

# Ayurveda & Yoga Retreat in Costa Rica

with Jessica Kruse  
December 3-10th, 2017



Relax, rejuvenate and re educate yourself on this all inclusive retreat where you are guaranteed to take home valuable and practical life skills to integrate into your daily life.

Join Jessica on this unique retreat that she created to bring two distinct areas of Costa Rica to you in one retreat as well as the sisters sciences of Ayurveda and yoga.

## **INCLUDED**

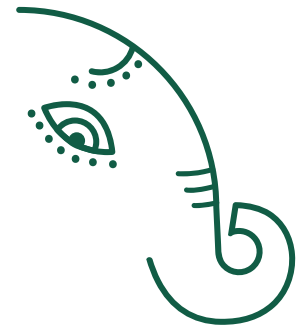
- 7 Nights Private or Shared Accommodation
- 4 Organic Ayurvedic Plant Based Meals Daily
- Daily Yoga, Meditation and Ayurveda lectures
- Ayurvedic Cooking Class
- Day Adventure to Manuel Antonio National Park
- A private 60 minute Ayurveda Consultation with Jessica
- Dietary Guidelines and Educational Resources to Take Home
- Two Stunning Locations are Included for Accommodation
- Ground Transport to and from San Jose International Airport

## *Not Included:*

Airfare to and from Costa Rica- choose SJO airport

## **PRICE**

All inclusive price ranges from \$1,400 – \$2,000 USD depending on your choice of accommodation.



**Anila Ayurveda**  
HOLISTIC HEALTH AND YOGA

## **Complete Details and Registration:**

Jessica Kruse | [info@anilacr.com](mailto:info@anilacr.com) | [www.anilacr.com](http://www.anilacr.com)