

Costa Rica 2012

Svaroopaa Yoga Retreat at Pura Vida Spa

Feb. 25 - Mar. 3, 2012

with
Certified Svaroopaa® Yoga Teachers
Kim Abplanalp
and
Terry Gardner



Please join us for a luscious week of retreat, exploration, rest, and joy!! You'll feel nourished, supported and renewed after a week of yoga, eating well, spa services, and day trips if you wish in the countryside. The colors are magnificent, and the bird sounds in the morning delightful!! The yoga halls overlook the mountainside.

**Costs: Tentalow: \$1395 • Deluxe room- \$1635
Super Deluxe room- \$1785 • Zendo Suite: \$1,965
(Flights are separate)**



Price includes:

7 nights accommodations/double occupancy, 3 healthy, delicious, fresh meals per day, yoga instruction, yoga hall rentals/ props, 1/2 day trip or equivalent (\$45 value), a spa treatment (\$100 value), a presentation in Ayurveda, yoga's ancient healing method, airport transportation in Costa Rica, hot tub/pool, and all the support you need in arranging your trip.

Each trip reveals the transformation that takes place in each person from the inside out.

**Please consider joining us. If you have further questions, please contact us:
kimbaa1@verizon.net and tgardner@magpage.com**

**Deposit \$350 for secure your spot. Refundable until October 1.
10/1-12/1 all but \$100 if we can fill your spot. No refund after 12/1/11.**