

Third Annual Yoga Namasté

Costa Rica Yoga Retreat

Carrillo Beach

Playa Carrillo in the province of Guanacaste on the Pacific Coast of Costa Rica is a lovely, secluded place ideally suited for a yoga retreat. Enjoy restful afternoons under palm trees, play in the crystal warm waters, kayak, go zip-lining, or take a relaxing walk along the two mile long white sandy beach.

Yoga Workshop

5 days of yoga for intermediate students. Morning and afternoon sessions each day, taught by Ute Swerdloff (Yoga Alliance Certified) include meditation, vinyasa, asana study and restorative poses in a shaded, open-air pavillion.

Lodging and Meals

7 nights in a single room at Carrillo Club Hotel overlooking the beach with fresh, wholesome breakfast and dinner.

Dates

Tuesday 8—Tuesday 15 December 2009.

Cost

\$950/person, single room.

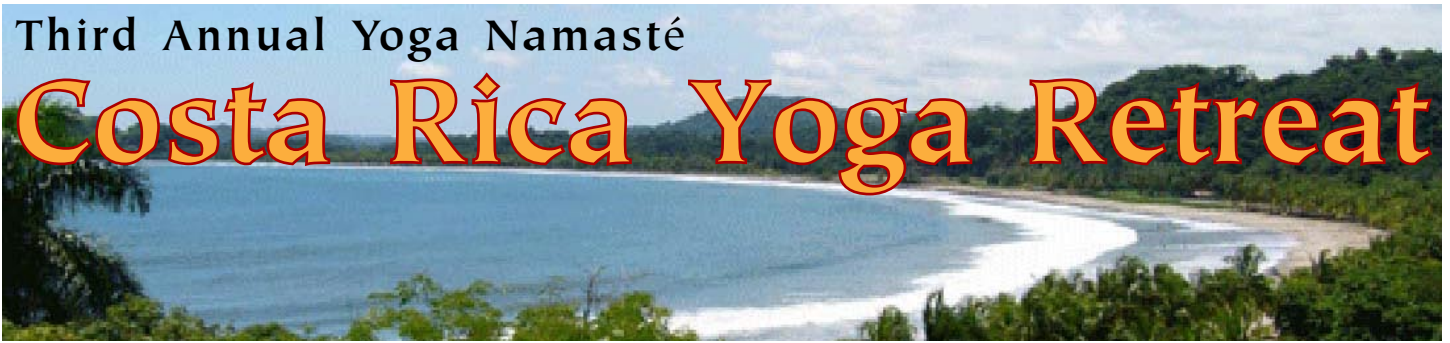
\$700/guest without yoga, single room.



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Yoga Namasté presents its third annual Winter Yoga Retreat in Costa Rica. The retreat will be held at the Hotel Carrillo Club in Carrillo on the Pacific Coast of Costa Rica, 8–15 December 2009. You can reach this charming secluded beach community by flying to either San Jose or Liberia. By car, Carrillo is 4 hours from San Jose and 2 hours from Liberia. Carrillo Club Hotel is a small resort overlooking the beach. Students will enjoy single rooms with stunning views and great home-style cooking. Two practices a day will be held in an open-air pavillion protected from the sun. The morning practice starts at 7 am with meditation, vinyasa and detailed asana study and ends at 9:30. Breakfast will be served shortly after. There will be no food served before the class, however coffee and tea will be available. The afternoon practice is from 2:30 to 5:00 pm with partner work and/or restorative poses and we will expand on the concepts studied in the morning. Dinner is at 7:00 pm.

Students need to have at least one year of consistent Hatha yoga practice and be familiar with headstand, shoulder stand and basic backbends. The asana studies will focus on grounding in the beginning of the week (i.e. standing poses) and gradually move up higher into the heart realm as the week progresses (backbends, shoulder stand, etc.) I am very excited that we will practice several hours of yoga each day in a warm climate which could mean a real breakthrough for dedicated sadhakas (students). It is the combination of careful sequencing, enhanced frequency and duration of the lessons that has the potential to result in a very intensive experience that not only leads to a greater understanding of yoga postures, but allows students to be more comfortably at home in their body and their heart.

Students will be responsible for their own yoga equipment (two blocks, one blanket, one 10' strap and a yoga mat). I know this is a lot to carry but absolutely necessary to participate effectively in the daily workshops. I will not be able to bring extra equipment with me and there is no place to purchase where we will be staying.

Namasté

Ute Swerdloff

Registration

Provide the following information and return with payment.

NAME: _____

GUEST: _____

ADDRESS: _____

DAY PHONE: _____

EVENING PHONE: _____

EMAIL: _____

Date: _____

Payment

\$950/person includes yoga, lodging and meals. \$700/guest includes lodging and meals without yoga. Airfare and transportation to/from hotel are not included. Make check payable to Yoga Namasté.

Due Date

Return this registration form with \$200 deposit by 1 August 2009 to Ute Swerdloff, 1167 Grand Ave, Astoria, OR 97103. Full payment is due by 1 October 2009.

Refund Policy

A refund (minus \$50) will be given if you withdraw before 1 October 2009. After 1 October, a refund (minus \$50) will only be given if a replacement is found.



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