

# Costa Rica

## 7 Night 6 Day Yoga Immersion

### Jan 16-23, 2010

Deepen your practice in a quiet and secluded nature preserve. Leave behind cell phones and computers. Shift gears with a strong practice to refocus your attention towards the essential self. Six full days of program. Immerse yourself in a full yogic lifestyle.

Breathe, Release & Let Go

No Walls  
Remove Barriers

Live Together  
Practice Together

**“To Change the Worldly Nature it Requires Vigorous Sadhana”**  
Swami Sivananda

#### Daily Schedule

6:30-8:00 Morning Asana Class  
8:00-9:00 Breakfast  
9:00-12:00 Free time, study, hike  
horseback, beach, relax  
12:00-1:00 Lunch  
1:00-2:00 Dharma Talk/Yoga Philosophy  
2:00-4:00 Karma Yoga-Selfless Service  
1 Hour required each day  
4:00-5:30 Asana/Clinic/Adjust/Assist  
6:00-7:00 Dinner  
7:30-8:30 Satsang & Meditation

Total Program \$650  
Meals and Lodging Included

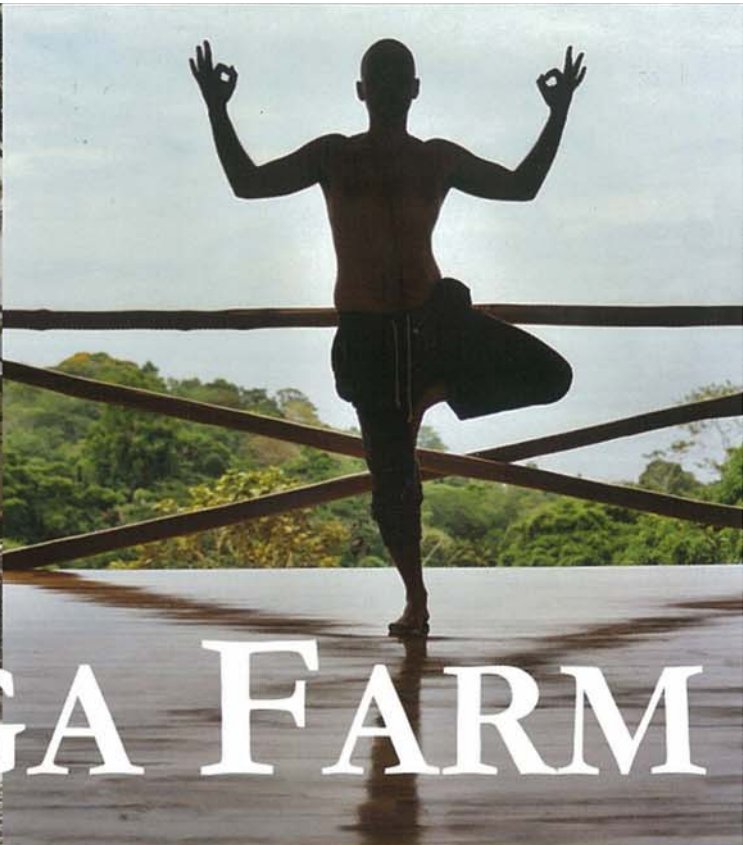
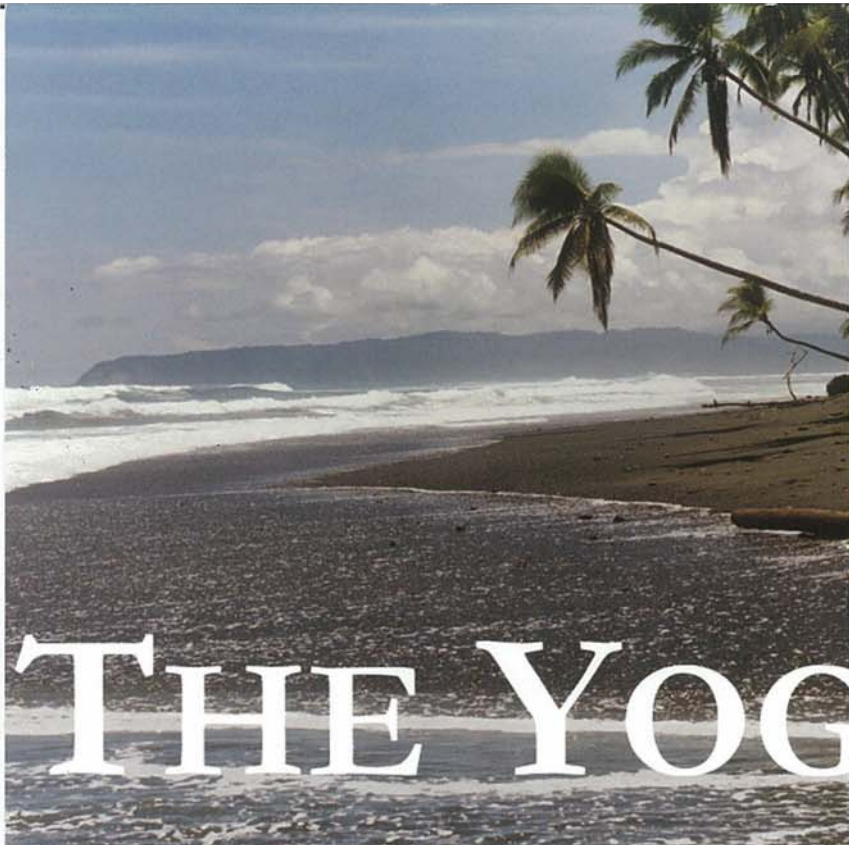
Additional  
Transportation Cost: Estimated \$650

**Limited Space Available**  
**Early Registration Required**  
**727-784-3388**

Barney offers traditional Thai massage. He spent several years traveling in Asia studying yoga and massage in India and Thailand. He is multi-certified in yoga and massage. He has practiced for over 15 years and has been practicing and teaching professionally for over 10 years. He teaches locally and internationally and is a visiting staff teacher at the yoga farm, Costa Rica. Yoga and massage have been incorporated as a spiritual expression and lifestyle. His practice is integrated to work on multiple levels, harmonizing body, mind and spirit.

Full travel itinerary available, please call for information.

Estimated costs of travel based on availability & subject to change. Release of liability required.



# THE YOGA FARM



Daily yoga classes, organic fruit and vegetable gardens, breathtaking nature, massage, guided rainforest hikes, cultural visits in the indigenous reserve, guided horse back trips. We are a simple, rustic, basic comforts facility, not a spa; for the adventure minded budget traveler. For more details see [www.yogafarmcostarica.org](http://www.yogafarmcostarica.org)

