

# NATURE & NURTURE COSTA RICA YOGA RETREAT

MARCH 3 - 10, 2012

Offered by: Lynn Medow, E-RYT 500 & Barbara Prinzi, RYT 200

Join us for our third annual retreat at the **Blue Osa Sanctuary and Spa** where we will spend seven incredible days at this peaceful sanctuary by the sea. *Blue Osa's* magnificent setting offers its own unique form of natural beauty with intimate proximity to the sea and jungle. Begin your day listening to the chattering of the scarlet maccaw and watching a glorious jungle sunrise only to experience the call of howler monkeys as a panorama of colors streak across the sky and the sun sinks into the horizon. Enjoy *Blue Osa's* spa, pool, beach, and yoga deck overlooking the magnificent Golfo Dulce located on the tip of the Osa Peninsula.

**Blue Osa Sanctuary and Spa** offers a variety of accommodations, all of which provide maximum peace and comfort in a beautiful, tranquil setting. Rooms have either full or queen sized four-poster beds and come equipped with solar powered lights and fans, with some featuring en-suite bathrooms. Each is simply yet tastefully designed and decorated and feature a blend of locally-made furniture and exotic imports. Blue Osa provides nutritious gourmet meals and offers a wide variety of luxurious spa treatments. Eco tours are available at minimal cost and range from surfing and kayaking, bird watching and horseback riding to climbing trees and rappelling down waterfalls. A complete list of spa treatments, eco tours and pricing is listed on the website, [www.blueosa.com](http://www.blueosa.com). Mobile phone coverage is minimal at best - coming to the Osa Peninsula is truly a "getting away from it all" experience. Wireless internet is available in some areas of the retreat center. Rates include accommodations and three delectable meals a day. **Transportation, tips, spa treatments, excursions and equipment rental are priced separately.**

The **Nature & Nurture Costa Rica Yoga Retreat** will have something for *every body*. Daily yoga and meditation practices will be designed specifically to meet your needs. Individual consultations will be offered by Lynn for an additional reasonable charge. A typical day is comprised of an early morning "Follow the Yogi" and meditation practice, a group instructional and flow practice as well as a late afternoon restorative practice. You may choose to participate in all or none of the yoga offerings. There will be ample time to rest, read, enjoy the beach and explore the beauty of this spectacular area of the Osa Peninsula.

**Retreat Packages** include yoga, accommodations, three delicious meals and use of all facilities at Blue Osa. Package rates do not include transportation or gratuities.

<b>Double/Triple – shared bath</b>	<b>\$1399</b>
<b>Ocean-front Double/Triple – private bath</b>	<b>\$1799</b>
<b>Single – shared bath</b>	<b>\$2299</b>
<b>Single – private bath</b>	<b>\$2499</b>

Space is limited. Early registration is recommended.

**Save \$200** if registration and full payment is received by **November 1, 2011**.

*Encourage your non-yogi friends and family to join you. Yogis are a fun group with whom to travel and at Blue Osa the options and possibilities are endless. Non-yoga participants - \$200 less per week.*

**Traveling to Blue Osa requires a flight to San Jose, Costa Rica on a major airline. a flight to Puerto Jimenez on a regional carrier and a simple cab ride to your destination. Details to be provided upon registration although all travel arrangements must be completed individually by each traveler.**

**For additional details or a registration form, please contact Lynn Medow**  
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