

COSTA RICA REJUVENATION RETREAT

Relaxation • Discovery • Adventure
Wednesday, June 27th- Sunday, July 1st, 2012



This magical and mystical retreat will be held in Costa Rica, one of the most sacred places in the world. Set at the enchanting Pura Vida Spa you will have plenty of time to discover, relax, and transform amidst the breathtaking views of this luxurious and beautiful resort.

During this extraordinary vacation of a lifetime each day will begin with a grounding foundation of yoga and meditation as we greet the rising sun. Then explore self-realization through transformative workshops designed to awaken and inspire.

TYPICAL RETREAT DAY

- Morning Guided Meditation
- Yoga Class
- Breakfast
- Transformation Workshops
- Lunch
- Spa Time or Adventure Excursion
- Dinner

***All Workshops Are Optional*

On the first evening we will have a very special "Release Ceremony" to unblock anything that may need to be released before embarking on this powerful transformative journey.

This ceremony will

be followed by a group welcome dinner. A second ceremony, The "Manifestation Ceremony" will be held on Day 4 in the Vortex of a "live" Volcano. This POWERFUL activation ritual will magnetize our deepest heart's desires into our reach and then seal the work we have done together attracting prosperity, abundance, and fulfillment.



In today's hectic time-starved world it becomes even more important to step back and assess who you are and where you're going. Join us on this amazing personal and cultural journey, one that has the capacity to bring you to back to a place of peace, balance, and creative self-expression.

Costs start at \$917.00 and can go up to \$1,087.00 (USD) depending on your choice of accommodation. Retreat includes daily breakfast, lunch, and dinner, four nights in double occupancy room, daily yoga, meditation and transformational workshops, excursion to volcano, and transportation to and from the airport.

Airfare is not included. Credit Cards are accepted. A \$300 non-refundable deposit is required to hold your space. If you would like a single room it will be available at an additional cost. To register, contact Jennifer Grace at 954-817-3386 JG@JenniferGrace.com or Wendi Blum 954-214-5649 Wendi@Wendiblum.com

RETREAT LEADERS



Hay House author and radio show host, **Jennifer Grace**, is the resident life coach at The Standard Spa. She is a certified Stanford University instructor of The Journey, and an executive dream producer, regularly appearing on Lifetime Television's morning show, "The Balancing Act." Her book, *Directing Your Destiny*, will be published by Hay House in June 2013.



Wendi Blum is highly regarded as an expert in the field of personal and business transformation. She is a publisher, author, professional speaker, certified NLP coach and Visionary. Wendi has blended all of these disciplines together with her 20+ yrs corporate experience in the pharmaceutical industry to help men and women live their 3 P's~ passion, purpose and potential. wendiblum.com



JENNIFER GRACE

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