



## RETREAT with US - Nov.30-Dec.7,2024



*For many years we have been challenged to our limits, to achieve more, to work harder and longer, to be more.*

*Now is it suggested that we rest more, slow down but this is not easy. Finding the time and space to be still, to stop and pause can be more of challenge.*

### Y.O.G.A. IS FITNESS

*Yoga practice can help us stop, pause and slow down. It offers us the time to take care of ourselves and experience what our body, mind and spirit really needs.*

## JOIN US AT THE BEAUTIFUL BOUTIQUE ESTATE CASA TOLTECA, MANUEL ANTONIO, COSTA RICA ...

*...for a week of vacation with food provided by our private local Costa Rican chef, small group Yoga and Fitness practices, morning beach walks and options for many more activities.*





**\$2200.00CAD**  
**Register before April 30/24**  
**and save \$100.00/person**  
**50% deposit required to reserve**

**includes:** 7 nights double occupancy suites (include kitchens, bathrooms, private decks), 7 buffet breakfasts, arrival and departure dinners, fully stocked kitchen to accommodate mid day meals -special dietary requests will be accommodated, all daily Yoga and Fitness activities, all tipping.

**not included:** transportation from San Jose airport to Villa (\$70.00USD return), additional Manuel Antonio activities - kayaking, waterfall climbs, Notional Park tours, Night tours, food and chocolate tours. All of the above will be arranged by private concierge.

***Retreat with US-***  
***Register today!***  
***This is a small group***  
***retreat limited to 12***  
***guests. For more***  
***information or to***  
***register email:***  
***joan.radford@ahs.ca***

