



**HOLISTIC JOURNEYS *THE ART & SCIENCE IN***  
***WELLNESS-YOGA, ART & MORE***  
**MARCH 3-10, 2018**

**Life's a Beach; So *ENJOY***

Join Rebecca, Val and Lura for this inclusive Yoga, Wellness and Art Adventure in *The Blue Zone of Costa Rica*-Uvita,

The Whale's Tail Marino Ballena National Park and surrounding jungles. For more information visit:

[hopewoodholitichealth.org](http://hopewoodholitichealth.org)  
[valeriedearingyoga.com](http://valeriedearingyoga.com)  
[bienestarlife.com](http://bienestarlife.com)

To Register contact Rebecca  
 740-590-3954 or  
[becaherbtravel@gmail.com](mailto:becaherbtravel@gmail.com)

Early Bird Cost \$ 1,575.00  
 after January 5, 2018 \$  
 1,775.00. Includes all in-  
 country transportation, food,  
 double accommodation, art,  
 yoga, tours! Single room  
 supplement add \$500.00 Does  
 not include round trip air, tips  
 or alcohol. PayPal,  
 Messenger Pay or direct  
 transfer all accepted. Full  
 payment due upon  
 registration.

*IT'S TIME TO TAKE TIME*  
**HOLISTIC JOURNEYS**

**Wellness Exploration:** Daily Yoga, Chakra Balancing with Essential Oils, Nature & Art Guided Imagery. Watercolor Healing Mandalas, Sumi Ink Painting, Solarized Botanical Prints and Medicinal Plant ID & Use.

**Nature Tours:** Bamboo Forest hike, SUP Board Yoga & Tour, Mangrove Kayak, Dolphin Tour, Waterfall Adventure, Birding, and *Time just to Take Time!*

