

Yoga Retreat to Costa Rica

Dates: March 10th-17th, 2012

PEACE OF MIND



Back for the
2nd Year!

Yoga Retreat to Costa Rica

Situated on one of the most beautiful, secluded jungle beaches in all of Costa Rica, *National Geographic Magazine* labeled “the most biologically intense place on Earth”, **Blue Osa Yoga Retreat** and Spa is truly, Zen in Paradise.

Yoga People's retreat led by Katelin Sission will provide renewal for each person's body, mind, and spirit through nourishment, care and a pure form of living.

Early Bird Pricing Coming Soon!

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- ✿ 8 days, 7 nights at **BLUE OSA**
- ✿ Luxury Accommodations
- ✿ 2 Yoga Classes a day in **BLUE OSA'S** column free, beach view studio
- ✿ Retreat Center and Rooms on **BLUE OSA'S** private beach
- ✿ 3 Healthy Vegetarian Meals a Day, non vegetarian options available
- ✿ 70' Chlorine and Chemical Free Lap Pool
- ✿ For an additional charge you can adventure and explore with: surfing, bird watching, horseback riding, climbing trees and rappelling down waterfalls. Or you can relax in **BLUE OSA'S HOLISTIC SPA** with any number of traditional services.