



Photography © Carl Kerridge 2010

Yoga, Service  
and Adventure  
Retreat in

# Costa Rica

**with Karina, Luna & Joshua** January 28 - February 5, 2011

Escape the cold, dark and gray of winter this year. Join Karina Ayn Mirsky, Kristin Luna Ray, and Joshua Canter in the warm, lush and green of Costa Rica! Come share sacred time with like minded community in an exciting and transformational retreat environment.

This yoga retreat will take place at the Pura Suerte Eco-Lodge located in the Southern Pacific region of Costa Rica. Right next to the True Nature Community, Pura Suerte is a rustic retreat center nestled in the beautiful Costa Rican village of La Florida. Join us for this heart opening yoga adventure as we travel together on breathtaking excursions through the Diamante Valley.

There are many types of yoga, and it is said that Karma Yoga, the action of serving others, is one of the greatest forms of spiritual practice. During this one week program we will have the opportunity to practice Karma Yoga in the local community and feel the true heartfelt benefits of outreach. We'll gather daily in a beautiful outdoor setting for yoga asanas (yoga postures), meditation, chanting and satsang (gathering with the teachings).

We'll also take several adventure excursions to exquisite sites in nature including:

- magnificent Nuyaca Falls
- overnight stay at the Dominical Beach
- hike to the Diamante Cave Sanctuary

Don't miss this rare opportunity to cleanse in the sacred waters of Costa Rica, walk through ancient monkey filled rain forests, and meditate in a sacred cave. We'll eat fresh local foods, practice yoga and service to others, and share in the power of ritual and sacred song. This is a retreat you will never forget...



Shared/group accommodations only  
Indoor bathing & dining facilities  
\$1250.00 (before September 1, 2010)  
\$1395.00 (after September 1, 2010)  
For more info: (828) 319.7564  
[www.sanghayoga.com](http://www.sanghayoga.com)