



RENEW YOUR SOUL.  
 REPLENISH YOUR HEART.  
 RESTORE YOUR BODY.



YOGA AT  
 BLUE OSA  
 IS ZEN IN  
 PARADISE

Situated on one of the most beautiful, secluded jungle beaches in all of Costa Rica, Blue Osa Yoga Sanctuary and Spa is truly Zen in paradise. Located on Costa Rica's Osa Peninsula, which National Geographic Magazine once famously labeled "the most biologically intense place on Earth", Blue Osa offers its guests peace and tranquility in an idyllic natural setting, far away from all stress and strain. There is easy access to a world-renown rainforest preserve and a beach that is no more than a stone's throw away.

Something magical occurs when you can practice yoga in a setting as beautiful as this. The ideal warm weather will soften your muscles, like minded people will help support your practice, and delicious fresh food will nourish you. And without the usual everyday distractions you're able to focus on your practice in an environment that supports deepening and opening. Students of all levels are welcome to participate in this playful and inspiring retreat.

So bring your spirit, your sense of adventure, and leave the rest to us as you enjoy and share a magical week, here at Blue Osa.

## NEARBY ACTIVITIES

*For your leisure*

- Poolside Blue Osa Spa
- Snorkeling
- Secluded Beach
- Horseback Riding
- Canopy/Zipline Tour
- Repel Down Waterfall
- Gold Mining
- Chocolate Tour
- Surfing
- Scuba Diving
- Kayaking
- Sport Fishing
- Rainforest Trek
- Hiking & Biking
- Dolphin Watching
- 70' Lap Pool

## WHERE IS BLUE OSA?

Blue Osa is located about 8 miles south of Puerto Jimenez on Costa Rica's Osa Peninsula and the warm shores of the Golfo Dulce.



*Please visit our website and facebook page for more information on the retreat and the teachers.*

yoga  
 among friends

4949 Forrest Avenue  
 Downers Grove, IL 60515

**630-960-5488**

www.yogaamongfriends.com

*A New Adventure Awaits...*

## The Retreat

AT BLUE OSA YOGA SANCTUARY & SPA  
**COSTA RICA FEBRUARY 5-11 2011**  
 with Laura Jane Mellencamp & J. Michael Taylor



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# CAN YOU IMAGINE DOING YOGA HERE?



Combining their deep knowledge and insight of all the tools of Patanjali yoga study with their many years of experienced teaching, Laura Jane and J. Michael will take you on a journey to go deeper into your own practice whether you are just starting or having been practicing for years. Together they will create an amazing opportunity to learn and enjoy the benefits of yoga asana, pranayama and meditation in a fun and enjoyable community experience.

Not only will you enjoy the rejuvenating, daily yoga sessions, there will be plenty of free-time for exploring and experiencing the beauty of Costa Rica and the Blue Osa resort.

## DAILY SCHEDULE

*Optional to meet each student's needs*

- Early morning hike on the beach
- Meditation
- Breakfast
- In-depth yoga practice with Laura Jane and J. Michael
- Lunch
- Free time to explore this beautiful & healing environment
- Late practice will include Asana, chanting, sutra study and meditation. Combining the teachings with humor, stories and insight, you will be able to take your practice to a new level of understanding.

- Dinner
- Evening shared Sanga.

*Private yoga sessions will also be available.*

Our goal is to blend the disciplines of various styles of Hatha yoga with the mindfulness of meditation in this like-minded community. The end result will be one of the most incredible, unforgettable yoga experiences you will ever have.

## RATES

*Includes the retreat experience*

\$1750.00 per person double occupancy. This includes all teachings, accommodations, meals, and transportation to and from the airport and the resort. *Air fare is not included.* Limited single occupancy is available at a higher rate.

Visit Blue Osa's website for more information about visiting Costa Rica—[www.blueosa.com](http://www.blueosa.com).

## RESERVATIONS

*Space is limited. Reserve early.*

The retreat is expected to fill so please book early. Reserve your spot by November 15 and receive a \$100 off the above rate. You can book by contacting Yoga Among Friends at 630-960-5488 or email Laura Jane at [w1hair@aol.com](mailto:w1hair@aol.com).

## RETREAT INCLUDES

*An organic, eco-friendly experience*

- 7 days/6 nights accommodations with leisure time for activities on the beach, ocean, and rainforest.
- Transportation to and from the airport in Costa Rica and the Blue Osa Resort.
- Three yummy local and organic meals daily
- Daily morning and late afternoon group yoga practices focused on alignment, adjustments and meditation.
- Spectacular Costa Rican Setting



*See the back of this brochure of a list of optional activities available nearby the resort. Note: some of these may incur additional costs and require reservations in advance.*

