



July 21-28th, 2012

Ama Tierra, Costa Rica

7 Spiritual Laws of Yoga and Meditation Retreat In the beautiful Jungle of Ama Tierra, Costa Rica

Early Bird: \$1772 reg. price after Feb. 1st \$1972

Embrace your optimal level of well-being at this Lotus Oasis signature retreat. Whether you are new on the path of yoga and self-discovery or you are looking to deepen your existing practice, our unique yoga and meditation retreat will take your practice and your understanding of the true principles of yoga and conscious living to the next level. Led by Charlotte Lenssen and Shelli Schilke, both Chopra Certified Instructors, this retreat is designed to help you align body, mind and spirit through daily meditation and yoga. Retreat price includes:

- 7 nights and 8 days in the jungle at the beautiful **Ama Tierra Resort**
- All meals and celebration feast including door prizes.
- Transportation to and from airport (2 shuttles available for pick-up and drop off)
- Twice daily yoga and meditation practice as taught by the Chopra Center
- Daily journal exercises
- A trip to the Beach
- Salsa class social

\$333 non refundable deposit upon registration.

FREE 7 Spiritual Laws of Yoga book to first 5 participants to sign up .

To register call Charlotte at 970-799-8950 (USA) or Sarah 303-297-3005

Please visit our website for more information: www.lotusoasis.com



Led by Charlotte Lenssen
Chopra Certified Instructor
Director of Lotus Oasis Retreats
charlotte@lotusoasis.com



Supported By:



Sarah Russell
Owner of Breathe Yoga Studio
Yoga Instructor
www.breathedenver.com

