

Lisa Goodwin, national yoga teacher/inspirational life coach, presents:

# COSTA RICA YOGA RETREAT

MARCH 24th–MARCH 31st, 2012 | PURA VIDA RESORT & SPA



**T**ake an unforgettable trip of a lifetime and return stress-free, in shape, and re-energized with a new perspective on life!

<b>Standard Room per person:</b>	<b>\$1,615 (DBL)</b>	<b>\$2,015 (SGL)</b>
<b>Deluxe Room per person:</b>	<b>\$1,720 (DBL)</b>	<b>\$2,225 (SGL)</b>

## Seven day package includes:

- Seven (7) nights lodging at Pura Vida Resort & Spa
- Three (3) delicious meals each day, for 6 days
- Morning meditation and Two (2) yoga classes per day
- Day trip to the beautiful Waterfall Gardens
- Evening group life coaching sessions
- Airport shuttle

\* Also available: exotic spa treatments, canopy tours, whitewater rafting, volcano hikes, and more!

*Please call for more information!*

*Lisa Goodwin*

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