

Ruth Shaw

YOGA RETREATS

Journey to the Heart

Yoga Adventure Relaxation

**In the beautiful mountains and coast of COSTA RICA
MARCH 7 – 14TH 2010**

Give yourself the gift of time, space and beauty with yoga teacher and author Ruth Shaw for a magical week at Mystica Retreat Centre (www.mysticaretreat.com) situated in the heart of the Costa Rican mountains, overlooking Arenal lake and volcano.

Unwind from stress with daily yoga (all levels) and relax into the tranquility of Mystica's beautiful natural environment and superb cuisine. Treat yourself to a massage in the healing tree room. Rekindle your connection with nature as you explore Costa Rica's amazing bio-diversity. Hike to the waterfalls, soak in the hot springs, take an eco canopy tour, float down the river or swim in the ocean and hang out at the beach and soak up the sun. Or just laze in a hammock and stare at the sky!

\$1600 US per person (excluding airfare) for double occupancy

Space is limited

50% deposit due Dec 31st 2009



For more information please visit:

www.ruthshawyoga.com

www.mysticaretreat.com

Or Contact:

ruth@ruthshawyoga.com

416.322.9990