

SHAE BRYANT WELLNESS PRESENTS



Two Incredible Ashtanga Vinyasa Yoga opportunities in
Uvita, Costa Rica, September of 2019:

-Ashtanga Teacher / Practitioner Intensive-

September 7th - 13th, 2019

Join Level I Authorized teacher Shae Bryant for an incredible week of intimate and in-depth study of the Ashtanga Vinyasa Yoga system. Ideal for teachers wanting to deepen their training as well as dedicated Ashtanga practitioners. You do not need to be a teacher to attend, and this is not a teacher training, however, it is the level of study and exploration that all teachers and serious students really need and want!

20+ Hours of Training & Daily Morning Mysore (+ 1 Led Class)

Drastically deepen your understanding of Tristana (Ujjayi, Drishti, Bandha)

Learn the Sanskrit Vinyasa Count

Discuss Alignment & Anatomy as it Relates to Ashtanga

Restore your soul with incredible vegetarian food, laughter, and beach adventures!

-Awesome Ashtanga & Adventure-

September 14th - 20th, 2019

Restore, Revive, Refresh, & Renew both your spirit and your love of Ashtanga Vinyasa Yoga
Daily morning Mysore practice, beach and waterfall adventures, local community exploration, and
enough delicious free time to find yourself again!

Perfect for the dedicated practitioner or someone needing an Ashtanga inspiration re-boot!

Attend just one week or stay for both!

Located at Bodhi Surf & Yoga School - www.bodhisurfyoga.com

A beautiful, eco-conscious intimate retreat center built by Shae's dear friends, Pilar and Travis, this tranquil, safe, and special paradise will nourish your heart, body, and soul.

Both retreats include:

Transportation to and from San Jose

5 Nights Accommodation at Bodhi

13 / 8 Fresh, Vegetarian Healthy Meals

1 Meal at the Local Restaurant Carlito's

Semi-Private Ashtanga Yoga Training with Shae

A Led Community Walk in the Community of Bahia Bellena

Close Access to Pristine Marine Protected Pacific Ocean Beach

Does Not Include:

-Flight to San Jose, CR

-2 nights in San Jose

-Some Meals

Self Investment: Week 1: \$1500 Week 2: \$1100 Both: \$2222 *Payment Plans Available*

Contact Shae to Inquire/Register: www.shae Bryantwellness.com 808.345.8563