

# Costa Rica Yoga/Surf Retreat

## April 1–8, 2017

With Swami Asokananda and Purusha John Donahoe



### PACKAGE PRICE

Double: \$1395

*(must have person to share with)*

Single: \$1695

### SPACE IS LIMITED

**CONTACT:** Purusha at  
[purusha@iyiny.org](mailto:purusha@iyiny.org)  
for more info on how to secure  
your spot.

### PACKAGE INCLUDES

- Private or shared room for seven nights
- Transportation to and from airport
- Daily meditation and hatha yoga classes
- Daily surfing lesson
- Daily surfboard rental
- Daily midday meal with Swami Asokananda
- Plenty of free time for surfing, exploring, or relaxing
- Daily Q&A with Swami Asokananda

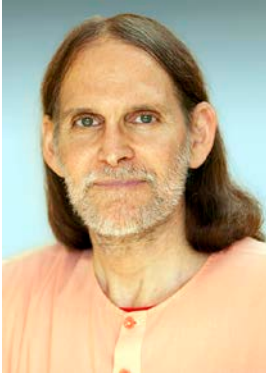
### OTHER ACTIVITIES

- Sunset horseback ride
- Canopy tour
- Nosara River safari
- Massage/Spa treatments
- Kayak expeditions

Beautiful Playa Guiones in Nosara, Costa Rica is known for its strong yoga community. It is also one of the best beaches in Costa Rica to learn surfing.

Integral Yoga   
Vacation Retreats

*Practice yoga with a lifetime yogi.  
Practice surfing with a lifetime surfer.*



**Swami Asokananda**, E-RYT 500, a monk since 1973, is one of Integral Yoga's foremost teachers, known for his warmth, intelligence, and good humor. His teaching comes out of his own practice and experience, since he has absorbed the wisdom of his guru, Sri Swami Satchidananda, since the age of 19. He is currently the President of the Integral Yoga Institute.



**Purusha John Donahoe**, E-RYT 500, is an IYI Teacher Trainer who took up yoga in order to stay fit for surfing, a passion he has pursued since he was 11. It was yoga that inspired him to start competing in surfing, and in 2013 and 2014 he won the East Coast Surfing Championships, Grand Legends Division.

## CONTACT

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View YouTube slideshow:  
[Integral Yoga Institute-NYC Yoga/Surf Retreat 2015](#)

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Yoga Institute

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