

Iyengar Yoga Expedition/Retreat

We will visit two beautiful locations in southern Costa Rica:



Playa Nicuesa Rainforest Lodge

www.nicuesalodge.com



Guaria de Osa Rainforest & Ocean Ecolodge

www.guariadeosa.com

FEBRUARY 11–18, 2011

with Carolyn Christie

Certified Iyengar Teacher Junior Intermediate 3

The retreat will have morning and afternoon yoga sessions with a focus on both asana and pranayama. In between yoga sessions we will have time to hike in the rainforest, swim, kayak and snorkel, visit a wildlife refuge, explore Dulce Gulf and the Pacific Coast of the Osa Peninsula. There will also be time to relax and enjoy the lodges' grounds and gardens.

PLAYA NICUESA is an eco-friendly lodge in the rainforest on Golfo Dulce, accessible only by boat. **GUARIA DE OSA** is located on the Pacific Ocean side of the Osa Peninsula, also accessible only by boat. It is nestled in the forest right near the coconut tree laden beach, Playa Saint Joseph's Corner. The beach is one and a quarter mile long and is great for both swimming and snorkeling. Guaria de Osa is walking distance from the Corcovado National Park.

Both lodges operate with minimal impact and sustainability. We will connect with wonderful people who will guide us through this biological treasure trove and the beautiful culture that has developed in this environment.

8 DAYS / 7 NIGHTS DOUBLE OCCUPANCY

\$1880 (\$940 deposit received before October 1st, 2010)

\$1930 (Registration after October 1st, 2010)

Rate includes air travel between Nicuesa Lodge and Guaria de Osa. Rate also includes all meals, yoga sessions, certain adventure trips, and boat travel to and from the lodges. Full payment is due January 11, 2011.

Please mail payment to:

Carolyn Christie

156 Sullivan Street, #16

New York, NY 10012

For more information call **646.286.1944**

or email **carolynchristie@mac.com**

CAROLYN CHRISTIE began her study of Buddhism and yoga in 1987 while working for the Peace Corps in Thailand. Her primary Iyengar Yoga teachers are Geeta Iyengar, Mary Dunn, Patricia Walden, and Gabriella Giubilaro. She travels regularly to Pune, India to study with the Iyengar Family. Carolyn is a core faculty member at the Iyengar Yoga Institute of New York.