JOIN US FOR AN EXTRAORDINARY WEEK

OF YOGA & HEALING SOUND JOURNEYS

APRIL 7 - 14, 2018

JOURNEY INTO A YOGA/SOUND PARADISE
WITH WORLD CLASS TEACHERS:

:

ANDREI RAM

AYI WONG

MICHAEL MAYZEL

blue spirit
COSTA RICA

COME JOIN US!

Surrounded by the lush nature of **Nosara, Costa Rica**, this retreat will be held at the beautiful **Blue Spirit Center**. Our days will be filled with Yoga and taking Inner Journeys through Sound. We will have plenty of time to explore the surrounding area and to enjoy the pristine ocean and beaches as well as activities such as surfing, beach horseback riding and more.

Each morning Andrei will gently bring us into a more receptive state by leading us through a powerful and cleansing yoga practice. This practice will include meditation and pranayama to take us deeper into the inner knowing sense of supreme self.

In the evenings Michael and Ayi will be our guides as we embark on the adventure of interior explorations through sound. During the Sound Journey's, Ayi and Michael will employ the Alchemy of Sound by joining forces intuitively while working with Gongs, Pure Crystal and Alchemy Bowls,Tuning Forks and Chimes to create an environment of total relaxation and heightened awareness of our connection to higher states of consciousness.

THIS RETREAT IS A UNIQUE OPPORTUNITY TO AWAKEN TO YOUR INNER SIGHT AND REDISCOVER THE BEAUTY OF THE PARADISE WITHIN AMIDST THE SOOTHING REFUGE OF DIVINE NATURE.

RESERVATIONS, BOOKINGS & ADDITIONAL INFO

Please Contact: ayiwong@gmail.com

DAILY SCHEDULE EXAMPLE	
MORNING MEDITATION AND PRANAYAMA	6:45 - 7:30
BREAKFAST	7:30 - 8:30
YOGA PRACTICE	10:00 - 12:30
TIME TO EXPLORE	1:00 - 5:00
DINNER	6:00 - 7:30
EVENING SESSIONS	7:45 - 9:00

To Register, please send an email to: ayiwong@gmail.com
Please include the following information:

- Full Name
- Contact Info
- Address
- Accommodation Preference

ROOM TYPE	DOUBLE OCCUPANCY PER PERSON	SINGLE OCCUPANCY PER PERSON
SUPERIOR	$2,750	$3,395
OCEAN VIEW	$2,250	$3,075
MOUNTAIN VIEW	$2,450	$2,975
PACIFICO COTTAGES	$2,450	$2,975
NATURE SUITES	$2,375	$2,875
HERMITAGE	$2,125	$2,370
ECO COTTAGE	$1,875	$2,165
PLATFORM TENT		$1,700

All prices are in US Dollars. Includes Accommodation, 3 meals per day & Registration.

ROOM CATEGORIES

SUPERIOR

These beautiful double rooms have step-out balconies and lots of windows with extraordinary ocean views. The room is elegantly furnished to provide the most luxurious space for couples or singles. Each room has a king-sized bed, a private bathroom with solar hot water and air conditioning.

OCEAN VIEW

These double rooms have step-out balconies and beautiful ocean views. The rooms are tastefully furnished and provide the perfect space for two people. Each room has a king-sized bed or two twins, with a private bathroom with solar hot water and air conditioning.

MOUNTAIN VIEW

This double room has a step-out balcony and large windows with an extraordinary mountain view. The room is tastefully furnished and provides the perfect space for two people. It has a king-sized bed or two twins with a private bathroom with solar hot water and air conditioning.

NATURE SUITES

Nature Suites are very cozy and located on a hillside overlooking the lush vegetation. They have private bathrooms with an outdoor shower overlooking the jungle. Each Suite sleeps two people and includes a separate enclosed porch with a desk. All Suites have solar hot water as well as air conditioning.

PACIFICO COTTAGES

The Pacifico Cottages are tucked away amidst the lush tropical gardens and close enough to the sandy Pacific Beach so that the sound of the Ocean will rock you into sleep. These beautiful and rustic new rooms feature a private porch with a hammock, one queen-size bed, an outdoor shower, air conditioning,

HERMITAGE

These rooms are specifically designed for singles and provide privacy and elegance, while being cozy and inexpensive. Many of these rooms have partial views of the ocean and others of the mountains nearby, a queen-sized bed, a private bathroom with solar hot water and a natural ventilation system.

ECO COTTAGE

The cottages are beautifully situated in lush vegetation, allowing for an intimate experience with nature. Each Cottage sleeps two people and has a private bathroom with ambient temperature water shower, or you can use our shared bathhouse with hot water showers. Everything runs on solar powered electricity to provide a comfortable and ecological setting.

PLATFORM TENT

Each Platform Tent has a queen-sized air mattress and is placed on a platform under a wooden roof for protection against the sun and rain. The Tents are surrounded by nature and close to a shared bathhouse. All linen, pillows, and towels are provided to guests. Guests in the Tents can bring valuables to be stored in the safety box at Reception at no charge.

All rooms (except the platform tents) have a safety box large enough to fit a 17" laptop computer.