

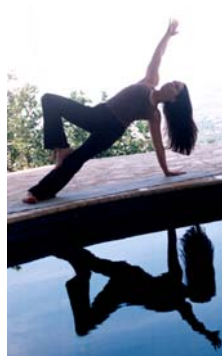


JULY 12TH - 19TH COSTA RICA RETREAT
GUIDED BY VALERIE IMMORE AND ELYSABETH WILLIAMSON



Join Sundance Yoga with Valerie and Elysabeth for an amazing experience in a tropical mountainside paradise at the Pura Vida Spa and Resort in Costa Rica. Surrounded by the majestic beauty of nature, we will deepen our connection to ourselves, each other and the Divine. Together, we will flow between the power and grace of individual practice and partner practice—allowing each to inform the other. Daily Yoga and meditation practice in this lush, tropical setting will help connect you

to nature, nurturing and embracing you. You will come away renewed, rejuvenated and inspired **This 7 day adventure will be complimented by delicious & healthy meals, 1 spa treatment of your choice (massage, body treatments, watsu, and much more), Pick from 3 half day excursions or 1 full day and 1 half day excursion—(zip lines thru the rain forest, volcano tour, waterfall gardens, white water rafting, etc).** Included is transportation to and from the San Jose airport, deluxe accommodations with a shared room and private bath, swimming pool, hot tub and peaceful self-discovery beyond words.



Valerie Immore has been with Sundance Yoga Studio and the Anusara community since 2001. Her training has come from several different styles of Vinyasa Yoga but primarily from Anusara Yoga. Her grace shines through in her teaching and her presence.

Elysabeth Williamson has been a student of yoga for over thirty years and is the author of *The Pleasures and Principles of Partner Yoga*. She has studied a wide diversity of traditions and is the developer of principle-based Partner Yoga techniques. Elysabeth brings joyful enthusiasm and deep insight into opening the heart to all that life brings us.

Allow yourself the gift of awakening and intensifying your practice at whatever level you currently find yourself. Through her living love and grace, Valerie and Elysabeth will guide you to delight in the discovery of new depth in your practice and self-awareness.

Know that the beauty of nature is waiting to embrace you, nurture you, and bring you home to self.



COST: \$1595.00
 *\$100 discount if \$500 deposit is made by May 1st and paid in full by June 1st
www.sundanceyoga.com
281-482-9642