



PUNTA SAYULITA

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JONATHAN ELLERBY, PH.D., LEADS A THOUGHT PROVOKING DISCUSSION ABOUT INSPIRED LIVING AT THE PUNTA SAYULITA RESIDENTIAL COMMUNITY BEACH HOUSE

Sayulita, Mexico, November 24, 2009- Jonathan Ellerby, Ph.D., one of the world's leading experts in the field of Spirituality, Holistic Healing and Integrative Medicine, traveled to Sayulita November 19 – 23 and provided a thought provoking and heartwarming exploration and discussion of Inspired Living and what it means to embrace the very finest of self, soul, and community. Attended by approximately 50 invitees at the Punta Sayulita community Beach House in Sayulita, Dr. Ellerby's presentation, entitled *Inspired Living: Embracing the Energy of Life*, explored the pursuit of vitality and meaning while providing three challenges to the attendees, encouraging them to find their own growing edge in life. During the course of the presentation, lasting about 1 ½ hours, Ellerby used engaging stories to describe philosophies of building community, spiritual awakening, and personal relationships with others. Dr. Ellerby then took questions from the invitees followed by a signing of his newest book, *Return to the Sacred*. According to Ellerby, "Sayulita is one of those special places in the world where the level of spirituality and community among its residents is a core principal that can bring out the best in people and I can see why Sayulita attracts so many visitors and residents from around the world...my family and I will definitely be returning to Sayulita as often as possible."

While in Sayulita, Dr. Ellerby toured the Punta Sayulita development, providing a number of very insightful and positive observations for incorporation into the community's health and wellness programs. Dr. Ellerby also toured Sayulita's Costa Verde International School, Mexico's first green school, and met with the Founder and Administrator of the School to brainstorm about ideas for the progressive school's curriculum.

According to Punta Sayulita's principals Brett Ellsworth and Kevin Roberts, Punta Sayulita will continue to announce special educational presentations like Dr. Ellerby's and other community events throughout the year in Sayulita. According to Kevin Roberts, "The continued community response to special events such as the monthly beach clean-up events and other environmental educational symposiums has been amazing as evidenced by the attendance at these events. It shows that the communities of Sayulita and the greater Riviera Nayarit and Bay of Banderas areas have a sincere interest in education and enhancing our communities' quality of life."



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ABOUT JONATHAN ELLERBY, PH.D.

Featured as an expert in films, print, television, and radio, Jonathan Ellerby, Ph.D., is the author of *Return to the Sacred* and is the Spiritual Program Director for the internationally acclaimed Canyon Ranch Health Resort in Tucson, Arizona. With over 20 years of experience in the fields of holistic healing, counseling, integrative medicine, and corporate consulting, Jonathan makes spirituality simple. Jonathan has been a lecturer with the University of Arizona and the University of Manitoba, and continues to advise the Andrew Weil MD program in Integrative Medicine on the connection between spirituality and health. Drawing from his travels around the world and experiences with healers from more than 40 cultural traditions, he focuses on what works to bring balance and inspiration to everyday life. For more information about Jonathan Ellerby, Ph.D. please see: www.returntothesacred.com

ABOUT PUNTA SAYULITA

Punta Sayulita is a private oceanfront club and residential community that rests on an extraordinary 33-acre private peninsula adjacent to the quaint seaside village of Sayulita located approximately 35 minutes north of Puerto Vallarta. Punta Sayulita has been carefully designed to be a very intimate, low density community that will embrace only 62 detached homes whereby residents will have access to a full-service private Beach & Surf Club. The tropical design for the beach club and the custom homes at Punta Sayulita are by the boutique architecture firm of de Reus Architects of Hawaii. The developer of Punta Sayulita is Contact Development Company, LLC (CDC) of Sausalito, CA. See www.puntasayulita.com.