

Anusara Yoga



Massage



Eco Tours



Healthy Food

one MAGICAL week!

| Rates: | Shared | Private | Quad |
|--------------|---------|---------|---------|
| Tentatlow | \$1,425 | \$1,895 | |
| Standard | \$1,495 | \$1,995 | |
| Deluxe | \$1,695 | \$2,250 | |
| Super Deluxe | \$1,850 | \$2,595 | \$1,525 |
| Suite | \$1,795 | \$2,525 | |
| Pagoda | \$2,125 | \$3,225 | |

Prices include: class tuition, room, food, and airport transfer.
Quad's for women only. Eco-Tour fees not included

Call Today

800-347-5633



Pura Vida Costa Rica



Reservations:
800-347-5633



Sponsored by:

Inner Harmony Yoga Retreats

www.InnerHarmonyYoga.com

john@ihretreat.com



Jordan Kirk



and

Friends....

in Costa Rica
March 13-20, 2010



Yoga
Massage
Live Music Nightly
Excursions
Healthy Food



Our week together ~

Join me each morning for a celebration of the human spirit with a masterful yoga practice spiced with stories of great beings from mythology. When we weave stories with yoga postures, we allow the flavors of a deeper message to cook inside our own hearts, allowing our own interpretations and insights to be tasted in a way that gives ancient philosophical concepts a modern and practical meaning. All levels welcome. After enjoying the pampering of body and soul while experiencing one of the many spa delights offered at Pura Vida, considered by some as the Wellness & Yoga destination of choice outside the United States, or just home like intimacy by the pool or hot tub, Martin Kirk will skillfully and artistically reveal the majesty of the human body with anatomy. Complete your day lulled in the hands of the duo Shantala, as their exotic instrumentation and sacred lyrics, carry your spirit into heightened states of awareness. Wednesday is an Eco-Tour day with no classes, allowing time to drink in the beauty of this rich country.



Costa Rica



Jordan L. Kirk a Certified Anusara Yoga® Instructor since 2001, travels abroad teaching inspiring workshops, Immersions and Teacher Trainings. She is co-writing along with Ellen Saltonstall and Martin Kirk **Anusara Yoga Manual of**

Anatomy and Kinesiology. Jordan, a master storyteller, weaves Tantra philosophy, mythology and asana into a rich tapestry to awaken the human spirit. She resides in Scottsdale, Arizona along with her husband, Martin and son, Jonathan. For more information: www.kirkyoga.com



Martin Kirk a Certified Anusara Yoga Instructor who travels abroad offering excellent and inspiring workshops, Immersions, Anatomy, Therapy and Teacher Trainings. With a Masters Degree in Biomedical Engineering, Martin has a special gift for anatomy and therapeutics. He is the author of the highly successful book, **Hatha Yoga Illustrated** and is co-writing, along with Ellen Saltonstall and Jordan Kirk, **Anusara Yoga Manual of Anatomy and Kinesiology.** Martin lives in Scottsdale, Arizona with his wife, Jordan and his son, Jonathan. For more information: www.kirkyoga.com

Join Martin each afternoon to explore anatomy like you've never seen it before! Martin artistically weaves anatomy, asana and the Anusara Yoga Universal Principles of Alignment in such a way that the majesty and understanding of the human body is beautifully revealed. We will cover the key anatomy of the entire body including a healthy spine

shoulders, pelvis, arms, legs, elbows and knees. The principles that you learn will be directly applied to your body so that you can master the concept in relation to the asanas.

Shantala



Benji and Heather Wertheimer carry us on a celebration of spirit through sacred chanting, with soul-stirring vocals, exotic instrumentation and sacred lyrics. Inviting the audience to participate fully through call-and-response, dance, and meditation. The weaving of Benji's Indian classical singing and instrumentation with Heather's soaring vocals is fresh, original, and profoundly moving. Together they create a beautiful music full of passion and reverence. Shantala has performed and recorded internationally with such sacred music luminaries as Krishna Das, Deva Premal and Mitten, and Jai Uttal.

We hope you can join us for this

