

March 7th to 14th, 2026

Puerto Vallarta, Mexico

Healing Power of Yoga and Art



Iyengar Yoga & Expressive Arts Retreat
with Sandra Jara & Star (Heather) Graham



We invite you to a transformative experience in the heart of Old Town Puerto Vallarta, in a warm, welcoming setting with stunning ocean views.

This 7-day retreat offers you the opportunity to reconnect with your body, mind, and creativity through the practice of Iyengar Yoga, meditation, and expressive arts.

It's a chance to step away from the demands of daily life and enter a space of calm and care. In this supportive environment, you are welcome to slow down and engage with your yoga practice in the way that feels right for you — honoring your level and practicing accordingly.

This is an invitation to rest, to reconnect with your inner rhythms, to balance your nervous system, and to return to yourself — just as you are.

What can you expect?

- Two daily Iyengar Yoga classes — a balanced mix of active and restorative postures.
- Practice the art of calm and conscious breathing.
- Expressive arts workshops (watercolor, collage, writing, etc.)
- Free time to rest, enjoy the ocean, or explore Puerto Vallarta.
- A space for community, authenticity, and creativity.

We invite you to begin your mornings in silence, as a gentle way to connect with yourself and your surroundings. There will also be an optional full day of silence for those who wish to explore deeper stillness.

We've found that keeping a daily rhythm that includes moments of quiet and gentle structure can bring a deep sense of well-being — both individually and collectively.

You'll also have spacious free time each day to explore what you need: draw, rest by the pool, get a massage, take a nap, go for a walk in the area, or simply be.



Casa Dulce Vida Pool and Rooms



Casa Dulce Vida

Accommodation: Casa Dulce Vida

The retreat will take place at Casa Dulce Vida, a charming traditional home located in the historic zone of Puerto Vallarta. Perched on a hillside, it offers stunning ocean views and a peaceful atmosphere. A particularly special feature is its red-tiled pool, which adds to the beauty and character of the space.

- Shared rooms (will be assigned) and limited private rooms available
- All meals included, lovingly prepared by a local chef and their team
- Fully equipped yoga space with bolsters, blankets, blocks, chairs, and more
- Terraces, a pool, and multiple cozy common areas to relax and connect

About us



Sandra Jara

Sandra has been practicing yoga for over 25 years. However, when Iyengar Yoga entered her life, she fell in love with its precision, dedication, and attention to detail — as well as the incredible support it offers for maintaining health and recovering from injuries. Under the guidance of her mentors, Louie Ettling and Patricia Fernandes, Sandra earned her Level 1 Iyengar Yoga certification in 2023. For more information, visit www.sandrajarayoga.com

Star (Heather) Graham

Heather Graham has been practicing yoga for over 30 years. Her passion for Iyengar Yoga was immediate — in 1989, she witnessed how practical and accessible this method is for every kind of body. She trained as an apprentice with two respected and renowned Iyengar teachers, Maureen Carruthers and Dr. Bruce Carruthers. Heather has been a certified Iyengar Yoga teacher since 1999.

Dale Costanzo

Dale is a certified expressive arts therapist who brings a playful and therapeutic approach to her workshops. She incorporates expressive arts exercises to support the physical and emotional journey of those who attend her sessions. Expressive arts modalities help expand the imagination and offer a powerful tool for personal exploration and self-discovery.





General Daily Schedule

6:20 – 6:30	Wake-up
6:45 – 8:00	Practice: The Art of Calm & Conscious Breathing
8:15	Breakfast - Followed by time for personal reflection through Morning Pages, inspired by The Artist's Way by Julia Cameron.
10:00 – 12:00	Yoga
12:15	Lunch - Followed by free time
4:00 – 6:00	Yoga / Expressive Arts
6:30	Dinner
8:00 – 9:00	Tea & Sharing Circle

This schedule is flexible and may be adjusted to support the well-being of the group.



Old Town Sunset

Key Dates & Times

Saturday, March 7

1:00 PM Arrival & Check-in

5:30 PM Welcome Dinner & Orientation

(If you arrive after this time, we'll save you a plate.)

Wednesday, March 11

- The morning will follow the usual schedule
- Free afternoon
- Optional self-practice in the evening
- No official dinner at Casa Dulce Vida
- Open Gallery Night in town

Saturday, March 14

12:00 PM Check-out

Investment

- Early bird rate: \$2,400 USD (until November 30, 2025)
- Regular rate: \$2,600 USD (starting December 1, 2025)
- Deposit: \$500 USD (non-refundable, non-transferable)
- Full payment due: December 15, 2025

Includes:

- 7 nights accommodation
- All classes, practices, and art materials
- Journal / Notebook
- 3 meals per day – our menu includes non-vegetarian, vegetarian, and vegan options

Dietary Restrictions & Special Needs

We want to ensure your experience is as comfortable and nourishing as possible. If you have any dietary restrictions or special needs we should be aware of, please email Sandra as soon as possible at:

sandrajarayoga@gmail.com.

Your well-being matters to us. If we don't hear from you, we will lovingly assume that the prepared meals will be suitable for you.



Casa Dulce Vida Gardens



Old Town Murals

What to Bring

Yoga

- Yoga mat

Optional

- Eye mask
- Anything else you need for your practice

Art

- Notebook and pen for morning pages and expressive arts exercises

Optional

- Sketchbook for your creative journal and expressive arts exercises
- Any art materials you have on hand or would like to experiment with

Optional Personal Items

- Your own coffee mug and any special or favorite foods
- A sweater, shawl, or light jacket, and socks for cool mornings and evenings

Additional Expenses

- A group collection of 1,000 Mexican pesos or \$50 USD per person will be collected as a tip to cover cleaning staff, gardener, and cooks.
- Wednesday dinner: Some participants may choose (optional) to go out for a group dinner on Wednesday night (at their own expense). You are also welcome to stay at Casa Dulce Vida, where leftover food from the previous day will be available in the fridge.
- Optional massage and/or manicure/pedicure sessions will be available at an additional cost.
- If you decide to get help with your luggage at the airport, these helpers usually receive a tip of \$1 USD per suitcase.
- Plan to use either US dollars or Mexican pesos. Most places prefer cash.

How to Reserve

Please contact us for any questions and/or interest to participate with your information at sandrajarayoga@gmail.com
We will be happy to respond to you and provide all the details needed to secure your spot and payment information.

Sandra Jara sandrajarayoga@gmail.com | +1 778 903 1835

<https://www.sandrajarayoga.com/healing-power-registration>

www.sandrajarayoga.com - www.dulcevida.com

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