

Yoga - Meditation - Retreat In Harmony with Nature

16 - 23 May 2010
15 - 22 August 2010
09 - 16 January 2011

Reconnect with your own inner-self
Connect with the powerful nature of Costa
Rica

Retreat

Join us in our ecological sustainable
community in **Portasol**.

With

Yoga, chi-gong, introduction to meditation,
massage, hikes in the beautiful forest
surrounding the retreat, bathe in a pool at the
waterfall, thus promoting your inner process
of selfhealing of the body, soul and spirit and
recharging yourself with inner energy.

Prices

Lessons: 350.- US \$
7 Dinners: 70.- US \$
7 Bed and breakfast from
130.- US \$ (with 3 persons in 1 room)
to 507.- US \$ (single room in bungalow)

Teacher: Doris Mueller-Weith

For more information:
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