



Amansala Eco-Chic Resort & Spa: Grande Hotel in Tulum, Mexico

The Amansala Eco-Chic Resort & Spa is set on a beautiful part of the beach in Tulum, Mexico. Getting to town is a short 10 minute drive or about 30 minutes by bike. It is an ideal hotel to use as a base to explore the surrounding areas. The Mayan ruins of Tulum are a short bike ride away and the world famous Cenotes (natural sinkholes which were sometimes used by the Mayans for sacrificial ceremonies) are a short trip away as well.

The Amansala Story

“Amansala” is taken from the Sanskrit words for “peace” and “water.” While founder Melissa Perlman had toyed with the idea of starting a traveling spa, after 9/11 the idea lost its appeal.

She decided to create a fixed location in one of her all-time favorite places in the world, Tulum.

After years of traveling through Southeast Asia and experiencing the best and the worst of hotels, she knew what she wanted to create: a place where people could come, solo or with their partners or friends, and have an adventure where they would meet other like-minded people, eat good healthy food, enjoy one of the most beautiful beaches in the world, and where it would feel more like staying at a friend’s beach house than a hotel.

From the moment you set foot on the property, you know you have arrived at a unique piece of paradise.





The Mayan City

Tulum was built late in the thirteenth century, during what is known as the Mayan post-classic period. With a little imagination and knowledge, the ruins become a giant puzzle waiting to be pieced together. Visiting Tulum is a perfect day trip for those who tire of idly lounging around the pool. What sets the site apart from other ruins in Mexico is both that it is so well preserved, and that it boasts its own inviting beach.

Each Mayan city had a specific purpose, and Tulum was no exception. It was a seaport, trading mainly in turquoise and jade. As well as being the only Mayan city built on a coast, Tulum was one of the few protected by a wall. Made of limestone, the 784-meter wall encloses the site on three sides, is seven meters thick, and varies between three and five meters in height. No doubt this fortification helped preserve the seaport.

Tulum remains popular because of its elegant setting on sheer limestone cliffs above the turquoise splendor of the crashing Caribbean.



Sources: www.tulumruins.net; www.amansala.com

The Instructors



Carrie Costello is a senior teacher and founder of Prana Yoga in Rochester, NY. Carrie is a 500-RYT Yogaworks Certified Teacher, a graduate of the 300-HR Jivamukti. She has been sharing yoga since 2006. Carrie offers students a safe environment where they can learn the physical practice (asana) and challenge themselves in a mindful way, while trusting in the process and having fun. She encourages her students to live the yoga each day, on and off the mat, fostering acceptance, kindness, courage, commitment and integrity.

www.pranayogarocheester.com



Susan Fain has been teaching yoga since 2007, she is the Co- Founder of Power Yoga Buffalo, NY. Susan completed her training under Baron Baptiste and is a Baptiste certified teacher. She inspires to teach with passion, she teaches the kind of class that she herself would want to participate in.

A sweet, soulful, and educational class that encourages, students to be kind and loving towards themselves as they practice.

www.pranayogarocheester.com

Accommodations:

Beach Front: \$2,600 – 3,200
Non Beach Front Private: \$2,300 – 2,750

All prices shown are on a per person basis. Includes 2 yoga classes daily, meals, and 7 nights at the Amansala Grande Resort. Additional rooms and rates are available for both single and double occupancy. Travel to/from Cancun airport is an additional \$40-\$45 each way. Prices do not include airfare.

REGISTER NOW!

Contact: info@pranayogarocheester.com
ph: (585)678-4001

www.PranaYogaRochester.com

55 S. Main St., Fairport, NY 14450

\$500 non-refundable deposit to reserve your space.

Limited Space is available.