



ECOCULTURAL YOGA RETREATS in Costa Rica where the Mind and Body Meet the Environment and Artistic Expression!

•Our Yoga retreats allow you to experience the different yoga disciplines (Kripalu, Iyengar and, Ashtanga) in a magical environment.

•Costa Rican born **Yoga Teacher and Professional Dancer, Nango Murray and Biologist, Karla Johanning, Ph.D.** have teamed up with hotel and resort/spa owners in Costa Rica to provide you a UNIQUE experience. We believe that combining a full experience of **Yoga** with the Costa Rican **art, culture and nature through our Ecotours** is essential.

•Each retreat has an artistic component. We bring to you professional dancers, musicians, painters and writers sharing with you our culture. We want you to know us through our culture and nature.

•Our goal is that you have a fantastic Yoga experience while you experience our culture and nature.



Yoga at Sueño Azul



Zip Line Canopy Tour

RATES AND SCHEDULES

"EARTH AND FIRE" YOGA RETREATS (at Sueño Azul Resort and Spa, Sarapiquí) (8 Days/ 7 Nights)



Retreat #1- January 19 to January 26, 2008

Retreat #2- February 2 to February 9, 2008

RATES*

The rate for each retreat is: **\$1195 per person (Double Occupancy)**

WHY ARE THESE RETREATS DIFFERENT?

O Owned and operated by native Costa Rican women, Karla Johanning and Nango Murray;

O ECO-CULTURAL - See, hear and feel the culture of Costa Rica. These retreats are meant to give you a personal feel for the rich culture, not just an isolated experience where you could be anywhere:

- Music
- Art
- Dance

O Because we are Costa Ricans, we can show show you OUR COUNTRY and OUR CULTURE while having a great YOGA experience!

O Support "Good Works" projects - a portion of your fee supports Piggybanks for Education providing books, eyeglasses and other needed items for public school elementary students in San Jose.

*Rates are based on a minimum of 10 people/ retreat. Rates include lodging, all meals, 2 Yoga classes per day, Ecotours (canopy zip-line, horseback riding, hikes, thermal waters and others), artistic performances (workshops, performances, Salsa class), transportation to/from San José to retreat locations and to Ecotours destinations.

These rates DO NOT include air fare. Flight reservations must be made by each participant.

Check our Web site for additional information!

For more information call 512.363.5976 or Contact us info@ecoculturalyoga.com

Visit our website at www.ecoculturalyoga.com



WHO WE ARE

Costa Rican born **Nango Murray** is a certified Yoga Teacher in Interdisciplinary Yoga.

She combines in her classes the different Yoga styles of Kripalu, Iyengar and Ashtanga (Vinyasa). Nango has received training in the Teacher's Interdisciplinary Yoga Program from the renowned



NANGO MURRAY

Nosara Yoga Institute in Costa Rica. She is a Yoga teacher in her home country of Costa Rica at the Kapoli Center, Chakra Lounge, Tacsan-Umaña Studio and Multi-Spa Fitness Center. She has received courses in Yin Yoga, Tibetan Meditation and Healing. Nango has been a professional classical and modern dancer, choreographer and director at her own Studio "Danzarte School of Classical Ballet" in San José, Costa Rica.

Dr. Karla M. Johanning a native of Costa Rica as well, has worked in several US universities as a research scientist. Karla earned her B.S. in Biology from the University of Costa Rica. She then moved to the US and received a Master's and Ph.D. degrees in Biological Sciences. She has led ecotourism tours throughout Costa Rica. Her



KARLA JOHANNING

diverse interests also include music. She has co-produced piano concerts at universities in New Orleans. Karla and her husband Michael moved from New Orleans to Austin, Texas after Katrina hit the Gulf Coast. Austin is where they now call home and manage the Ecocultural Yoga Retreat business.

ECOCULTURAL YOGA RETREATS IN COSTA RICA



SIGN UP NOW FOR THE UPCOMING YOGA RETREATS!!!!

Mark the Retreat of your choice

Ecocultural Yoga Retreat # _____

*Required field

*First Name: _____

*Last Name: _____

E-mail Address: _____

*Street Address: _____

Address 2: _____

*City: _____

*State/Province: _____

*Country: _____

*Zip/Postal code: _____

*Home Telephone (include area code): _____

Mobile Telephone: (include area code): _____

**Deposit of \$650 per person by the 1st - two months prior
departure .**

**Balance due must be paid in full by the 10th of the month prior
departure.**

Make Check Payable to: PuraVida Connections LLC

Cut this section and

send to:

**Karla Johanning
5838 Secrest Drive
Austin, TX 78759**

Call us 512-363-5976

or Email us info@ecoculturalyoga.com

www.ecoculturalyoga.com

ECOCULTURAL YOGA
C/O Karla Johanning
5838 Secrest Drive
Austin, TX 78759



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