



Deepen and Expand Your Yoga with Debbie George June 16 - 23, 2007

Debbie George is thrilled to invite fellow yoga enthusiasts to Pura Vida, a mountain yoga paradise in Costa Rica. Find peace, rest and clarity, and let your heart expand as your body and mind rejuvenate in a setting of fantastic natural beauty. Learn to 'let go' and find your 'self' in the breath as you deepen your yoga and move into undiscovered places in your practice. In this atmosphere of nurturing, love and peace, you'll learn new ways to be strong and loose, balanced and grounded, light in body and heavy in relaxation. You will be challenged and nurtured and in the end, renewed like never before!

Pura Vida Spa is the number one yoga destination in the world outside of the USA. This holistic spa offers twelve acres of pristine gardens with an incredible mountaintop view, international wellness center, and much more. Enjoy the luxuries of spa living including a swimming pool, mountainside Jacuzzi, exotic massages, wraps, and facials just to name a few. Upon request, you may choose to take a wonderful excursion to the beautiful waterfall gardens, or Poas Volcano. Other adventures include an exhilarating white water rafting adventure down the Pacure River or a relaxing day at Punta Leona Beach.

Debbie George, RYT and Kripalu certified yoga teacher has studied with senior teachers of various traditions. She offers a flowing teaching style that challenges her students within a safe and secure place. All levels are welcomed! Debbie encourages you to get in touch anytime @ yogamom14@aol.com

For reservations and information call R & R Resorts at: 888-767-7375

Website: www.puravidaspa.com

The Yoga week package includes: 7 nights accommodations, 3-gourmet meals daily, airport transfer, & yoga sessions with Debbie. Prices start at \$1070 based on double occupancy in a tent-chalet (upgrades available upon request). Eco-tours and spa treatments available at additional cost.