

# Stress Away Retreat

Ayurveda - Yoga - Wellness  
November 7 - 13, 2015 Costa Rica Yoga Spa

The **focus** of this retreat is to teach **life style management** on a daily basis on how to maintain and deal with the **stress in your life**. Stress is stress, It is how we react and deal with the stress that makes the difference. We will be combining **science of Ayurveda** along with **Kundalini** and **Hatha** yoga, in addition Meditation, meals and massage to give you tools and techniques on how to deal with the stress in your life and create peace, harmony and well being. Daily beach trips and visits to the town make this retreat a **complete experience**.

CEU credits available for Yoga Alliance RYT. Learn more about the Costa Rican Yoga spa at...

[www.costaricayogaspa.com](http://www.costaricayogaspa.com)



**Hari Simran Kaur Khalsa** has over 25 years experience in Ayurveda, Numerology, Women's Yoga and Lifestyle Issues, Hari Simran brings a deep knowledge to the spiritual aspect of body and mind. She has been offering Yoga Healing Retreats for 15 years in Florida, Italy, India and Costa Rica and is currently the Co-Director of the Kundalini Yoga Center in Altamonte Springs and has been for over 30 years.

She is also a RYT 500 trainer and has put together many teacher training and workshops in Kundalini Yoga, Hatha and Ayurveda.

**Jai Kartar/Cybelle Kantor** has been sharing the gifts of yoga and healing since 2010. She is a Licensed Massage Therapist, a RYT 200 Kundalini Yoga teacher and a certified Radiant Child Yoga instructor. Her classes are fun, uplifting and inspirational. She is very passionate about the benefits of sound healing, conscious breathing, meditation and art. She is the founder of the award winning non-profit program Generation Meditation, which brings yoga and meditation to underserved children in undeveloped countries and donation based classes for college students in the US. Her favorite quote from Yogi Bhajan is: I don't believe in miracles, I rely on them.



## Included in your Stress away retreat..

Daily Yoga Class - 3 vegetarian meals a day - Therapeutic Bodywork - Numerology Consultation  
Evening Meditation - Daily Excursions to the beach and wildlife - Gardening eco class  
Beach Trips - 3 workshops on Yoga, Ayurveda, and Meditation - Shuttle to/from Airport  
Art Expression Class - Daily Maid service - Yoga Alliance CEU credits - Final dinner out

## Pricing & reservation policy for November 7 - 13 2015

Quad occupancy room (Bunkbeds with three others) \$1495 - Triple occupancy \$1595 (Three standard beds)

Double occupancy room (Two standard beds) \$1750 - Solo suite (Your own room w/ bathroom) \$2095

10% deposit must be made to reserve spot, 40% is due 6 months prior to retreat and final payment due 1 week prior.

**To reserve your spot or to get more info call us at, 407 - 767 - 8717**