

The Sanctuary at Two Rivers

Exclusive VIP Bhakti New Years Yoga Retreat

with Dave Stringer and Dearbhla Kelly
and Special Guests Craig Kohland & Sita Devi

29 December, 2012 - 4 January, 2013: 7 days/6 nights • Costa Rica



Register Now

Online at www.thesanctuarycostarica.com/yoga-retreat-vacations/calendar#29dec-bhakti

By email at info@thesanctuarycostarica.com

This VIP retreat is only being offered to 12 individuals!! Book now as spaces are already being reserved.

Exclusive Bhakti Yoga Retreat • 7 Days/6 Nights

Individual/Double Occupancy, \$2,013.00 - - OR - - Dynamic Duo Deal , \$1863 per person

Dynamic Duo Deal discount option which is perfect for couples and close friends who wish to join the Jungle Fest, share a room or bed and receive a discounted rate of \$1863 per person of the Duo and one person pays at PayPal check out.

Purchase before November 15th and receive a free one-hour massage by the pool or by the waterfall!!

Photos and more: www.facebook.com/thesanctuarycostarica

Chrysalis: The Emergence of Ecstasy

Join us for a New and Unique offering from Dave and Dearbhla with an investigation of how pranayama, yoga, rhythm, and chanting change consciousness. Yoga requires practice, not belief. A union of philosophy, science and art, Yoga is best understood through the experience of unity, well-being and timelessness it elicits. Ecstasy is both the process and the product. The retreat will focus on practices that quiet the mind, expand our sense of wonder, and free the heart. The daily schedule will include asana, chanting, rhythmic exercises, dance, pranayama and yoga nidra. We will compare traditional yogic views of consciousness and the discoveries of modern neuroscience, stimulating lively discussion.



Special Musical Guests
Craig Kohland & Sita Devi



Your Guides

DAVE STRINGER - one of the most innovative artists of the new Kirtan movement

DEARBHLA KELLY - Los Angeles-based yoga teacher, writer and neurophilosopher

CRAIG KOHLAND - talented multi-percussionist, performer, DJ, music producer and ecstatic dance facilitator

SITA DEVI - yogini, Kirtan artist and ecstatic dance facilitator in service to the divine

This VIP Bhakti Yoga Retreat Includes

7 Days / 6 Nights • Luxury Accommodations in a Jungle Treehouse (Double Occupancy only)

3 Gourmet Vegetarian Meals Daily • Daily asana, chanting, rhythmic exercises, dance, pranayama and yoga nidra

Time for Exploration, Relaxation, Reflection, and Creativity

Deepen your relationship with the full tapestry of sights, sounds, tastes, smells, and touches that Mother Earth provides through her waterfalls and rivers, jungle, gardens, orchards, and the creatures that thrive on and around The Sanctuary's wildlife preserve or relax and restore in a canopied lounge bed at the Pool & Spa, sketching or journaling.

Group off-premise lunch excursion to famed beach restaurant Playa de Los Artistas

13% Costa Rica Taxes. (This is not an insignificant amount. Please keep this in mind when making comparisons to other Retreat Centers.)

The option exists, weather permitting, for local excursions that are not included in the retreat.

Your purchase indicates that you accept all terms and conditions of purchase.

The Sanctuary at Two Rivers, Cabuya, Nicoya Peninsula, Costa Rica • info@thesanctuarycostarica.com

The Sanctuary at Two Rivers is a private luxury-modern Eco-Estate Rental Property and Yoga Retreat & Teacher Training Center hidden in the jungles of Costa Rica. It is located a mere thousand yards from the Pacific Ocean and nestled between two rivers with waterfalls that flow year round.