

**DATE: JULY 14 - 19**

**FROM \$1999**

Early bird 10% off  
before April 15



**M A R I N E**  
H O L I S T I C

# YOGA & SURF RETREAT

**COSTA RICA**

6 Days, 5 Nights

## WHAT'S INCLUDED IN YOUR RETREAT EXPERIENCE

**LUXURY ACCOMMODATION**  
**DAILY MORNING VINYASA FLOW**  
**YIN YOGA & DEEP STRETCH**  
**MEDITATION & BREATHWORK PRACTICES**  
**MASSAGE OR REIKI SESSION**  
**SOUND HEALING JOURNEY**  
**OPTIONAL INTRODUCTION TO HUMAN DESIGN**  
**TWO NOURISHING MEALS PER DAY**  
**TWO GUIDED SURF SESSIONS**  
**AIRPORT TRANSFERS**



## FOR MORE INFORMATION:



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