

Pilates Yoga Meditation Retreat

Atenas, Costa Rica

Co-Hosted by,
Second Generation Master Pilates Trainer
Jenny Mongeluzo

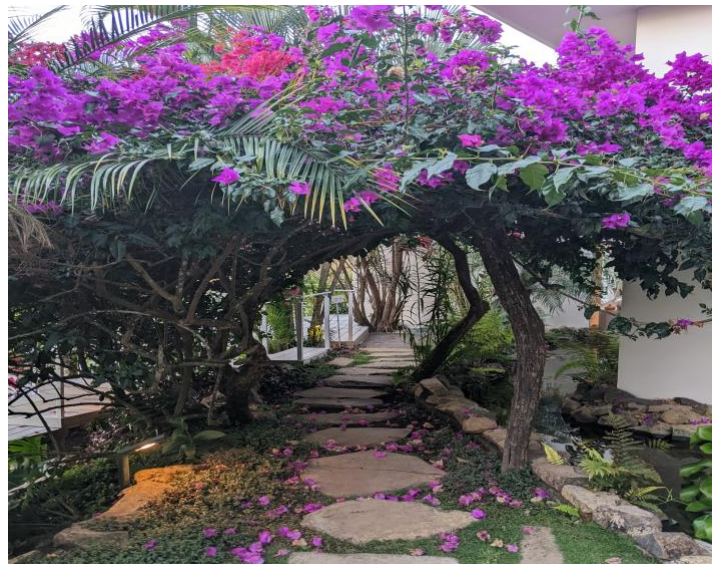
Yoga Instructor of over twenty years

Bari Caspi

October 24th-29th 5 nights 6 days

<mailto:jenmongeo1@gmail.com>

<mailto:baricaspi@gmail.com>



Join us for a beautiful heart healing, soul filling and spiritual connecting
retreat located on the Crystal Mountain at
<http://www.theretreatcostarica.com/> voted #6 top resorts in the world by
Conde Nast Traveler

Included daily

1 Pilates Class

1 Yoga meditation class

3 organic meals from the onsite garden

1 daily guided rainforest hike

For the week

*You will also receive 1 spa voucher for the week and one group sound
meditation for the week