

Meditation & Mindfulness

Costa Rica

Yoga Retreat

Nov 26 – Dec 3, 2023

Accommodations

Tierra De Suenos is nestled in the jungle right next to some of the most beautiful beaches in Costa Rica. The rustic retreat center is just outside of the Caribbean resort town Puerto Viejo. www.tierradesuenoslodge.com. The center is right in the jungle and monkeys, toucans, sloths and other wildlife inhabit the area and are often seen over head. You can experience the quiet and refreshing retreat center, and you can explore the beauty of Costa Rica!

What Is Included:

- 7 Nights Accommodations (shared rustic bungalows)
- 3 Locally Sourced Meals A Day
- 1 Daily Hatha Yoga Class
- 3 Meditation and Mindfulness Workshops

Price: \$1149.00 USD

*A non-refundable deposit of \$500 is required to reserve your space.

Annraya Health
705.503.2000
annraya.com

Achieve a Healthier Mind, Body and Spirit

Benefits of Meditation

- Reduce the effects of stress
- Improve Mental Health
- Improve self-esteem
- Improve ones sense of control
- Improve patterns of sleep
- Increase creativity and intelligence
- Improve overall health and well-being

Additional Retreat Information

Flights and transportation to and from the retreat are separate.
(Group shuttles are available)

Remaining amount due in two payments with final payment on September 26, 2023.
Message laura@annraya.com OR call Laura Breadmore at 705.503.2000

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