



BACK TO BLISS YOGA

Stress slips away and your true nature returns, bringing you...back to peace, back to nature, back to bliss.

COSTA RICA ADVENTURE RETREAT

March 4-14, 2010

Join certified yoga teacher/therapists, **Jennifer Brooke** and **Harriet Alterowitz**, as your guides for travel adventure, world culture, and yoga for yoga enthusiasts and non-yogis alike! Perched high above southern Costa Rica's Caribbean coast, come and experience yoga, meditation, healing and fun in the rich and nourishing surroundings of the **Samasati Nature Reserve**. Whether taking a stroll through the surrounding rainforest, swimming at the exquisite local beaches, visiting the charming cafes or simply observing nature from your hammock among the trees, come relax and rejuvenate!

Our all-inclusive 10 night adventure begins in San Jose, CR and includes the following:

- Ten nights lodging - 2 nights (upon arrival) and 1 night (upon departure) stay at the Orquideas Inn in San Jose and 7 nights stay at Samasati.
- Transportation to and from airport in San Jose as well as transport to and from Samasati.
- Three all-day excursions, 1 in San Jose area and 2 special beach outings on the Caribbean coast.
- Three delicious meals per day*
- Yoga classes offered twice daily...plus more!

Air travel to and from Costa Rica, extra excursions, services and beverages are not included.

*Three of your meals will be on your own.



To register now, please see details on back or
Visit www.backtobliss.com

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Registration Form

(Please print)

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City _____ State _____ Zip _____

Email address _____

Housing options: (Please check one)

Single Occupancy Bungalow: **\$2100.00** _____

Single Occupancy Guest House: **\$1525.00** _____

Double Occupancy Bungalow: **\$1695.00/person** _____

Roomate: _____

Triple Occupancy Bungalow: **\$1550.00/person** _____

Roomates: _____

Space is limited and filled on a first-registered basis. Please register early to reserve your space. If you do not have a roommate but would like to share a room with another guest, we will try to match you with someone. If we are unable to find you a roommate, you will need to change to a single occupancy rate.

A \$500.00 deposit is required with your registration. A second deposit of \$500.00 is due on November 1, 2009. The final balance is due no later than January 4, 2010.

Travel arrangements to and from San Jose, Costa Rica (airport code-SJO) are your responsibility. Please confirm your registration with Jennifer or Harriet prior to making your flight plans. Plan your flight to arrive on March 4 and return on March 14. Any changes or extensions to your trip will be at your own cost. There are many excellent travel opportunities outside the retreat. We can make some recommendations if you interested. Upon registration, you will receive an expanded packet describing the itinerary and how to plan for your trip.

Cancellation Policy: All cancellations must be in writing. If cancellations are made prior to December 1, 2009, a refund minus \$100 processing fee will be issued. If cancellations are made after December 1, 2009 no refunds will be made. Travel insurance is recommended to protect your travel investment!

**Yoga classes are always optional and open to all levels of experience.
Non-yoga spouses, partners and friends are welcome!!!**

For further information, please visit our website at www.backtobliss.com or our Samasati hosts at www.samasati.com. You may also contact Jennifer Brooke at 406-721-3905 - jbrookemt@aol.com or Harriet Alterowitz at 406-370-6464 - hattieyoga@gmail.com.



Since 2004, Jen Brooke (right) and Harriet Alterowitz (left) have combined their yoga knowledge and creativity to develop Back to Bliss Yoga Retreats. Together they have planned and lead weekend yoga retreats in the local Montana area and also yoga vacation retreats in Costa Rica, Peru, and Hawaii. Jen and Harriet are both certified yoga teacher/therapists with Integrative Yoga Therapy. They have both taught yoga classes and specialized in therapeutic workshops in the Missoula area since 1998.