

COSTA RICA

Yoga & Meditation Retreat

March 5 - March 13, 2010

With Deanna Evans



Immerse Yourself in the Sacredness of Life & Yoga in COSTA RICA!

Join us on this yoga adventure at Luna Lodge on the remote and beautiful Osa Peninsula in Costa Rica. Luna Lodge is a tropical sanctuary dedicated to yoga, meditation and the preservation of our natural world. The area around Luna Lodge boasts primary rain forest mountains teeming with waterfalls, abundant wildlife, and miles of raw Pacific coastline. The inherent life-affirming richness of this area will provide the perfect backdrop to deepen one's practice and reconnect to what is important.

Yoga classes will be led by Deanna Evans. Deanna encourages her students to approach their practice with a deep awareness of their physical and subtle bodies, and to face challenges on and off the mat with ease and joy through the vehicle of the breath, a still mind, and an open heart. Mornings will begin with a meditation and a heart-centered, alignment-based vinyasa (flow) class. The evenings will consist of a gentle, more restorative class, pranayama (breath-work), and yoga nidra (deep guided relaxation). Additionally, throughout the retreat, we will focus on the qualities of the charkras with information, meditations, and guided activities.

Accommodations at Luna Lodge (price/person double-occupancy):

Bungalow - \$1990

Tucked in the rainforest with their own private deck and lush garden

Hacienda Room - \$1885

Beautiful yet simple hotel style rooms with private bath

Platform Tent - \$1780

Stand-up tents with balcony overlooking the rainforest canopy

Price Includes:

- 1 night accommodations in San Jose (with breakfast)
- Domestic Air & Transfers from San Jose to Osa Peninsula and Luna Lodge
- 7 nights accommodations at the beautiful and pristine Luna Lodge
- 3 delicious, organic meals (with vegetarian options) daily at Luna Lodge
- Two daily yoga classes (including Vinyasa, Restorative & Meditation)
- Day trip to Corcovado National Park

Not included:

- International Airfare to San Jose, Costa Rica; Optional Tours and Activities at Luna Lodge; Tips.
- If paid in full by 10/15/09, **save \$100** off the above prices!
- An additional \$250.00 discounted "no-yoga" price for a friend or loved one to join you.
- Early registration is recommended. A \$500 deposit is required to reserve your space.
- All balances due by 12/15/2009. Any bookings after that subject to availability and full payment.



Contact us at: 505-466-1657 or info@deannaevans.com
Or visit: www.deannaevans.com