

Karunã

A Mindful Journey to Costa Rica

September 2-6, 2021

Connect. Discover. Recharge.

SPACES ARE
LIMITED

Retreat Package Includes:

- Group transportation to and from SJO airport (Designated times)
- Accommodations- Double occupancy with private bathroom, AC, raw botanicals organic care products. (Single occupancy upon request for additional cost)
- Daily locally sourced meals
- Two Nature Expeditions: Rainmaker Conservation Project and Manuel Antonio National Park
- Sacred Cacao Ceremony & Tasting
- Rejuvenating practices daily to include but not limited to: Yoga, Meditation, Creative Art, and Ayurveda.



Three Souls presents: Karunã

Step into the healing arms of Costa Rica, and immerse your senses through a Mindful Journey into nature. Renew your body, mind and spirit with the nourishing and empowering principles of Karunã (Sanskrit word for Compassion).

Enjoy this YOGA-ECO travel adventure at the magnificent Vida-Asana Sanctuary in Playa Hermosa, where Three Souls (Johanna, Romi and Fabienne) will share their hearts, while weaving a patchwork of experiences through Yoga, Meditation, Breath Work, Ayurveda Wisdom, Creative Art, and Cultural exploration.

We invite you to remain present within yourself while connecting to others in ways that will enliven your senses and soften your heart.



Join us in Costa Rica!

For more information and registration:
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