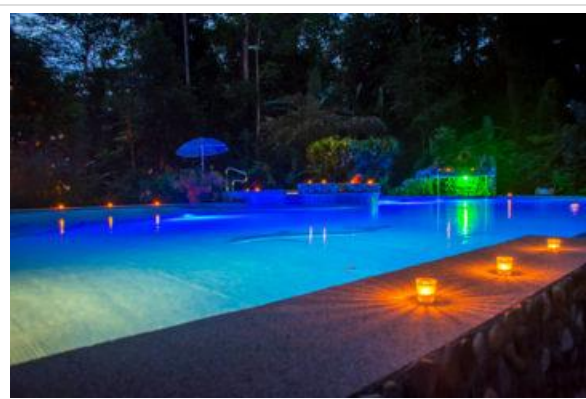




- January 13th - 20th(7 nights)
- Book your flights to San Jose' International Airport, SJO)
- \$1495 Single, \$1295 Double, \$1195 triple and \$1095 for Dorms
- Includes all gourmet meals, elegant lodging, all hotel taxes, group transportation to and from the airport, course fees
- \$500 deposit by Sept. 15th to reserve your place and balance due by December 1st.



*look forward  
to  
having  
you  
join us!*



*Your Guide  
Meena Puri*

*theyogaschool.com  
ayurvedichealingcenter.com  
248-685-3489*



Let's come together in a place where the rainforest meets the Caribbean sea, break away for a week, with potent Meditations and Yoga practices, gourmet meals, plenty of time for R&R, exotic Costa Rican adventures, spa services and much more....where you naturally dissolve the stress, dive into the deep folds of your heart, come alive and experience yourself like never before...

*Your Journey Home  
Yoga Retreat  
Jan 13-20, 2018*



### Cuisine and Rooms

- Organic
- Locally grown
- Vegetarian, Ayurvedic, Caribbean style
- 3 meals per day - served buffet style
- Fish, chicken and seafood available
- Gluten Free and Vegan options .
- Pristine 10 mile long beach, 300 yards from the rooms



**Learning, Experiencing and Sharing** with like minded people on the same journey, allowing each practice to take you closer to your true self - your home. Profound experiences and an extraordinary life awaits you!



- Daily Yoga Practice
- Daily Silent Meditation
- Daily Kundalini practice
- Daily Kundalini Meditation
- Guided meditations, teachings of the Vedic sciences as they show up
- You will learn most what you need and are ready to learn! That is a guarantee!



### There is Something for Everyone!

Additional Activities and Spa Services

- Snorkeling
- National Park tours
- Sloth Center
- Bird and dolphin watching
- chocolate tour
- Butterfly garden
- Zip lining
- Kayaking
- Indigenous people and healing plants
- Bonfire
- Ayurvedic massages and other spa services

The Goddess Garden

Cahuita, Costa Rica 

[thegoddessgarden.com](http://thegoddessgarden.com)

[thegoddessgarden@yahoo.com](mailto:thegoddessgarden@yahoo.com)

