

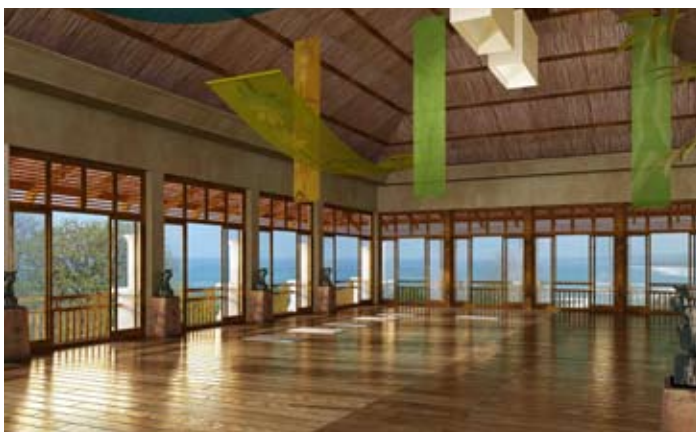
Greenwich Yoga presents

BLUE SPIRIT RETREAT CENTER

FEBRUARY 20-27, 2010, COSTA RICA

with Gina Norman & Stan Woodman

Blue Spirit Retreat in Costa Rica provides an exceptional setting to all who are dedicated to spiritual transformation, personal development, and environmental sustainability. Blue Spirit Retreat in Costa Rica provides an exceptional setting to all who are dedicated to spiritual transformation, personal development, and environmental sustainability.



Vinyasa on the beaches and rain forests of Costa Rica

Join Gina and Stan, owners of Connecticut's Greenwich Yoga, for a week of unwinding and relaxing. We'll be one of the first groups to enjoy this brand new and beautifully designed sustainable retreat center on three miles of protected and unspoiled white sand beach located on the Nosara Peninsula on the Northern Pacific Coast of Costa Rica.

Pranayama, organic meals, salt-water infinity pool, surfing and more.

We will gather for morning meditation and pranayama in a Balinese-style pavilion with breathtaking ocean and mountains views in all directions. Each day will also include an uplifting vinyasa class led by Gina and adjustments by Stan! Spend your days swimming, surfing and hiking in the neighboring nature reserve and enjoy delicious healthy organic meals prepared by expert chefs with fresh, locally grown food. This retreat is great for beginners and experienced practitioners alike.

Included in this retreat:

- 7 nights' accommodations
- Three delicious and nutritious meals a day in our dining room
- Full access to the beach
- Use of the infinity swimming pool
- Full access to the library
- WiFi access in the rooms, library, and café
- Daily early morning meditation, pranayama and yoga classes
- Evening activities and events
- Families welcome



Accommodations

PLANTATION CASITA

\$1295 per person double occupancy/ \$1495 single occupancy
(\$1695/double & \$1895/single after Oct 15th, 2009)

Plantation Casita cottages are beautifully situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. Each casita sleeps two people. The cottages are simple and natural wood frame structures with screening for natural ventilation. They share a common bathhouse that has solar hot water showers and water-saving toilets to provide a comfortable and ecological setting.

HERMITAGE SINGLE ROOM

\$1595 single occupancy/ \$1,295 per person double occupancy
for couples (\$1995/single & \$1695/couples after Oct 15, 2009)

Hermitage Rooms are single rooms that are designed to provide privacy and elegance, while being cozy and inexpensive. Each room has a balcony with partial views of the ocean, a queen-size bed, a private bathroom with solar hot water and a natural ventilation system. Also available as an inexpensive room for couples.

STANDARD DOUBLE ROOM

\$1395 per person double occupancy/ \$1695 single occupancy
(\$1795/double & \$2095/single after Oct 15, 2009)

Double rooms with balconies and beautiful mountain or ocean views. The rooms are tastefully furnished and provide the perfect space for couples. Each room has a king-size bed or two twins with a private bathroom with solar hot water and a natural ventilation system.

SUPERIOR DOUBLE ROOM

\$1695 per person double occupancy/ \$2195 single occupancy
(\$2095/double & \$2595/single after Oct 15, 2009)

Superior double rooms with balconies and ocean views. These rooms are tastefully furnished and provide an elegant space ideal for couples. Each room has a king-size bed, a private bathroom with solar hot water and air-conditioning.

DELUXE DOUBLE ROOMS

\$1795 per person double occupancy/ \$2395 single occupancy
(\$2195/double & \$2795/single after Oct 15, 2009)

Deluxe doubles rooms with balconies and extraordinary ocean views. These rooms are elegantly furnished to provide the most luxurious space for couples. Each room has a king-size bed, a private bathroom with solar hot water and air-conditioning.

NOT INCLUDED

International airfare, transport to/from airport, spa treatments and gratuities.

PAYMENT/CANCELLATION POLICY

A non-refundable deposit of \$400 per person is required for reservation. Final payment must be received by Jan 1st, 2009. In the event of cancellation your entire payment will be refunded less the \$400 deposit if the cancellation is made before Jan 1st, 2009. Payments are non-refundable after this date.

TRAVEL INSURANCE

We strongly recommend that you purchase travel insurance for your trip. Travelex (www.travelex.com) and STA (www.statravel.com) are two reputable organizations for worldwide travel coverage.

For more information or to register for workshop
please email: info@greenwichyoga.com



Greenwich Yoga
Holistic Center & Juice Bar Caf 

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