

Facilitators



Julie Cooper, RN, CMT, M. Ed.: Energy based massage therapy is a focus of Julie's practice. Her extensive experience and training includes psychodynamic and medically oriented bodywork. Her focus is on the relationship between body, mind, emotions and life-force. This includes a strong holistic approach with the physical body while clearing and repairing the energy systems to bring transformation and healing. For more information on the retreat please contact Julie by phone at 978-281-1836 or via email at juliekcooper@msn.com.



Beach Taxi on Carate Beach



Kim Valeri, RYT, is the Founder and Director of YOGAspirit® Studios school of yoga. She is a Mentor for many students and teachers across the country. Kim is the artist of *the Inner Peace; Learning Meditation* CD, author of several YOGAspirit® Basic

Asana Audio programs and creator of YOGAspirit® Props line.

With 20 years experience in the practices of yoga, Kim uses her background in Iyengar Yoga to teach universal principles of alignment. She uses her spirituality as a Surat Shabda Yogini to pass on authentic inner teachings. Kim is considered an inspirational catalyst for healing energy as she assists clients across the country in discovering their innate connection to the Infinite Divine.

YOGAspirit®
STUDIOS



YOGAspirit® Studios

P.O. Box 2337
So. Hamilton, MA 01982
Phone (978) 927-0099
Fax (978) 653-4525

Email: info@yogaspiritstudios.com
www.yogaspiritstudios.com

YOGA FIESTA IN COSTA RICA

January 16th
thru
January 24th, 2009



YOGAspirit®
at
Luna Lodge
Carate, Osa Penninsula

Tel (978) 927-0099

Yoga Fiesta Vacation

Explore Luna Lodge and be pampered by the surrounding beauty of the Costa Rican rainforest while we explore the healing properties of yoga coupled with indulgent massage and bodywork.

This unique opportunity is designed to help you access your spirit within while relaxing, rejuvenating and reviving in this wonderful tropical paradise.

Enjoy our Latin Backyard Party and dance under the stars with exhilarating Latin Dance Fiestas.



This retreat includes:

- 8 nights deluxe Eco-Lodging accommodations including 1 night in San Jose
- Domestic flights to and from lodge and San Jose (Round trip airfare to Costa Rica is *NOT* included.)
- All meals, including delicious vegetarian options
- Two daily yoga classes
- Evening music and Latin Salsa Dancing Lessons
- Exploring & guided tours, kayaking, horseback riding, beaches, hiking to beautiful waterfalls, surfing lessons, dolphin excursions, spa treatments and much more available at the beautiful Luna Lodge in Costa Rica



Waterfall, Rainforest and wildlife excursions



Open Yoga Deck

Registration Form

Yoga Fiesta in
Costa Rica Retreat

January 16th thru January 24th, 2009

	Dbl. Occ.	Price
<input type="checkbox"/> Deluxe Bungalow & private bath	Per person	\$1,775.00
<input type="checkbox"/> Deluxe Hacienda & private bath	Per person	\$1,575.00
<input type="checkbox"/> Deluxe Tent & shared bath	Per person	\$1,475.00
<input type="checkbox"/> Therapeutic Massage		\$75.00



Subtotal: _____

Total: _____

Name _____

Address _____

Phone & Email _____

Method of Payment
(must be paid in full prior to retreat start date)

- Check
 Visa
 MasterCard



Credit Card # _____ Exp. date _____

Signature _____

YOGAspirit® Studios

P.O. Box 2337
 So. Hamilton, MA 01982
 Phone (978) 927-0099
 Fax (978) 653-4525

Email: info@yogaspiritstudios.com
www.yogaspiritstudios.com