



# Pulse Generator Destination Fitness is BACK!

We are excited to bring back DESTINATION Fitness  
with our Costa Rica Retreat...

Retreat with us to the beautiful Manuel  
Antonio, Costa Rica and join Pulse  
Generator's Fitness and Yoga expert, Joan  
Radford, for a warm week of yoga, fitness,  
meditation and much more.



## Program includes:

- 7 nights accommodation (double occupancy) in private suite in boutique villa Casa Tolteca,
- all private chef prepared breakfasts, arrival and departure dinners and fully stocked kitchen for personal use for other meals.
- all tipping related to villa stay
- all yoga, fitness and meditation activities during the retreat and prior to the retreat

Nov. 30 - Dec.7, 2024

\$2200.00CAD/person

50% deposit to confirm space

Save \$100, register before April 30, 2024

Contact : [joan.radford@ahs.ca](mailto:joan.radford@ahs.ca)

