



Spring yoga retreat in Costa Rica

With David Courtenay,
David Duerkop and Rachel Kates
Friday, April 8 – Saturday, April 16, 2011

Take a Rejuvacaation! Join us at this gorgeous eco-resort for a week of yoga, fabulous food, music and fun. There is plenty to do for everyone. Delve deeply into your practice at the beautiful yoga pavilion, go exploring or just hang out at the beach.



Yoga: Twice daily vinyasa yoga and meditation sessions lead by one of our three instructors.

Accommodations: The Goddess Garden Nature Retreat and Spa is a paradise where the magic of the rainforest and Caribbean Sea come together. Each of the 12 private bungalows offer comfort and convenience surrounded by towering trees and amazing flora. Lounge by the pool or swim in the Carribean. **Visit thegoddessgarden.com** to learn more.

Meals: Included in the package price are three freshly prepared, healthy and delicious meals each day.

Transportation: Ground transportation to/from the San Jose (SJO) airport is included in the package price. Airfare is not included.

Additional Activities: Three nights of live music on the beach, cardio coaching and strength-training sessions, and excursions to the Cahuita National Park and the nearby sloth sanctuary are included in the package price. Optional activities include healing massage, surfing, snorkeling, fishing, horseback riding and exciting zip-line tours.

Prices per person:

\$1,495 double occupancy (\$1,595 after March 1st)

\$1,795 single occupancy (\$1,895 after March 1st)

\$1,295 in a four person shared room (\$1,395 after March 1st)

A \$400 non-refundable deposit is required.

Full payment is expected by March 10.

Participants who book by February 25 will receive a complimentary 60 minute massage

Visit rejuvacaation.blogspot.com/p/trip-details for more information. To register contact David Courtenay at dcourt25@gmail.com or 805-448-3529

David Courtenay is a professional musician, certified yoga instructor, personal trainer and massage therapist.

David Duerkop and Rachel Kates love, practice and teach yoga and meditation.

