

Oasis Yoga Center

Costa Rica Yoga Retreat

Journey to Inner Peace

March 31-April 7



During this week, you can expect to:

- Release stress from your body and mind
- Learn meditative tools to help you learn how to de-stress from a busy life
- Explore the nature of your yoga practice and how it relates to finding inner peace
- Learn pranayama (breathing) techniques to help cultivate a sense of peace for the body, mind, and spirit
- Explore the island with excursions (optional)
- Pamper yourself with spa treatments (optional)
- Relax with the feel of the sun on the skin and connect with the simplistic beauty of Costa Rican nature life
- Gain a sense of inner peace

When: March 31-April 7 2012. The retreat officially begins at dinner on Saturday, March 31, and ends after dinner Friday, April 7th, allowing you to leave as early as required on Saturday.

A Typical Daily Schedule

Morning Meditations 6:00---7:00

Breakfast 7:30 ---8:30

Yoga Practice 9:00---10:30

Free Time 10:30—12:00

Lunch 12:00---1:00

Free Time 1:00—6:30

Dinner 6:30-7:30

Candlelight meditative yoga practice 8:30-9:30 pm (optional)

MEALS INCLUDED: Meals will be served to include dinner on the day of arrival, breakfast, lunch and dinner on each full day and breakfast on the day of departure. *Vegetarian, chicken or fish options provided throughout the week. (vegan or raw/living at extra charge). Spa treatments, tours, aquatic rentals, specialized drinks, and any other incidentals at extra charge.*

The full cost for the yoga retreat, which includes, lodging (double occupancy), food (3x a day), ground pick-up from Puerto Jimenez to retreat site, meditation, yoga class, plus all room and board tax is **\$1400**. Private rooms are available but are significantly higher. **Pre-discount price of \$1249.00 to be paid upfront till November 30, 2011.**

A non-refundable deposit of \$200 is required to hold a spot for November then another payment of \$400 in early December, followed by another \$600 in early January and full payment by early February. Once you've made your down payment or paid in full, a welcome letter will go out to you with all the information.

Please contact Amanda Brutus-Phillips at Oasis Yoga Center (704) 340-5730 or email oasistherapeutic@bellsouth.net.

Website: www.oasismassageandyoga.com