

TIM SENESI

YOGA RETREAT IN COSTA RICA

August 23-29, 2014

PRANAMAR OCEANFRONT VILLAS



Travel to Costa Rica for a week with Tim Senesi for daily morning Vinyasa flow and afternoon restorative, Pranayama, and workshoping poses. In between classes, enjoy time relaxing on the beach taking in the scenery, experiencing world class surf, or choose from a list of optional activities ranging from massage to jungle horse rides with monkey sanctuary tours.

Luxurious accommodations include bungalows and villas from where you hear the soothing sounds of the surf and feel the balmy breeze evoking the recognition of being in a tropical paradise. A 5-minute drive or 20-minute beach walk from the hotel is the colorful and laid-back town of Santa Teresa.

Tim is a 200 hour YogaWorks teacher trainer. His flow sequences are an intelligent blend of precision and alignment. His love for yoga shines through each class he teaches.

ACCOMMODATIONS:

Double Occupancy:	\$1,650-\$1,850
Single Occupancy:	\$1,900-\$2,350

All prices are on a per person basis and include lodging at Pranamar Villas, yoga, and all meals. Airfare is not included.

REGISTRATION INFORMATION:

Arrival: Saturday, August 23 by noon

Departure: Friday, August 29 by noon



Tim Senesi

REGISTER NOW!

Email Stacy Gibson at:
stacy@timsenesi.com

Limited space available.

RETREAT POLICY: An advance deposit of \$500 is required to reserve your space on this retreat. All deposits are non-refundable.

