



Costa Rica Yoga Retreat

with Michele Baker and special guest, Kelly Haas

July 17-24, 2010

Anusara Yoga and the teachings of Siva/Shakti

Pranamar Villas

and Yoga Retreat Oceanfront Resort, Santa Teresa

www.pranamarvillas.com and www.pranamaryoga.com



**Anusara Yoga, surfing, swimming, jungle hiking and adventures,
Siva/Shakti Tantric Discussions, Morning beach meditations,
Evening live music kirtans, dancing, and more!**

Accommodations per person right on the beaches of Santa Teresa, across from the jungle...enjoy 7 swanky bungalow beach nights, 3 over-the-top gourmet vegetarian meals, & all yoga activities

Shared KULA House — \$1300

(holds up to 7 people in a shared room. First come, first served, per person)

Shared Room in VILLA — \$ 1450 (Air conditioned)

Private Room in VILLA — \$ 1725 (Air conditioned)

PRIVATE Bungalow Suite — \$2100

Prices include all taxes. Prices do NOT include: Transportation, alcoholic beverages or gratuities

*** Please register at least 1 month before to guarantee your room, as space is limited ***

*** A \$500 NON-refundable deposit will hold your spot. Register NOW! ***

For Information: www.swanriveryoga.com

For Registration & Accommodations: www.pranamar.com

For Transportation and Accommodation QUESTIONS:
Nancy Goodfellow, Anusara Yoga Teacher (our Hostess)
nancyshantishanti@yahoo.com

ABOUT MICHELE BAKER

Michele has the highest registered status possible through Yoga Alliance, and has been teaching yoga full time since 1998. She has a certification in Jivamukti Yoga, and an Anusara Inspired status, currently working on her Anusara Yoga Certification. She is the founder of Swan River Yoga in New Orleans and the Swan River Yoga Teacher Training and has been leading workshops in Costa Rica and around the world since 2002. She loves to sing and surf!

www.swanriveryoga.com

michele@swanriveryoga.com

ABOUT KELLY HAAS

Kelly Haas has been visiting New Orleans and sharing our deep understanding of Anusara therapeutics since 2006. She is the Anusara Yoga Tour Manager, traveling extensively with John Friend, Anusara Yoga's Founder. She is currently working on Anusara Yoga Certification, as she has an infinite amount of hours in Anusara. Michele and Kelly (and John Friend) met in Costa Rica at Pura Vida Spa in 2005, where she was the Yoga Program Director. She has been committed to Anusara Yoga ever since. She loves to mountain bike and play her guitar!

www.anusara.com

kelly@anusara.com

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