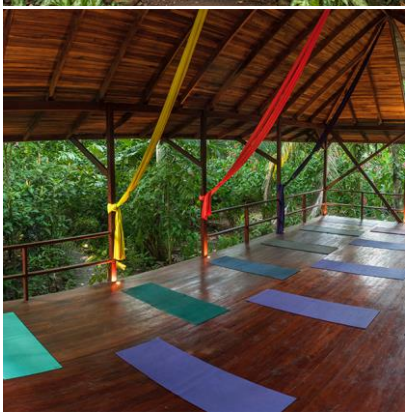
Encompassing You
it's a lifestyle



ALL ENCOMPASSING YOGA RETREAT

Join us as we celebrate Encompassing You's 10th anniversary!

Connect with self and nature during an all inclusive, rejuvenating retreat in Playa Chiquita, Costa Rica. Soak in the sun while focusing on holistic health, wellness, and empowerment.

You deserve stellar mental and physical health and that is exactly why you should join me for this 7 day all encompassing yoga retreat of a lifetime. This inclusive wellness experience is designed to dive into the magic of the rain forest and beautiful beaches of the Caribbean.

Included in your all-inclusive stay:

- 7 nights in a cozy Eco friendly Bungalow (based on double occupancy)
- 3 fresh farm to table meals each day
- 2 daily yoga classes including chakra balancing, meditation and breath work
- Empowerment workshops throughout the week
- Epic coastal sunsets just 5 minutes away
- Guided rain forest waterfall hike
- Raw Chocolate Farm tour followed by a delicious, live dessert crafting class
- Permaculture Farm Tour

Options for add-on experiences available:

- The local Medicine Man, and Shawman
- Organic facials with local organic products

Dates: February 1 – 8, 2020
Cost: $1600
Payment option available – please see website for details.

CONTACT INFO:

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