



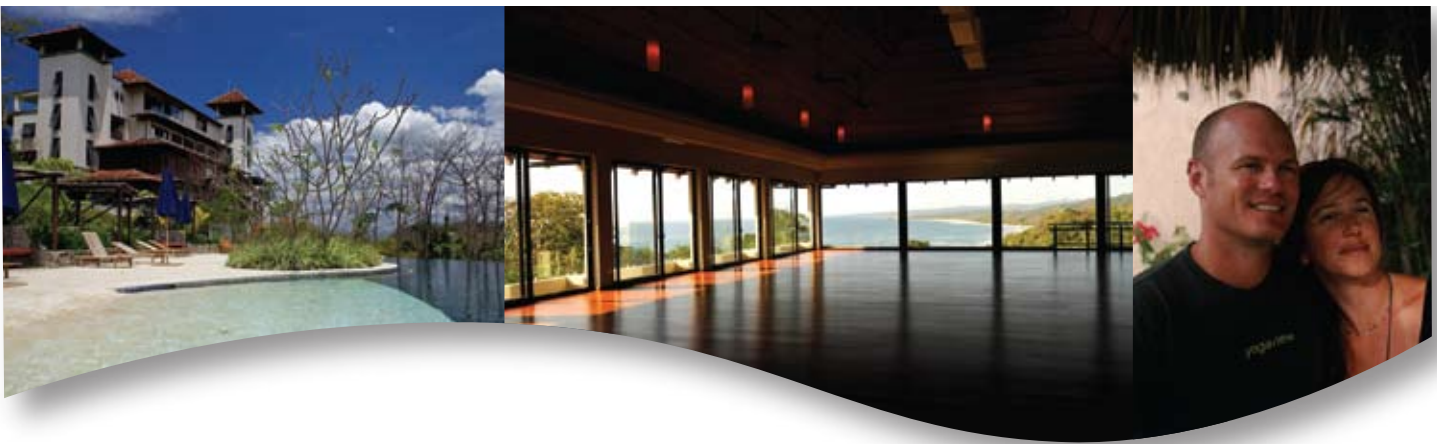
Costa Rica

YOGA RETREAT WITH QUINN KEARNEY AND CLAIRE MARK

MARCH 31 – APRIL 7 • 2012

DEEPEN YOUR PRACTICE BY JOINING QUINN KEARNEY AND CLAIRE MARK FOR A RESTORATIVE AND REJUVENATING EXPERIENCE OF YOGA AND MEDITATION. HELD AT BLUE SPIRIT LOCATED IN NOSARA, ENJOY 2 YOGA CLASSES EACH DAY AND MEALS WITH FRIENDS IN THIS TROPICAL PARADISE SETTING. THIS GETAWAY WILL ALLOW YOU TO EXPLORE YOGA ASANAS AND MEDITATION IN A FOCUSED AND SUPPORTIVE ENVIRONMENT. TO FIND OUT MORE INFORMATION ABOUT THE RESORT, LOG ON TO BLUESPIRITCOSTARICA.COM





BLUE SPIRIT IS LOCATED IN NOSARA, COSTA RICA. THERE ARE 2 INTERNATIONAL AIRPORTS IN COSTA RICA. THE CLOSEST TO BLUE SPIRIT IS LIBERIA INTERNATIONAL AIRPORT (LIR) IT'S A TWO HOUR SCENIC DRIVE TO BLUE SPIRIT FROM THE AIRPORT AND BLUE SPIRIT RUNS GROUP SHUTTLES TO AND FROM THE RETREAT CENTER ON SATURDAYS. THE OTHER INTERNATIONAL AIRPORT IS SAN JOSE. IF YOU FLY INTO SAN JOSE YOU CAN TAKE A SHORT PLANE RIDE FROM SAN JOSE TO THE LOCAL AIRPORT IN NOSARA WHICH IS ONLY 15 MINUTES TO BLUE SPIRIT.

ROOM RATES

PLATFORM TENT		SINGLE OCCUPANCY = \$1250
ECO COTTAGE	PER PERSON DOUBLE OCCUPANCY = \$1300	SINGLE OCCUPANCY = \$1950
HERMITAGE TWIN	PER PERSON DOUBLE OCCUPANCY = \$1500	SINGLE OCCUPANCY = \$2100
HERMITAGE SINGLE	PER PERSON DOUBLE (FOR COUPLES ONLY) = \$1500	SINGLE OCCUPANCY = \$2100
CLASSIC DOUBLE ROOM	PER PERSON DOUBLE OCCUPANCY = \$1550	SINGLE OCCUPANCY = \$2200
NATURE COTTAGE	PER PERSON DOUBLE OCCUPANCY = \$1600	SINGLE OCCUPANCY = \$2350
OCEAN VIEW ROOM	PER PERSON DOUBLE OCCUPANCY = \$1750	SINGLE OCCUPANCY = \$2650
SUPERIOR ROOM	PER PERSON DOUBLE OCCUPANCY = \$1950	SINGLE OCCUPANCY = \$2950

ROOM RATES INCLUDE ACCOMMODATIONS, ALL MEALS (STARTING WITH DINNER ON MARCH 31ST AND ENDING WITH BREAKFAST ON APRIL 7TH), AND YOGA. IT DOES NOT INCLUDE FLIGHTS, GROUND TRANSPORTATION OR TIPS. CHECKS SHOULD BE MADE PAYABLE TO "QUINN KEARNEY" THE BALANCE OF YOUR PAYMENT MUST BE RECEIVED BY **FEBRUARY 1, 2012**. ALL DEPOSITS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. CANCELLATIONS MUST BE MADE 30 DAYS BEFORE THE RETREAT BEGINS. NO REFUNDS FOR CANCELLATIONS WITHIN 30 DAYS OF THE EVENT, UNLESS WE CAN FILL YOUR SPACE. NO REFUNDS WILL BE GIVEN FOR FAILURE TO ATTEND OR FAILURE TO COMPLETE THE RETREAT.

PLEASE CONTACT CLAIRE MARK AT CLAIREM555@AOL.COM OR [773.383.1429](tel:773.383.1429) WITH ANY QUESTIONS OR TO REGISTER.

REGISTRATION FORM

SINGLE OCCUPANCY DOUBLE OCCUPANCY

DESIRED ACCOMMODATION _____

NAME _____ CITY _____

ADDRESS _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

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