



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

- Joseph Campbell



Costa Rica 2011

Mid February

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 vinyasa, kundalini, inversions, 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

Prices based on double occupancy

- \$ 1650 double occupancy (\$1525 early bird discount)
- \$1850 single occupancy (\$1725 Early bird discount)
- Airfare not included
- Contact www.organictwist.com or call 303-579-6340 for more information