



Retreat with US!

November 14 – 21, 2026
Manuel Antonio, Costa Rica

**Rest, Rejuvenate, Revive
and Retreat**



Retreat Highlights:

- Transformational daily Yoga practice
- Optional Health & Wellness Activities & Workshops
- Peaceful hillside Villa setting
- All breakfasts and 2 dinners
- All tipping and airport transportation
- Double occupancy

To register contact:
joan.radford@albertahealthservices.ca

\$2250.00/person **50% deposit required/airfare not included**