

Sun, Moon & Stars Yoga Journey @ Jade Retreat Nosara, Costa Rica

Hatha yoga, Yoga Nidra, meditation & pranyama

with **GEORGE MCFAUL**, ERYT 500

a collaborative offering

Ging D'Arcangelo

NOVEMBER 9 - 16, 2019

FROM \$1,400 USD

Package includes accommodation with A/C and reverse osmosis filtered water, exquisite meals by talented Chef Johanna, airport transfers from Liberia Airport to Jade Retreat in Nosara, two daily yoga classes (attend as few or many as you like), meditation, and a personal Yoga Nidra consult with George. Additional Costa Rica adventures such as surfing, ziplining, volcanic and rainforest tours can be arranged upon arrival. Our sanctuary for retreat is in a cozy private facility with limited casitas - book soon to reserve your spot! Prices are quoted per person.

Single person sharing in quad room (4 singles) ~ \$ 1,399

Single Person sharing in Double Room (2 dbl beds) ~ \$2,199

Two Friends book together, sharing double room - \$ 2,099

Single person in Private room (1 Queen) ~ \$ 3,199

Early Bird pricing: Book & pay before Aug 1, receive \$200 off. Before Sep 1, \$100 off.
Chef can accommodate various diets with notice. 1 evening we dine at a local restaurant; please note this will be an additional cost and not included in retreat pricing.

* Airfare & optional day excursions are not included in price *



To Register contact ging@geoyoga.ca

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