

TARA HEALING SANCTUARY

About Tara Antler and this retreat....

Join Tara Antler for a soulful, heart-connected, rebalancing retreat on the beautiful Pacific coast of Costa Rica! Experience your essence in new, expanded ways ~ rebalance and reconnect to the highest expression of who you are and learn how to embody that expression. Begin to create a life that is full and joyful! Through the universal principles of heart-centered yoga and the exploration of the beauty and richness of the tropical forests of the land, you will begin to realign, re-center, rest and renew. Discover an inner wisdom and power to live the life you've always wanted to!!!

Tara is the owner of Tara Healing Sanctuary and is an intuitive healer, teacher, certified yoga instructor, Reiki Master and creator, inspirer and love igniter! She has traveled to many places and explored many sacred sites, including Costa Rica! She is excited to share this journey and land with you!

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

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“IGNITING CREATIVITY”

YOGA • HEALING • RETREAT
MYSTICA RETREAT CENTER IN COSTA RICA
MARCH 13—20, 2010

Be inspired. Open to receive. Renew every fibre of your being. Align with the natural elements and creative life force of beautiful Costa Rica.

Join us in a land of pure, radiant life force where you will explore the creative nature of life, both within your own being and the external environment around you. Within each of us is an infinite supply of energy, waiting to be shaped and moulded into form to create the most incredible life! Tap into infinite energies to ignite your own unique creativity! Awaken your passion! Learn to flow from a space of self-expression!

Here in this sacred space you are supported to move from an open heart, to manifest your dreams into reality and to flow through this life with passion!

We look forward to creating with you in Costa Rica!

\$1660 USD per person

Based on double-occupancy in main lodge.

Space is limited—maximum 14 people.

Includes: accommodations, food, transportation (to & from airport), guided tours, yoga/meditation classes, 1 healing treatment per person.

