



## YOGA RETREAT/VACATION IN COSTA RICA

AT SAMASATI RETREAT CENTER

March 10-17, 2012

Celebrate the coming of Spring and St. Patrick's Day on a vacation in Costa Rica! Enjoy the peace of the Samasati Retreat Center on the Caribbean Coast, 30 miles south of Puerto Limon, 130 miles south of Costa Rica's capital San Jose. Situated in a 250-acre biological reserve, the center is 700 feet above sea level overlooking the ocean, four miles from picturesque Puerto Viejo with its beaches, cafes and souvenir shopping. Enjoy beautiful views, luscious vegetation, exotic birds, peace and serenity, and the company of fellow yogis. The charming accommodations are double or triple occupancy bungalows with private bath, veranda and hammock, or your own room in the Guest House with shared bath, veranda and hammocks. Gourmet vegetarian restaurant offers renowned cuisine including cruelty-free eggs and dairy, and fish is available on request (small extra charge). It is the Costa Rican Summer (or Dry Season) and the weather should be warm and sunny, with cool breezes from the ocean. Temperatures range from 60 to 80 degrees. It's tropical, so some humidity, but it is the driest month of the year.

The program will include yoga classes in a spacious yoga studio surrounded by the tropical forest where you might spot a toucan, blue butterfly and howler monkeys. Meditations, workshops on yoga philosophy, stress management, chakras, mudras and even astrology. Everything is optional! Relax in the hot tub, soak up some sun on the beach, have a massage. Explore this wondrous land on an eco tour such as a waterfall trek, Bri-Bri Indigenous village and shaman, sloth refuge, botanical gardens, butterflies, surfing lessons, horse-back riding, and white water rafting. And you can fly through the treetops ziplining on a canopy tour! To see pictures and more details about the center, go to [www.Samasati.com](http://www.Samasati.com)

**Bungalow (private bath): Double occupancy \$1,195      Triple occupancy \$1,075**  
**Guest House (share bath): Single occupancy \$1,065**

### Includes:

- Accommodation
- Walking meditation
- Yoga, workshops, meditations
- Two Yoga classes daily (optional!)
- Three meals and snacks daily (sack lunch if on a tour)
- Astrology class (includes your own horoscope)

**Non-refundable deposit of \$400 will secure your place. \$300 due October 1st, balance due January 1<sup>st</sup>.** (or make your own personal arrangements in smaller installments). Your non-refundable deposit may be transferred to another. See cancellation policy on the Registration/Agreement form.

You must arrange your air travel to San Jose, International airport, but call Wendy for info about flights.

**Pay by cash or check made payable to *Yoga with Wendy*** at class, or mail to PO Box 3876, Granada Hills, CA 91394. For more information call Wendy at 818-468-8606 or e-mail her at [Wendy@YogawithWendy.com](mailto:Wendy@YogawithWendy.com)