

GRACIAS, GRACIAS, GRACIAS: Thanksgiving Yoga Retreat

with Kevin Courtney & Erin Dudley
November 19 - 26, 2011

at The Goddess Garden, Cahuita, Costa Rica



Where: Cahuita, Costa Rica

For more info: erinkdudley@gmail.com

Cost: \$1320- \$1950

Includes: lodging for 7 nights, all meals & yoga classes, ground transport to/from San Jose

To reserve: jen@kulayoga.com
or 212.945.4460

What better way to spend Thanksgiving than practicing yoga among ancient trees, jungle wildlife, and walking long empty beaches? Between yoga classes spend your time riding the waves, scuba diving, snorkeling, hiking with the monkeys, getting some bodywork or laying back by the pool with a cocktail. This is a perfect solo get-away but comfortable enough to bring the family. If you need a dose of gratitude this is the place!!!

The Basics:

Yoga asana twice a day: Covered yoga deck with 360 degree view of the rainforest.
Surf: Within striking distance to world class spots like Salsa Brava and Cocles.
Accommodations: bungalow style buildings in the trees, with plenty of hammocks (single \$1950, double \$1600, triple \$1450, dorm \$1320).

Local Highlights:

Cahuita National Park: scuba dive, snorkel the Coralline Reefs, hang with sea turtles.
Puerto Viejo: shop in boutiques, have a sunset dinner, visit Black Beach.
Manzanillo: Local fishing village with breath taking white sand beaches.

The Goddess Garden - where the rainforest meets the Caribbean Sea: The magic of the rainforest and the dance of the Caribbean Sea make the perfect combination for transformation. The environment at The Goddess Garden is designed to help us feel in harmony with nature. The Center is surrounded by huge jungle trees and is only a 3-minute walk to "Big Beach," a 10 mile long deserted stretch of heaven.



Kevin Courtney is known for his innovative and spontaneous teaching style, weaving classical Hatha yoga and contemporary Vinyasa sequences with the ancient art of Qi-Gong and Kundalini kriyas. Kevin is a graduate of Integral Yoga Institute's Hatha and Raja yoga trainings, as well as the Nosara Yoga Institute's Interdisciplinary program. He lives in New York City with his wife Dana, and is a senior teacher at the Kula Yoga Project. This year, he can also be found teaching at Kripalu, the Wanderlust Festival in Lake Tahoe, as well as in Boston, Costa Rica, California, and other locations around the world. Yogahappens.com

Erin leads a breath centered sweaty asana flow influenced by the playful devotion of vinyasa, the intelligence of kinesthetic anatomy, and the wisdom of the Yoga Sutras. She's been teaching at Kula since 2001 and is adjunct professor of Dance and Yoga at Stony Brook University. "I started practicing yoga as a way to relieve the physical and psychological stresses accompanying a career in dance. I am still amazed at the limitless possibilities the practice reveals. Cahuita is my favorite lil' paradise. I have a personal relationship with the beautiful people at the Goddess Garden after two perfect retreats and many visits to vacation. I love this area because of the diversity in the land, culture, people and wildlife. I can't wait to share it with you!" erindudley.com

