



"The privilege of a lifetime
is being who you are."

- Joseph Campbell



Costa Rica 2010

April 4th to April 10th

Join Valerie D'Ambrosio of Organic Twist for an experience of a lifetime.



Location: Nosara Costa Rica, a quite and quaint town nestled in the Guanacaste Province on the Pacific side of Costa Rica.

Yoga: Submerge yourself in a masterfully wonderful week long program where you will be guided in deepening your yoga practice with inversions, arm balances, guided meditation and adjustments to help with alignment.



Activities: Partake in surf lessons, fishing, zip line tours, hikes, massages, and many more activities of your choice.

Package Includes:

- *Fantastic room at Cafe de Paris
- *Two Yoga classes a day
- *Two Meals a day (including all juices, soda, coffee and tea)
- *One surf lesson *All taxi services (into Liberia only)

Prices based on double occupancy

\$ 1650 per person

Airfare not included

Contact www.organic twist.com or call 303-579-6340 for more information and if you desire single occupancy