



**FREEDOM IN PARADISE: ESCAPE TO COSTA RICA**  
**MARCH 8-15, 2025 | PLAYA GRANDE, COSTA RICA**  
WITH KELSEY & BRENDAN

**INCLUDED:**

- |   |  |   |
|---|--|---|
| <input checked="" type="checkbox"/> Twice Daily Yoga/Meditation | <input checked="" type="checkbox"/> Airport Shuttle        | <input checked="" type="checkbox"/> Concierge Service |
| <input checked="" type="checkbox"/> Lodging                     | <input checked="" type="checkbox"/> Sunset Sailboat Cruise | <input checked="" type="checkbox"/> WIFI              |
| <input checked="" type="checkbox"/> Three Daily Meals           | <input checked="" type="checkbox"/> Beach Access           | <input checked="" type="checkbox"/> Goodie Bag        |

Return home feeling rested, inspired, and with a deepened bond with new (and old!) friends. This retreat is the springboard for the fresh start you've been looking for!

**EXTRA EARLY BIRD: GET \$300 BEFORE 6/9/24**

**EARLY BIRD: GET \$200 OFF BY 9/6/24**

FOR FURTHER INFORMATION: [WWW.PANACEARETREATS.CO/YOGALLERY](http://WWW.PANACEARETREATS.CO/YOGALLERY)