

**STILLPOINT YOGA ANNOUNCES IT'S UPCOMING 1ST RAIN-FOREST
RETREAT WITH SARA DEVI**

**May 7th – 12th, 2011 AT THE AMATIERRA WELLNESS RETREAT,
COSTA RICA**



The 1st Rain-forest Yoga Retreat of Stillpoint Yoga is scheduled for May 7th-12th, 2011. Reservations are now being accepted. We will be residing in the foothills of San Pable at **AmaTierra Retreat Center (Costa Rica) (AmaTierra.com.)** The daily activities include yoga, evening workshops, chef prepared meals, treks through the rain forest, beautiful beach, horseback riding, massage, wellness treatments and more. For more information, please contact **Karen Cionci** at kcionci@yahoo.com or at **813-390-0270**.

OPEN TO STUDENTS, TEACHERS AND FRIENDS. HURRY, SPACE IS LIMITED!



ESCAPE TO THE RAIN FOREST, MAY 2011

Join Sara Devi of Stillpoint Yoga from May 7th – 12th, 2011 for a 5 night/6 day retreat in Costa Rica to restore, replenish and rejuvenate the body, mind and soul.

During your stay you will reside at the beautiful **AmaTierra Wellness Center** www.amatierra.com located high in the mountains of central Costa Rica, overlooking miles upon miles of beautiful rain forest. At AmaTierra, you will be nurtured back to optimal health and well-being through daily yoga, breathing and relaxation exercises. You will also have the opportunity to dine on locally prepared vegetarian meals as well as the freshest seafood around.

Each day begins with a gentle awakening on the open pavilion, where we work on our breathing, while looking out over the mountain tops. Class is closely followed by a healthy breakfast consisting of the freshest fruits and juices imaginable. Continue with daily activities including:

In the afternoon, class will focus on deep meditation and fluid movement, followed by a relaxing dip in the crystal-blue, fresh water pool, a nap in the hammock or a stroll down the secluded trails of AmaTierra, where you can quietly wander amidst the lush tropical grounds laced with flowers, exotic birds and butterflies. As the sun begins to set, you will be greeted by another locally prepared, organic dinner made with the freshest ingredients.

Conclude your day with a crystal bowl healing meditation (view you tube of singing bowl workshop at AmaTierra), <http://www.youtube.com/watch?v=RUBCMaGMcEw> focusing on techniques to balance out the body, mind and soul. This opportunity to practice yoga will certainly enhance your well-being, as will indulging in some of the finest cuisine imaginable, making this the trip of a lifetime!

Quell the flames of anxiety and stress while experiencing what it means to be fully alive with a retreat specifically designed to fully awaken you. All inclusive \$1040.00 per person double occupancy/single rooms are an additional \$200.00; includes airport transfers, deluxe accommodations, daily yoga classes/workshops, guided tour of Turubari Park with zip line canopy tour or horseback riding, a crystal bowl toning session, a salsa dancing evening and locally prepared meals. There are great wines available at your cost. Airfare can be booked on your own at a 5% discounted rate (American Airlines). As of now, the airfare is running approximately \$436.00 round trip so we need to book soon. Massage and wellness treatments can also be booked on your own at your own additional cost, if desired upon arrival in Costa Rica. **For more information please contact Karen Cionci at kcionci@yahoo.com. or at 813-390-0270.**

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