



**YOGA with LISA GOODWIN
COSTA RICA RETREAT
MARCH 27 – APRIL 3, 2010**

Join Lisa for an amazing yoga vacation in beautiful Costa Rica.

The Pura Vida Wellness Retreat and Spa is perched on 12 acres of mountaintop overlooking Costa Rica's lush central valley. Enjoy delicious meals, indulge in exotic spa treatments, explore and reconnect with yourself and nature. Step into the tropical canopy amid the pure life energy of Pura Vida.

**Your body – Two yoga classes daily
Your mind – Evening life coaching sessions
Your spirit – Morning meditation
Your passion – awakened & renewed**

Daily excursions available ... canopy tours, whitewater rafting, volcano hikes, etc.

Prices per person	Accommodation Type	Double Occupancy	Single Occupancy
	Tent Chalet:	\$1565	\$1910
	Standard Rooms:	\$1615	\$2015
	Deluxe:	\$1720	\$2225
	Super Deluxe:	\$1875	\$2575
	Suites:	\$2035	\$2855
	Pagoda:	\$2230	\$3240

Prices are per person and do not include airfare. Price includes yoga, housing, meals and airport transfer.

Contact Linda Brigida 954-647-4631
Email: Linda@Warm-Yoga.com

Lisa Goodwin at 954-328-4719
Lisa@Warm-Yoga.com

www.Warm-Yoga.com