

Pura Vida

COSTA RICA

Saturday Feb 25–March 3, 2012



Invoking Grace

An Anusara Yoga® Retreat with
Cheryl Catranbone and Claudia Neuman



OM NAMAH SHIVAYA GURAV
SACCIDANANDA PURTAYE NISH
PRAPANCLAYA SHANTAYA
AMBAYA TEJA SE
NIRALAYE

IN THIS MAGICAL WEEK we will align with Grace like never before as we take an in-depth look at the Anusara Yoga Invocation.

Each day we will set the tone by meditating on one line of the Invocation and each two-hour yoga practice will be designed to help you go deeper into your own personal relationship and expression of Grace in your life.

Experience a deeper connection to grace and yourself through a deeper understanding of the Anusara invocation.

Begin anew as the power of this loving mantra stimulates the best within us all. Be prepared to discover yourself

from a whole new perspective and take home the tools that will keep the promise of transformation alive for the entire year.

Our love fest retreat will encompass the glory of the Costa Rican sunshine, the healing experience of skilled body workers and therapists, the restorative properties of incredible healthy gourmet food, and most of all, our dynamic and wonder-filled yogi companions who will take this journey with us.

Come uncover, empower and celebrate yourself!

About Pura Vida

Pura Vida is located on a spectacular private 12-acre mountainside estate in Costa Rica's Alajuela province, just 20 minutes from San Jose Airport.*

Your stay will feature activities such as meditation, twice-daily yoga sessions, swimming in the non-chlorinated pool, relaxation in the Jacuzzi and meals, all included in your basic rate.

Activities also available, for an additional fee, include eco tours, zip lining through the rain forest canopy, volcano tours, white water rafting, horseback riding and beach and waterfall excursions.

All meals provided are delicious and healthy. Pura Vida is committed to serving a variety of freshly prepared recipes made with exotic ingredients. Breakfast, lunch and dinner are served buffet style and while primarily vegetarian, there is always a choice of either fresh fish or chicken.



**Transportation to and from the airport is provided by Pura Vida.*

Special Features

Share in the playfulness of teacher practices

Relax...

Immerse yourself in spa treatments by world class therapists including:

- Massage
- Aromatherapy
- Body wraps and scrubs
- Stone therapy
- Skin care
- Watsu®



And so much more...visit www.puravidaspa.com for a delicious spa menu.

About the Teachers

Both Cheryl and Claudia are certified Anusara Yoga teachers who live their lives with enthusiasm and joy, embracing yoga as a lifestyle as well as a career path. Both teachers apply the Universal Principles of Alignment and although classes are suitable for all levels, students are encouraged to challenge themselves as they feel inspired.



As an artist and musician, **Claudia Neuman** weaves creativity and artistry into her classes. She offers her students the opportunity to combine the flowing aspect of yoga with her unique brand of dynamic core strengthening. Prepare to be amazed as you explore new horizons in your practice and in your life.

www.alignwithgrace.com.

Cheryl Catranbone is known for her playful and joyful approach to life. Moving with authenticity and a natural attention to detail and alignment, she encourages her students to experience yoga from their hearts and allow the practice to be one of delight, beauty and safety.

www.heartofgraceyoga.com.



Register Today!

Contact R & R Resorts

Call: 1-888-767-7375

Email: reservations@puravidaspa.com

www.puravidaspa.com

Pura Vida Spa offers more than 50 accommodations for every taste and budget. From luxury suites with your own Jacuzzi hot tub, to charming A-frame Chalets, to the most “not-like-a-tent I’ve ever seen!” (Photos are available on the web site)

Tent Chalet: A comfortable bungalow tent located in the garden with carpeting, electricity, and either two twin beds or one king bed

Double Occupancy\$1,395

Single Occupancy\$1,740



A-frame & Vista Deluxe Room: Comfortable with king size or two double beds, private bath, balcony and coffee maker

Double Occupancy\$1,550

Single Occupancy\$2,055



Super Deluxe or Tri-Level Suites:

Approximately 30-40% larger than a deluxe room with a private bath and shower, living/ sitting area, coffee maker and balcony or patio

Double Occupancy\$1,705

Single Occupancy\$2,405



Non yoga practitioners are welcome at a reduced rate.

Contact R & R Resorts for details.