

Yoga Retreat Leaders.....we understand how hard it can be to reach outside of your network of students, the minimal profit margins and the trials and tribulations of trying to figure out how to connect with more yogis to fill spaces in retreats. We have spoken with many Yoga Retreat Leaders who have a base of students that they advertise their retreats to, but are trying to reach out to a wider range of students. In order to assist our fellow Yoga Retreat Leaders, Peak Beings is offering a Yoga Retreat Advertising Program for you. Through this program you will be able to connect with Yogis Worldwide without the huge marketing costs you might incur through on-line or print ads. You will be able to diversify your retreat group and create a different experience for your students.

Peak Beings advertises in Yoga Journal and many other print magazines including LA Yoga, Common Ground, and Hawaii Inspiration. We also advertise on-line through Google, Facebook, Yoga Directory Canada and more. Our marketing campaign brings in over 1,000 visits per month (~700 Unique Visitors), over 4,000 page views and we average 40 visits per day. You will have your own page on our website as well as events posted on all of our social media outlets.

Please check out our pricing breakdown below and see which package may work for you. We Guarantee

an increase in the visits to your website and will help in any way we can to give you ideas on how to price and structure your retreats. We recommend advertising your retreats a minimum of 6 months in advance of your retreat. You can also check out our

[Sample Yoga Retreat Advertisement](#)

to have an idea of what your advertisement would look like and the information to be provided that you may already have on your own website.


Email info@peakbeings.com for more details or to join this program and select your package you can go to the [Peak Beings Shopping Cart](#) . *(Restrictions apply - we do not allow retreat advertisements that also have links to websites that offer Yoga Teacher Trainings).*□

Pricing Breakdown

- 3 Months - \$75
- 6 Months - \$125
- 9 Months - \$175
- 12 Months - \$225


Note: Prices indicated above are 'per retreat' and there is a one time \$25 web design fee per retreat.

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PEAK BEINGS™

Costa Rica
Yoga Teacher
Trainings



Coast to Coast
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\$500
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eating wisely | **snacks**



**tempeh lettuce wraps
with mango ginger sauce**

MAKES 6 WRAPS

Add your choice of vegetables to these wraps. Try sliced cucumber, shredded carrot, or chopped tomato.

- 8 ounces tempeh
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon agave nectar or maple syrup
- ½ cup chopped mango
- 1 tablespoon peeled, minced ginger
- 1 pinch of crushed red pepper flakes
- 1½ teaspoons lime juice
- Soy sauce and agave nectar or maple syrup to taste
- 6 large lettuce leaves, rinsed

1 Preheat the oven to 350°F. Slice the tempeh into 12 ½-inch slices. Place the

soy sauce, oil, agave nectar, and 2 tablespoons water in a small casserole dish and stir well. Add the tempeh and turn to coat. Bake for 15 minutes.

2 In a blender, whirl the mango, ginger, red pepper flakes, and lime juice with about 1 tablespoon water until smooth. Season to taste with soy sauce and agave nectar. Pour into a bowl; set aside.

3 Arrange the tempeh and the vegetables of your choice on a serving plate. To eat, top a lettuce leaf with tempeh and vegetables, roll it up, and serve with sauce for dipping.

Printed with permission from The 30-Minute Vegan's Taste of the East, by Mark Reinfeld and Jennifer Murray (2010, Da Capo Press).

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