

# CHAZ

## YOGA RETREAT IN CAHUITA, COSTA RICA

August 16-23, 2014

### THE GODDESS GARDEN ECO-RESORT



Escape with Chaz for a week in paradise! Relax, transform, and awaken your true self at the Goddess Garden Eco Resort in Costa Rica, where the magical rainforest meets the calming Caribbean. With an almost 360 degree view of the rainforest in our studio, you'll enjoy daily yoga classes (including Vinyasa flow and Yin) with Chaz, as well as meditation. Additionally, you'll experience Kirtan with Stella Davies (sing your soul!) and breathwork transformation with Eliza Rose. Retreat offerings include spa amenities, pools, whirlpools, and hammocks, massage and 10 miles of pristine beaches. Optional day trips include a Chocolate Tour, an excursion into the lush Cahuita National Forest, horseback riding, ziplining, butterfly garden, and more.

Three daily delicious and organic meals with vegetarian and pescetarian options are included, and alcoholic beverages are available for additional purchase.

The Goddess Garden is located in the town of Cahuita, a small community in the south of Costa Rica. Cahuita National Park is the main attraction, where you can watch monkeys, iguanas and more, just a few steps away from the white sand beach.



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yogawithchaz.com

#### ACCOMMODATIONS:

Dorms (4-6 people)	\$1,100
Double w/ shared bath	\$1,500
Single w/ private bath	\$1,900

*All prices above are on a per person basis. Dorms consist of bunk-bed accommodations, each with large in-suite bathroom (2 toilets, 2 showers, and 3 sinks.) Singles and doubles contain two queen size beds each with private bath. Includes lodging, yoga, 3 daily meals, and transportation to and from airport. Excludes airfare.*

#### REGISTRATION INFORMATION:

**Arrival:** Complimentary shuttle service from San Jose, Costa Rica airport to Goddess Garden will depart Saturday, August 16 at 1pm.

*Guests are encouraged to either take the red-eye, arriving Saturday morning, or arrive on Friday, August 15, and stay at Hotel Aeropuerto ([airporthotelcostarica.com](http://airporthotelcostarica.com)). Rates for the Hotel Aeropuerto are not included in the above pricing. Please contact Chaz for details.*

**Departure:** We suggest flights leaving after 1pm on Saturday, August 23 due to complimentary shuttle schedule.

#### REGISTER NOW!

Contact Chaz at 661.312.0509 or [info@yogawithchaz.com](mailto:info@yogawithchaz.com)

*Limited space available.*

**RETREAT POLICY:** Full payment is expected upon signup, but installments are accepted. 50% of the purchase is non-refundable if canceled on or after July 16, if space cannot be filled. Passport is required.

