

JOIN US FOR AN EXTRAORDINARY WEEK  
OF DHARMA YOGA, THAI MASSAGE  
AND HEALING SOUND JOURNEY!

RETREAT CENTER  
BLUE  
SPIRIT  
NOSARA, COSTA RICA

SATURDAY  
APRIL 2ND-9TH

JOURNEY INTO THE INNER-SOUND-PARADISE WITH  
WORLD-CLASS TEACHERS:

**ANDREI RAM,**  
**ATA (ALEX BAECHLER),**  
**AYI WONG**  
**AND MICHAEL MAYZEL**

THE RETREAT WILL BE HELD IN THE LUSH NATURE OF NOSARA COSTA RICA AT BLUE SPIRIT RETREAT CENTER. OUR DAYS WILL BE AN ASSEMBLAGE OF HEALING WORK THROUGH YOGA MASSAGE AND SOUND. WE WILL ALSO HAVE SOME TIME OFF TO ENJOY THE NATURE AND THE PRISTINE OCEAN.

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ANDREI WILL LEAD US THROUGH A POWERFUL CLEANSING YOGA PRACTICE TO OPEN UP OUR RECEPTIVITY. THE PRACTICE WILL INCLUDE MEDITATION AND PRANAYAMA TO TAKE US DEEPER INTO THE SUPREME SELF. ATA WILL THEN CONTINUE WITH SACRED THAI MASSAGE TO ALLOW THE BODY AND THE MIND TO BECOME MORE IN TUNE WITH RECEPTIVITY AND BROADEN THE INNER CONSCIOUSNESS. ATA WILL GUIDE US THROUGH A SERIES OF SEQUENCES BOTH RESTORATIVE AND THERAPEUTIC. IN THE EVENING WE WILL HAVE SOUND JOURNEYS, ALLOWING FOR INNER EXPLORATION THROUGH THE ALCHEMY OF SOUND. DURING THE SOUND JOURNEYS AYI AND MICHAEL WORK WITH DIFFERENT GONGS, PURE CRYSTAL AND ALCHEMY BOWLS, TUNING FORKS AND CHIMES TO CREATE AN INNER ENVIRONMENT OF TOTAL RELAXATION AND HEIGHTENED AWARENESS WHERE CONNECTIONS TO OUR HIGHER STATES OF CONSCIOUSNESS CAN TAKE PLACE.



THIS RETREAT IS A UNIQUE OPPORTUNITY TO AWAKEN  
TO INNER SIGHT TO REDISCOVER THE BEAUTY OF THE  
INNER PARADISE IN THE SOOTHING REFUGE OF DIVINE NATURE.

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ROOM TYPE	DOUBLE OCCUPANCY	SINGLE OCCUPANCY
SUPERIOR	\$2,750	\$3,400
OCEAN VIEW	\$2,550	\$3,000
MOUNTAIN VIEW	\$2,450	\$2,900
BEACH FRONT	\$2,350	\$2,800
NATURE SUITES	\$2,300	\$2,750
HERMITAGE COUPLES	\$1,950	\$2,300
HERMITAGE TWO BEDS	\$2,000	
ECO COTTAGE	\$1,750	\$2,000
PLATFORM TENT		\$1,700

\*PRICES IN USD



CONTACT / INFO / RESERVATIONS AND BOOKINGS

INFO@ATAYOGA.COM

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# ROOM CATEGORIES

All rooms (except the platform tents) have a safety box large enough to fit a 17" laptop computer.



## SUPERIOR

These beautiful double rooms have step-out balconies and lots of windows with extraordinary ocean views. The room is elegantly furnished to provide the most luxurious space for couples or singles. Each room has a king-sized bed, a private bathroom with solar hot water and air conditioning.



## OCEAN VIEW

These double rooms have step-out balconies and beautiful ocean views. The rooms are tastefully furnished and provide the perfect space for two people. Each room has a king-sized bed or two twins, with a private bathroom with solar hot water and air conditioning.



## MOUNTAIN VIEW

This double room has a step-out balcony and large windows with an extraordinary mountain view. The room is tastefully furnished and provides the perfect space for two people. It has a king-sized bed or two twins with a private bathroom with solar hot water and air conditioning.



## NATURE SUITES

Nature Suites are very cozy and located on a hillside overlooking the lush vegetation. They have private bathrooms with an outdoor shower overlooking the jungle. Each Suite sleeps two people and includes a separate enclosed porch with a desk. All Suites have solar hot water as well as air conditioning.



## HERMITAGE

These rooms are specifically designed for singles and provide privacy and elegance, while being cozy and inexpensive. Many of these rooms have partial views of the ocean and others of the mountains nearby, a queen-sized bed, a private bathroom with solar hot water and a natural ventilation system.



## ECO COTTAGE

The cottages are beautifully situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. Each Cottage sleeps two people and has a private bathroom with ambient temperature water shower, or you can use our shared bathhouse with hot water showers. Everything runs on solar powered electricity to provide a comfortable and ecological setting.



## PLATFORM TENT

Each Platform Tent has a queen-sized air mattress and is placed on a platform under a wooden roof for protection against the sun and rain. The Tents are surrounded by nature and close to a shared bathhouse. All linen, pillows, and towels are provided to guests. Guests in the Tents can bring valuables to be stored in the safety box at Reception at no charge.