

YOGA AND WELLNESS RETREAT

May 8-13, 2017, Pranamam, Costa Rica

Linda Lane Paulson, MA

Licensed Marriage and Family Therapist



Linda Lane Paulson and staff invite you to join them for a Journey to Wellness Yoga Retreat at the glorious Pranamam Villas in Costa Rica.

Linda has been an almost life-long practitioner of yoga and meditation. She has owned several yoga/wellness centers, done psychotherapy with a wide variety of populations, taught graduate psychology classes at Chapman University, and she is a passionate Argentine tango dancer and teacher!

This retreat will emphasize the deep connection and power of yoga, meditation, and pranayama (breathing exercises) on the mind and the body. The psychotherapeutic aspect of yoga, including the use of yoga in dealing with depression, stress management, and anxiety, will be discussed and experienced. Our retreat is open to all levels of yoga practitioners from beginner to advanced.

Sponsored by **Paulson Wellness, Inc.**

(714)-289-2248

A week that will be a gift of relaxation and inspiration to your yoga practice and overall wellness.

- Healthy delicious meals served; vegetarian options available
- All sessions are optional; ample free time to enjoy facility and outdoor adventures, yoga classes, and workshops
- Retreat fees vary, see attached chart
- \$575 deposit required to hold reservation by November 15, 2016

Join us for a transformational week of living yoga at one of our favorite destinations- Costa Rica! We will recharge and renew with twice daily yoga practices and healthy delicious food while being nourished by the lush jungle and warm ocean that surrounds us.

Pranamar is settled in Santa Teresa, which is considered one of the best beaches in Costa Rica for its long stretches of white sand, beautiful scenery, unforgettable sunsets and great year-round surf. It has been rated in the top 10 beach destinations in Central America for 2016 on TripAdvisor. Due to its relative remoteness, it has been protected from any over-development and maintains a low-key feel. It is ideal for those seeking a more secluded escape into nature. There will be plenty of space and free time for you to explore the land and sea, learn to surf, hike, get healing bodywork and or just rest and soak in the natural beauty that surrounds you. Pranamar provides countless opportunities to explore the wonders of Costa Rica by arranging activities within the region.

At our beachfront hotel, luxurious accommodations include bungalows and villas from where you hear the soothing sounds of the surf. A 5-minute drive or 20-minute beach walk from the hotel is the colorful and laid-back town of Santa Teresa. Visit <http://pranamarvillas.com/en/> for more images

PRICING INFORMATION: 6 days/5nights, AC equipped rooms, daily lunch & dinner, Wi-Fi access

	Single Occupancy	Double Occupancy	Triple Occupancy	Quadruple Occupancy
Ocean Front Villa w/ kitchen	\$3,500	\$1,800 per person	\$1,300 per person	\$1,100 per person
Poolside Villa	\$2,800	\$1,750 per person	\$1,250 per person	\$1050 per person
Ocean front Bungalow	\$2,500	\$1,500 per person	-	-
Garden Bungalow	\$2,100	\$1,250 per person	-	-
The Kula House w/ kitchen	\$3,200	-	-	-

**The Kula House rate is fixed for up to 7 people

PLEASE MAKE DEPOSIT CHECKS TO:
PAULSON WELLNESS, INC.
8502 E. CHAPMAN AVE. #207
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