

TARA HEALING SANCTUARY

About Tara Antler and this retreat...

Join Tara Antler of Tara Healing Sanctuary and supporting, guest facilitator, King Gabriel for a soulful, heart-connected, rebalancing retreat on the beautiful Pacific coast of Costa Rica!

Experience your essence in new, expanded ways. Reconnect to the highest expression of who you are and learn how to embody that expression freely. Feel and see life as full and joyful!

Through the universal principles of heart-centered yoga, Qi Gong, transformative music, The Groove Method, energy healing, spiritual teachings and the exploration of the beauty and richness of the land, you will begin to realign, re-center, rest and renew.

Discover your inner wisdom and power to live the life you've always wanted to and begin to flow through this life with freedom!!!

"FINDING FREEDOM"

YOGA • HEALING • RETREAT

MYSTICA RETREAT CENTER IN COSTA RICA

MARCH 13—20, 2011

Let go. Experience fully. Be free.

Release the day-to-day world and enter a land of mystical rainforests and crystal blue waterfalls that wraps itself around you in a beautiful blanket of pure peace and tranquility. Renew in the Eco Hot Springs, breathe deeper on a rainforest canopy tour, drift away on a floating river trip or relax at the ocean, taking in the pristine beaches of Costa Rica. The ideal space to go within and set your self free to live a life that is so radiant that everyday becomes an awakened dream!

Align with the natural elements of Costa Rica. Receive insights on how to release the past. Experience how to let go of whatever has "a hold" on you and "keeps you stuck". Many of us are feeling the need to be free and let go of what no longer serves. Join us in a supportive, heart-centered environment as we uncover the ways to BE there and what it means to YOU to be free....

Your retreat includes: accommodations for 8 days/7 nights, 3 gourmet meals per day prepared with fresh local ingredients, transportation to & from airport, all guided tours, yoga/meditation classes, group healing sessions.

\$1390 USD per person.

Based on double-occupancy.

To reserve your retreat, retreat itinerary or for more information, please contact Tara Antler

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Mystica Retreat Center

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