

Spring Renewal- Atma Prema (Self-Love) Yoga and Wellness Journey in Costa Rica

March 18-23, 2024



Step into the healing arms of Costa Rica and immerse your senses through an enchanting journey into nature. Renew your body, mind, and spirit with the nourishing and empowering principles of ATMA PREMA (Sanskrit word for Self- Love).



Enjoy this YOGA-ECO travel adventure at the magnificent Vida-Asana Sanctuary in Playa Hermosa, where Three Souls of Wellness (Johanna, Romi and Fabienne) will share their hearts, while weaving a patchwork of experiences through Yoga, Meditation, Breath Work, Ayurveda Wisdom, Creative Art, and Cultural exploration.

We invite you to remain present within yourself while connecting to others in ways that will enliven your senses and soften your heart. The combination of yoga, nature and community is a powerful way to restore, relax and recharge. If this retreat speaks to your soul, join us in the stunning wild natural beauty of Costa Rica!



Where: Vida Asana is conveniently located 90 minutes from San Jose Airport (SJO), just outside of Jacó in beautiful Playa Hermosa, Costa Rica. Situated between the lush tropical beauty of the jungle and world-famous beaches of Playa Hermosa, our location provides easy access to a variety of activities, excursions, restaurants, and shopping, yet offers a peaceful jungle setting to repose. There are many reasons we chose to host this retreat in the stunning “Vida Asana.” First for its location, nestled in the jungle and a 10-minute walk to the beach. Secondly, it came highly recommended for the beauty of the setting, surrounded by nature. There is a pool and 2 beautiful yoga decks, one in the jungle and the other on rooftop. And finally, for the sweetest team and the amazing food provided.



When: March 18-23, 2024

Who: This retreat is designed for anyone who loves to explore nature and embraces the healing arts of yoga, creative expression, and Ayurveda. No yoga experience needed. All those seeking more peace, well-being, balance in life and compassion are welcome.

Why: Doing a retreat is a beautiful way to get away from it all. While connecting with nature, between the sea and the forest, you will discover your natural rhythm and feel more balanced and at ease. Finally, you will give yourself the chance and great opportunity to bring the most precious thing in your life: self-compassion.

Dining: The food at Vida Asana is created with a healthy lifestyle in mind. Every menu item is made from scratch using whole, and as often as possible, organic ingredients. The food is gluten free, and vegan centric (eggs and yogurt options at breakfast) and fish served at dinner every second night. All allergies or dietary needs are easily accommodated.

Prices: \$2,600 per person Double Occupancy
\$2,800 per person Private Occupancy

Early Bird Discount of \$200 off with full payment by
6/1/2023



Price includes:

- Lodging (5 nights days/6 days)
- Accommodations-Private bathroom, shower, Raw Botanicals organic hair and body care products, and excellent WiFi
- Transportation to and from San Jose airport at designated times for group (*on the arrival and departure days only)
- 15 mostly organic & locally sourced meals
- Sunset Beach Dinner at Vida Hermosa Restaurant
- Guided hike through Rainmaker Park. A genuine rainforest experience, complete with hanging bridges, rushing rivers, waterfalls, and clear fresh-water swimming pools. The tour finishes up with a home cooked traditional lunch.
- Guided hike through Manuel Antonio National Park where will see monkeys, sloths, birds, and other wildlife and take time at one of the most beautiful beaches of Costa Rica for a delightful ocean swim.
- Daily rejuvenating practices to include but not limited to:
Yoga, Meditation, Creative Expression Art, Yoga and Meditation, Ayurveda & Yoga Wisdom and Self Care Rituals for Wellness, and Restore and Renew Yoga, Yoga Nidra Deep Relaxation and Guided Meditations
- Use of pool, sundeck, and hammocks
- Use of cruiser bicycles to get to and from the beach (5 min ride)



Price Excludes:

- Airline Flight, Travel and Medical Insurance
- Personal Expenses
- Additional excursions, spa treatment or activities outside of what is already planned
- Alcoholic beverages
- Additional food and beverages purchased on excursions

Meet the *Three Souls of Wellness* Instructors



Johanna Vega-Barnett - a native of Costa Rica, Johanna has contributed her expertise to community outreach initiatives with organizations such as UNICEF, WHO (World Health Organization), and PAHO (Pan-American Health Organization). As a certified Health and Wellness Instructor, Johanna holds a second specialization in Vedic Sciences (Ayurveda), as well as international certifications in different modalities allowing her to create programs that focus on family wellness.

Diploma in Vedic Sciences (C.C.P. Ayurveda) Registered Yoga Instructor (RYT-200)
Certified Health and Wellness Instructor

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Romana (Romi) Tarlamis has been teaching and practicing yoga for over 18 years. As an artist, she believes the cornerstone of health and wellness is our creativity and its expression. She is an avid swimmer, runner and a cyclist with a mission is to get people moving.

BAA Environmental Health

Yoga Instructor (RYT-200)

Artist and Expressive Arts Facilitator

NCCA Certified Health Coach

<https://ezcard.com/Romana>

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Fabienne C. Grossman has been teaching yoga for over 16 years and enjoys offering yoga classes, workshops, 200 hr RYT training programs, yoga day retreats and Yoga Journeys to help individuals awaken to their own true nature with love and compassion. She believes everyone can improve their overall health, and wellbeing with Yoga, good nutrition, and healthy lifestyle.

Registered Yoga Instructor/Trainer (ERYT-500) Registered Dietitian, Ayurveda
Yoga Specialist, Relax & Renew® Restorative Yoga Instructor

www.fabyogawell.com

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Come join us for the experience of a lifetime and discover how to cultivate compassion and happiness.

To secure your spot, a deposit of \$300 is required. Payment plans available. Full payment is due on or before January 5, 2024. Deposit is non-refundable.

Cancellation Policy:

- Deposit non-refundable.
- 100% refund of payments made (not including deposit) if cancellation by July 1st, 2023
- 50% refund of payments made (not including deposit) if cancellation by Sept. 1st, 2023.
- No refunds made after September 15, 2023.

To book your retreat or for more information, please call Fabienne at 954-871-5222 or email her at fabyogi18@gmail.com.

