

# E X P L O R E

the vibrant and healing subtropical coastal area of Blue Spirit, Costa Rica

# N O U R I S H

your body with gourmet vegetarian cuisine and by immersing in nature

# C O N N E C T

to your practice with the guidance of Amy's nurturing teaching style

## ENC Costa Rica 2020 Retreat • August 1-8, 2020

### Yoga Retreat with Amy Valdez

Krishnamacharya, known as the father of modern yoga, believed yoga is best taught one on one. I try to come as close to following that maxim as possible in the intimate retreat setting by leading you through movements that address your needs. Through asana, pranayama, live music during savasana and meditation you can allow the stress to melt away. Enjoy an energizing morning practice and a calming evening practice with ample time in between to drink in the beautiful surroundings of Costa Rica. I hope you will join me in this extraordinary experience.



Amy Valdez has been teaching since 2007 and is trained in Hatha, Vinyasa, Prana Flow and Pilates. She has been influenced by world renowned teachers Ganga White, Tracey Rich and Shiva Rea. She teaches full time, conducts workshops in face yoga, Prana Danda Yoga and has led 200 hour Yoga Alliance Certification programs since 2013. In addition to teaching studio and corporate yoga classes, she is faculty at California State University, Fullerton, teaching Basic Hatha Yoga in the Kinesiology Department. She is a graduate student studying biomechanics, motor control and learning and program design as they relate to the practice of yoga. Her style is informed by her background in dance and as a singer songwriter.

# ACCOMMODATIONS

Rates include: 7 nights accommodations; pre-retreat consult with Amy in order to understand your particular needs; two yoga practices a day in one of the beautiful practice rooms; all meals, dinner upon arrival and breakfast before departure.

Spa services and excursions at your cost.



Superior Ocean Room w/AC  
single occupancy 3200  
double occupancy 2500



Ocean View w/AC  
single occupancy 2900  
double occupancy 2300



Mountain View w/AC  
single occupancy 2700  
double occupancy 2200



Pacifico Cottage w/AC  
single occupancy 2700  
double occupancy 2200



Nature Suite w/AC  
single occupancy 2650  
double occupancy 2150



Hermitage Room w/AC  
single occupancy 2250  
double occupancy 1950



Eco Cottage  
single occupancy 1975  
double occupancy 1695



Platform Tent  
single occupancy 1700  
double occupancy 1600

## TO RESERVE

Please submit a \$500 deposit (non-refundable/non-transferable) to Amy Valdez by **March 1, 2020**

Deposit can be paid by check mailed to 17765 Appaloosa Ct. Yorba Linda, CA 92886

or Venmo @Amy-Valdez-11

**Final Payment due by June 1, 2020**

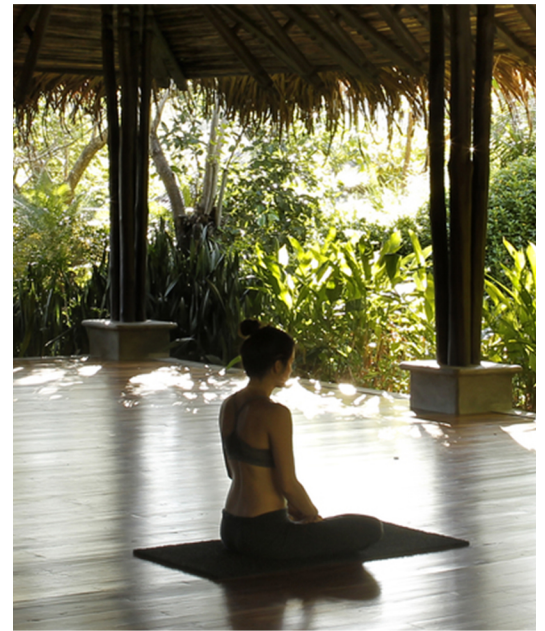


# TRAVEL INFORMATION

Most participants choose to fly into Liberia International Airport (LIR). From there, it is a 2 hour drive to the retreat property. Detailed driving directions can be found at [BlueSpiritCostaRica.com](http://BlueSpiritCostaRica.com).

You may also fly into San Jose/Juan Santamaria airport (SJO) and take a small plane to the tiny Nosara airport or drive approx. 4 hours to the center. Detailed driving directions can be found at [BlueSpiritCostaRica.com](http://BlueSpiritCostaRica.com).

Shuttles are also available through Blue Spirit for an additional fee and are available only on Saturdays. To make a shuttle reservation, please visit: <https://bluespiritcostarica.com/shuttle-reservations/>



## ABOUT THE CENTER

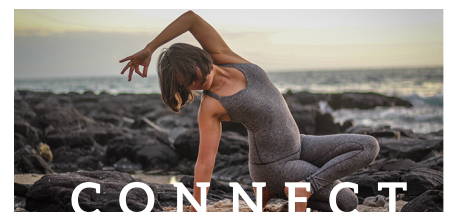
Blue Spirit Costa Rica provides an extraordinary setting to all who are dedicated to spiritual transformation, personal development, and environmental sustainability. Perched on a hilltop that overlooks the Pacific Ocean and a three-mile long white sand beach that is protected as a turtle refuge – Blue Spirit offers an extraordinarily beautiful and natural setting on one of Costa Rica's renowned white sand beaches.



EXPLORE



NOURISH



CONNECT