

6th annual retreat adventure with Judith Thompson & Christine Anderson in Costa Rica



the Bodywell therapy centre



February 18~25, 2012

YOGA & NIA® TO RENEW~ RETREAT ~ RELAX ~ REJUVENATE

off the grid, take a break from technology, play by the ocean, in the rain forest, breathe!

[www.ojodelmar.com](http://www.ojodelmar.com)

**February 18 ~ 25, 2012**

for information on Judith and Christine, visit  
[www.studiosoleil.ca](http://www.studiosoleil.ca) • [www.bodywelltherapies.com](http://www.bodywelltherapies.com)

prices include accommodation, 3 meals/day, ground transportation and daily Yoga & Nia<sup>®</sup>  
rates in \$USD ~ secure your reservation with a **non~refundable** \$500.00 deposit

**CABINA** \$1300 *bamboo & palm leaf structure, open air, ocean breeze, adventure!*  
**TIKI TENT** \$1200 *basic tent with a mattress on a hardwood platform ~ for the hardy!*

**Register Early, Spaces are Limited**

prices effective with deposit received before November 30, 2011  
(\$250 added to all rates for registrants reserving beyond this date) \*flight to Costa Rica is not included

**for registration and information please contact**  
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