

YOGA BODY NUTRITION

What to Expect at the Costa Rica Goddess Retreat – January 28th to February 4th, 2012

We have carefully planned this retreat to be the perfect balance of structured activities with plenty of time for you to just “be” and enjoy the sensual pleasure of Costa Rica. Each day will consist of at least one movement activity including a well-balanced variety of yoga forms such as yin yoga, vinyasa, kundalini and free form dance. You will also do meditations, journaling exercises and intention setting activities all directed towards the exploration of your sacred feminine self.

You will learn the history and stories of various goddesses from different cultures (Such as Lakshmi, Kali, Pele, Yeomanya, Aphrodite, Sekhmet) and explore how to harness their energy and emanate their power. You will have plenty of time to explore the beach, the village, schedule massage or body work sessions, take surf lessons, or horseback ride. Most planned activities will be optional so you can truly create the retreat of your dreams. Whatever it takes you get your inspiration flowing and your heart singing again!

Sample Days: the focus of the retreat is integration of different aspects of your divine feminine self

Sensual Goddess Day:

- Morning gentle yoga session focused on breath and connecting to your kundalini and shakti energy.
- Breakfast
- Group gathering with meditation and discussion of the days theme and focus
- free time to explore the beach
- Lunch
- Sensual Eating and Raw chocolate tasting
- Free time to go for a walk, take a surf lesson, explore the village
- Sunset: Optional gathering on the beach to watch the sunset
- Dinner
- After Dinner: Journey Dance exploring our sensual energy

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Warrior Goddess Day:

- Morning Yoga vinyasa style focused on power and energy in poses
- Breakfast:
- Meeting and discussion of days focus and energy
- Optional zip line canopy tour in the jungle, exploring our fearlessness and courage
- Sunset swim on the beach
- Dinner
- After Dinner: Discussion and exercises focused on our relationship to our inner warrior, expression of power and assertion.