



Costa Rica Yoga Re:treat

January 13 – 19, 2018



Join Grace & Greg for our **3rd annual yoga retreat in Costa Rica!** This retreat is an opportunity for transformative healing, relaxation & adventure in a natural sanctuary. The retreat will include daily yoga practices to inspire self-nurture and growth, with plenty of down time to relax and explore the astonishing natural beauty of Costa Rica! Plenty of Costa Rican adventure opportunities are available, such as rainforest hikes, zip-lining & surfing (to name a few.....).

The retreat will take place at the beautiful **Costa Rica Yoga Spa** on the Pacific Ocean. The Yoga Spa offers an intimate facility, equipped with a beautiful outside space for yoga practice, simple sophisticated accommodations, and fresh, healthy & delicious meals!

Book your 2018 winter yoga vacation now!
-Pay in three instalments.

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