the Pranakriya tradition. Evening satsang with Yoganand.

**Accommodations:** Double occupancy rooms at the Kariwak Village Holistic Haven and Hotel in Crown Point, Tobago all with private baths and patios.

**Meals:** Breakfast and dinner are provided. Lunch is available for purchase at the hotel or in town.

**Transportation:** Pick-up to and from the Crown Point International Airport on the day of arrival and return. Shuttle transport to local beaches and town.

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### Hotel Services:

- Massage
- Ozone Therapy
- Photon Light Therapy

(for more info go to [www.kariwak.com](http://www.kariwak.com))

## Excursions

Excursions are planned to the Buccoo Reef and Nylon Pool (clear water swimming area on a sandbar within the Buccoo Reef) and a full-island tour that will include stops at a rainforest, waterfall and an off-shore bird island as well as various villages.

### Trip Price does not include:

- Round-trip airfare
- Meals in transit or outside of scheduled meals
- Health and wellness services
- Gratuities

### Contact

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