

# **ISABEL GOLDSMITH'S LAS ALAMANDAS RESORT YOGA & MORE WITH RYAN AMSEL**

Costalegre, Jalisco, Mexico, January 25, 2005- Isabel Goldsmith's Las Alamandas Resort announces the arrival of Los Angeles yoga and surfing Instructor Ryan Amsel. Mr. Amsel will be available for Yoga, surfing, and Capoeira instruction exclusively at Las Alamandas from now through March 14, 2005.

The practice of yoga, a powerful tool for promoting healing and wellness, has largely been adopted by society as a valuable instrument for improving quality of life. This ancient practice is a proven means to enhance overall vitality, including physical, mental, and emotional wellbeing.

The Las Alamandas Yoga Retreat detail below is designed to revitalize and rejuvenate every aspect of one's wellbeing. The program was created to give the participant time to not only fully enjoy the yoga practice, but as well the natural beauty that surrounds Las Alamandas.

The morning yoga session is tailored with greater attention to detail, focus, breathing, and internal awareness. The afternoon session offers a flow-based vinyasa where limits will be tested through the challenge of more advanced postures. Meditation and yoga breathing techniques will also be explored. All levels of experience are welcomed, and beginners are especially encouraged. Ryan's philosophy is based on finding an individual journey in yoga, with the understanding that no two people tread the same path.

Located midway between Puerto Vallarta and Manzanillo on over 1,500 acres of pristine Mexican Riviera, Las Alamandas offers nature's unspoiled splendor as the perfect setting for engaging the healthy and healing benefits of yoga, surfing, hiking, and more. Relax, rejuvenate, renew, and get fit!

Las Alamandas recently introduced its "Health & Wellness" program, committed to providing guests with a multitude of fitness activities to enjoy along with a diet of fresh organic fruits and vegetables from the Alamandas gardens and orchards.

Recently hailed by GQ Magazine as “The Best Chance to Vacation Like a Hollywood Hotshot,” Las Alamandas has become the retreat for many of the world’s most famous celebrities including Brad Pitt, Meryl Streep, Annie Lennox, Robert de Niro, Don Johnson, Courtney Love, Sting, and other stars seeking privacy, rest and rejuvenation.

For more information on Ryan Amsel, Yoga, Surfing, Capoeira, or any of the Health & Wellness programs at Las Alamandas, please contact the Resort.

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