

COSTA RICA

Yoga Retreat with Colleen



JANUARY 22 - JANUARY 29, 2023 - COSTA RICA

Villa Preciosa is a luxury all inclusive villa located in the coveted Ocotal beach of the Guanacaste region. The Villa is an ideal place to rest, rejuvenate and surrender to gifts of nature. Join Colleen and her husband John as they share the wisdom and joy of Yoga and Meditation, helping you to build coping strategies and skills to live life with more ease and grace. Daily morning Yoga classes with Colleen will harmonize and energize Body/Mind/Spirit. Colleen's classes will weave Hatha, Yin, Restorative and Dance Yoga. John's live guitar playing during classes will take you deep, inspiring and influencing deep integration. There will be plenty of time to relax, hike scenic trails, zip line, and enjoy the infinity pool. Optional afternoon activities, bonfires on the beach and evening programs will be offered. All of this for \$2,200 US - does not include flights

For more info email Colleen Dolce at radiantyoga.colleen@gmail.com.

BOOK EARLY, SPACE IS LIMITED!



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Radiant Yoga
with Colleen

www.radiantyogawithcolleen.com