

Blissful Journey Costa Rica Yoga Retreat

with Kim Bowen -

Oct 31st to Nov 7th 2009

Hike, Explore, Surf, Escape, Renew



Welcome to the Blissful Journey of Discovery & Renewal in this 7 day Montezuma Yoga Retreat. Begin to rediscover yourself with focused yoga, nature exploration, & special practices. Renew with super food, massage, & relaxation at the beach or pool. Leave behind every ounce of stress & distractions to experience this life-enhancing retreat of a complete mind & body transformation.

- Halloween Welcome Party
- **7 nights** with accommodations in beautiful Montezuma, Costa Rica, where the ocean meets the jungle.
- Two super delicious **organic meals** daily
- Complimentary **full body massage**
- Day trip to **Tortuga Island** for snorkeling & more
- Twice **daily yoga & Restoraflow** evening workshops
- Special "**surprise**" events sure to please
- **Only \$1200** per person, based on double occupancy. Bungalows limited (Airfare & transfers not included)



Pool and Yoga Pavilion at Hotel Los Mangos

Contact Kim Bowen @ Yogaphorion
to reserve your bungalow (space is limited)

yogaphorion@aol.com

or

Ph. (520)343-9695

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Euphoria through Yoga...OM

