

Pura Vida Spa *in*

Costa Rica

February 22 - March 1, 2014



**With Kim Abplanalp and Terry Gardner,
Certified *Svaroopa*® Yoga Instructors**

Please join us for a luscious week of retreat, exploration, rest, and joy! You'll feel nourished, supported and renewed after a week of yoga, eating well, spa services, and day trips in the countryside. The colors are magnificent, and the bird sounds in the morning delightful! The yoga halls overlook the mountainside.



**Costs: Tentalow: \$1595 • Deluxe room: \$1860
Super Deluxe room: \$1990
(Flights are separate)**

Price includes:

7 nights accommodations/double occupancy, 3 healthy, delicious, fresh meals per day, yoga instruction, yoga hall rentals/ props, 1/2 day trip or equivalent (\$45 value), a spa treatment (\$100 value), a presentation in Ayurveda, yoga's ancient healing method, airport transportation in Costa Rica, hot tub/pool, and the support you need in arranging your trip.



Please consider joining us.

If you have further questions, please contact us:

kimbaa1@verizon.net

tgardner@magpage.com

Deposit \$400 for secure your spot.

Half balance due by Oct. 15.