



COSTA RICAN YOGA VACATION

WITH BRYNN

APRIL 10-15TH, 2012

INDULGE IN A WEEK OF TROPICAL SPLENDOR WITH YOGA INSTRUCTOR BRYNN RYBACEK AT AN ELEGANT OCEANFRONT HOTEL ON THE SPECTACULAR BEACH OF PLAYA SANTA TERESA IN COSTA RICA. BRYNN'S CONSCIOUSLY-THEMED, DAILY YOGA CLASSES WILL PROVIDE THE BACKDROP FOR YOUR PERSONAL JOURNEY TO RELAXATION AND REJUVENATION. SANTA TERESA BOASTS SOME OF THE WORLD'S MOST BEAUTIFUL BEACHES WITH YEAR-ROUND WAVES AT PREMIER SURF SPOTS AND VIEWS UNOBSTRUCTED BY HIGH-RISE BUILDINGS. LOUNGE IN THE FREE-FORM SALTWATER POOL AND DINE DAILY ON GOURMET MEALS PREPARED WITH FRESH LOCAL INGREDIENTS IN THE OPEN-AIR RESTAURANT.

INCLUDED IN THE RETREAT:

- ⌘ 6 DAYS & 5 NIGHTS ACCOMMODATIONS AT THE LUXURIOUS PRANAMAR VILLAS
- ⌘ TWICE DAILY YOGA TO THE SOUNDS OF THE OCEAN AT THE OPEN-AIR STUDIO:
 - INVIGORATING MORNING PRACTICE
 - RESTORATIVE EVENING YOGA WITH MEDITATION AND BREATH WORK
- ⌘ DELICIOUS BREAKFAST AND DINNER ON-SITE WITH CARNIVORE-, VEGETARIAN-, AND VEGAN-FRIENDLY OPTIONS
- ⌘ ONE SURF LESSON OR ONE 1-HOUR MASSAGE
- ⌘ FREE TIME EACH AFTERNOON TO EXPLORE MANY OPTIONAL ACTIVITIES (SURF WORLD-CLASS WAVES, HIKE THROUGH THE NATURE RESERVE, SNORKEL THE TIDE POOLS, ZIP-LINE IN THE JUNGLE, OR TRY YOUR HAND AT PROFESSIONAL LOUNGING)
- ⌘ DAILY FEELINGS OF SERENITY ALONG WITH FRIENDSHIPS AND MEMORIES THAT WILL LAST A LIFETIME

PRICES START AT JUST \$1295 PER PERSON FOR DOUBLE OCCUPANCY.

SPACES ARE LIMITED AT THIS INTIMATE PROPERTY; WE STRONGLY RECOMMEND BOOKING WELL IN ADVANCE TO AVOID DISAPPOINTMENT.

FOR MORE INFORMATION REGARDING THE RETREAT AND BRYNN: WWW.TRUEFLOWYOGA.COM
FOR FURTHER QUESTIONS AND TO BOOK YOUR RESERVATION: YOGASURFERGIRL@GMAIL.COM

