



## WHAT YOU GET

Personal Development

Ayurveda

Alignment & Posture

Assessment

Yoga / Multi Barre Classes

Lifetime Access

A mantra infused mala



## “PURA VIDA”

This popular saying in Costa Rica translates to “Pure Life”.

At Playa Negra Yoga, it is not just a saying, it is a way of life.

Our Team is committed to sharing Pura Vida with all who join us on our Pura Vida Connection Retreat.

# PURA VIDA CONNECTION RETREAT

JOIN US VIRTUALLY OR IN COSTA RICA.

OFFERED IN ENGLISH, FRENCH, SPANISH & PORTUGUESE



## ABOUT US

Our manifesto is to provide you with a safe and supportive environment to explore your practice, connect with your inner strength, heal, and achieve sustainable change. We honour all styles of yoga & healing modalities. Our experienced team is ready to serve you. You are loved.



[www.playanegrayoga.com](http://www.playanegrayoga.com)

## PERSONAL DEVELOPMENT

You will get 3 x personal development sessions (30-minutes in length). During these sessions, you can explore your core values, create life goals, and plans to achieve them, examine unhealthy patterns for the purpose of creating new patterns that will help you reach your goals, or do emotional healing sessions (or a combination thereof).



## AYURVEDA

You will complete our curated Ayurveda Consultation Forms. From your results, we will create your customized Ayurveda Yoga Balancing Plan, which includes nutrition, a curated yoga practice, meditation, breath work, mudras and mantras, as well as nutrition suggestions.

## ALIGNMENT & POSTURE ASSESSMENT

You get a one-hour posture assessment from one of our Posture Specialist. This includes an analysis of your physical posture and recommendations of exercises you can do to create optimum posture, not only in your yoga practice, but also in your life.

## YOGA/ MULTI BARRE

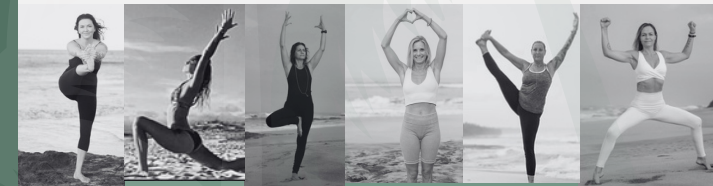
You will schedule 4 x Zoom (or in Costa Rica) yoga sessions; these sessions will be curated to your needs, and address the goals you want to achieve from your yoga practice.

## LIFETIME ACCESS

All of your sessions will be recorded and uploaded to your password-protected private page on our website [www.playanegrayoga.com](http://www.playanegrayoga.com).

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**Go where  
you are  
supported.**

@PLAYA NEGA YOGA



INVESTMENT \$590 USD

BOOK ANYTIME

WE WILL WORK WITH YOUR SCHEDULE

**CONNECT  
GROW  
HEAL  
LOVE**

