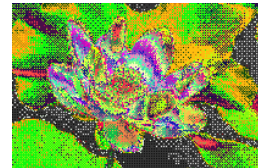
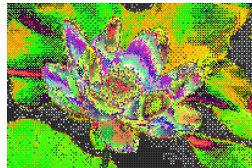
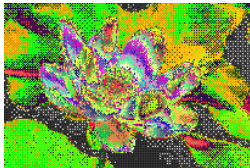


# *Back To Bliss Yoga*

Yoga in Costa Rica with Jen & Harriet  
January 8-January 18, 2009

## **Samasati Caribbean Adventure Retreat**

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



Relax & rejuvenate in the splendor of Samasati Nature Retreat in the rich, nourishing surroundings of the Costa Rican Rainforest. Join us for 9 fun-filled days of adventure with 10 nights lodging. You can experience yoga, meditation, healing, playing, swimming, & enjoying the most exquisite beaches in the area.

Samasati is located in the South Caribbean & is completely surrounded by national parks & protected areas with breathtaking views high above the Caribbean Sea. Relax in your hammock, enjoy massage & other body treatments, & savor the healthy vegetarian cuisine. Other activities may include waterfall trekking, hiking, swimming, snorkeling, or canopy flying! The beach is four miles from Samasati. This is a rain forest...expect rain & humidity!

Yoga is always optional & non-yoga spouses, partners, & friends are welcome!!! Bring your mom, husband, friend, or family (children 10 & over).

### Retreat Itinerary

- Thursday, January 8- Plan your flight to San Jose (SJO). Airport transfer is included on arrival to San Jose to Orquideas Inn, in Alajuela, just 15 minutes from the airport. Enjoy your first night at the Orquideas Inn.
- Friday, January 9- Enjoy the "best breakfast in Cost Rica", followed by an all day excursion to La Paz Waterfall Gardens in Alajuela, lunch included. Enjoy the Orquideas Inn another night with its pool, hot tub, & Marilyn Monroe Bar & Restaurant. (B, L)
- Saturday, January 10- Bus transport to Samasati. (B, L, D). We will stay at Samasati Nature Retreat for 7 nights. (B, L, D except 2 lunches on beach days).
- 2 exquisite all-day beach excursions from Samasati.
- Twice daily yoga classes taught by Jen & Harriet for all levels, no yoga experience required.
- Saturday, January 17- Bus transport from Samasati back to the Orquideas Inn. We will have our final night at the Orquideas with a group dinner at the hotel included in your retreat. (B, L, D)
- Sunday, January 18: Airport transfer to San Jose Airport (SJO) for return flight.

Retreat fee includes meals as listed above (B=breakfast, L=Lunch, D=Dinner), 10 total nights lodging, airport transfers & in-country travel as listed above, 3 excursions & site entrance fees listed, daily yoga classes. Retreat fee does not include travel to Costa Rica, 3 meals on your own, special drinks or food, massage or body treatments, extra excursions or travel, travel insurance, & other extras not specified.

See registration details on back

Back to Bliss Yoga Samasati Adventure Retreat: January 8-18, 2009

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Cell Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ (print clearly please)

Retreat space is limited & filled on first received basis. Register early to reserve your space. A \$500 deposit is required with registration.

\_\_\_\_\_ Double Occupancy Bungalow: \$1625

\_\_\_\_\_ Triple Occupancy Bungalow: \$1525

\_\_\_\_\_ Single Occupancy Guest House: \$1525

Children ages 10-12 in bungalow with parents: \$675. Over 12: same as adult.

Namaste house available for larger family group, call us for availability.

\_\_\_\_\_ Amount Enclosed, send to: Back to Bliss Yoga, P.O Box 3266, Missoula, MT 59806

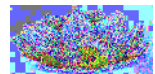
If registering for double or triple occupancy, I will room with \_\_\_\_\_  
If you do not have a roommate we will try to match you with another person with the same request. If we are not able to do that, you may need to take a different occupancy level. All spaces are limited & will be on a first-registered basis.

A \$500 deposit will secure your space. The complete fee is due on or before October 8, 2009.  
Cancellation Policy: All cancellations must be in writing. If cancellations are made prior to September 8th, a refund minus \$100 processing fee will be issued. If cancellations are made after September 8th, no refund will be made on the \$500 deposit. No refunds will be made after October 8<sup>th</sup>. Travel insurance recommended.

Travel Arrangements: Please confirm your registration with Jen or Harriet prior to making your flight plans. Plan your flight to arrive in Costa Rica on January 8<sup>th</sup>, & your return flight to leave on January 18<sup>th</sup>. Any changes or extensions to your trip will be at your own cost. We can give you ideas about traveling in Costa Rica if you want to extend.

Upon registration, you will receive an expanded packet describing the itinerary & how to plan for the trip.

Jennifer Brooke is certified as a yoga teacher/therapist with Integrative Yoga Therapy and is also a Physical Therapist specializing in spinal health. Jen teaches an integrated blend of hatha yoga focusing on alignment, breath, self-discovery, and fun.



Harriet Alterowitz is a certified yoga teacher/therapist with Integrative Yoga Therapy and has many years of teaching movement, dance, and yoga to both individuals and groups. She specializes in guiding students toward a more peaceful and heart-felt yoga practice.

For more information call Jennifer Brooke @ 406.721.3905 email: [jbrookemt@aol.com](mailto:jbrookemt@aol.com)  
or Harriet Alterowitz @ 406.721.7309 email: [halterowitz@hotmail.com](mailto:halterowitz@hotmail.com)

Visit our website at [www.backtobliss.com](http://www.backtobliss.com)

Or visit our host at [www.samasati.com](http://www.samasati.com)

Send check payable to Back To Bliss Yoga, PO Box 3266, Missoula MT 59806-3266