

JUNGLE, SURF & YOGA

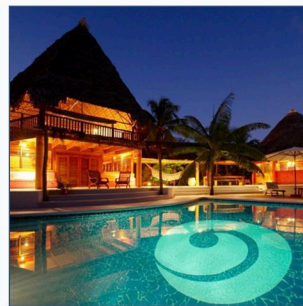
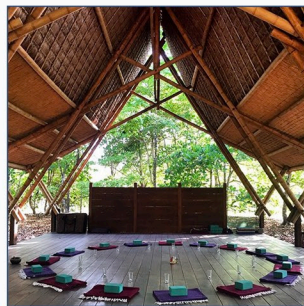
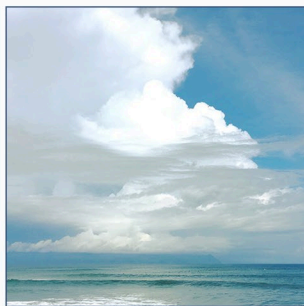
with Georgia Reath & Erin Carney
Osa Peninsula, Costa Rica
March 28-April 4, 2020

Cost ranges from
\$1600 to \$2500

Join us for a week on the Osa Peninsula in Costa Rica! The Osa is a uniquely special bio-diverse paradise sure to fill you with awe when you explore her jungle, surf her waves, and soak in her rugged natural beauty. It truly feels like one of the last unspoiled places on earth.

Your adventurous side will be satiated riding the warm and uncrowded waves that break at the beach outside your doorstep; or exploring the miles of pristine rainforest where you will surely spot a sloooooooow-moving sloth or vine-swinging monkey before discovering a waterfall to plunge into or ravine down.

Spending a week on the Osa Peninsula is an opportunity for you to live closer to nature--to get in touch with your wild side. This retreat is for the traveler looking to reconnect to the natural world, deepen her vinyasa practice, surf some ideal waves, eat delicious homemade food and enjoy the pura vida state of mind with like-minded people and new friends. Oh, and drink Costa Rican coffee!

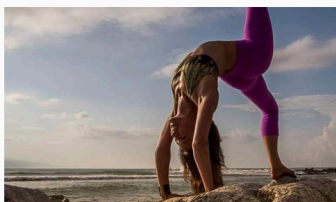


Cost includes *Lodging, Meals, 2 Yoga Classes Daily, Airport Transfers & Group Surf Lesson

Email info@bluelightyoga.com or erin@erincarneyyoga.com for more information or to reserve your spot with a \$600 deposit. *Various lodging options from jungle yurts to private houses.



Georgia Reath has been teaching yoga in NYC, Boston, and now on the North Shore of Boston since 2006. She is the founder of Blue Light Yoga and annually leads multiple group retreats, workshops and trainings. She was first introduced to the Osa by her friend and teacher Schuyler Grant in 2016. She keeps going back to the Osa because she is determined to beat her very stubborn fear of surfing and because she has yet to find a more beautiful place on Earth to practice yoga.



Erin Carney is a yoga teacher based in San Francisco that grew roots on the East Coast (Boston and the North Shore). As a world traveler and lifelong student, Erin seeks classic and cutting-edge material to integrate and offer. She leads numerous workshops, co-facilitates teacher trainings, and leads international yoga retreats, all with the aim of reestablishing a deeper connection within ourselves, facilitating our capacity to heal, to expand into ourselves, and to be of more service in the world. She is lucky to call Georgia a friend and teacher and after having led her first yoga retreat to the Osa in 2016 she loved it so much she decided to move there for a period 3 weeks later. She is elated for this homecoming reunion.