

A magical week-long retreat in tropical Costa Rica *with Sean Tebor & Munay Halfon of Dragon Rising*

We invite you to unwind from your daily life and immerse yourself into the natural beauty of Diamante Valley in Costa Rica. Guided by the elements, we'll rejuvenate and awaken through daily practices of primal yoga, movement and meditation. We will be fed by natural stillness and sacred communion, unplugged from the world.

All-inclusive yoga and wellness retreat

- Daily yoga, movement and meditation
- Walking trails throughout tropical rainforests and rivers
- Private river with pristine swimming holes and a jungle island
- A short walk to the amazing Nauyaca waterfall
- A trip to a beautiful beach near Diamante Valley
- Three organic vegetarian meals daily and lots of tropical fruit
- Lodging in simple, beautiful cabinas
- Private shuttle to and from the San Jose airport

February 18th-25th, 2017

\$1,350 all inclusive (optional room upgrade to private cabina additional \$350)

For more information email Munay at dancing2skirts@thedragonrising.com or call **505.660.5516**. You can also visit www.thedragonrising.com for details.

To learn more about Diamante Center, visit www.diamantecenter.com



Sean and Munay are passionate about embodied life, conscious living and play. They hold inspired space in a dance of complementary energies, whether it be yoga, dance, or just walking in the world.