

SPREAD YOUR WINGS YOGA & NATURE RETREAT

Playa Grande, Costa Rica
February 1-7 AND 9-15, 2027



**INSTRUCTORS: MONICA FARRELL & ALEX BRUBAKER
COMBINED 30 YEARS EXPERIENCE**

Registration fee supports:

- habitat protection
- wildlife sanctuaries
- conservation education

REGISTER HERE!



Starting at 2300\$ USD

yoginidiver13@gmail.com
abyogawellness@gmail.com

Includes:

- 7 days, 6 nights at wildlife sanctuary retreat center
- Airport transfers
- 3 organic farm-to-table meals/day
- Mindful Birding
- Yoga (beginner-friendly)
- Guided meditations in nature
- Breathwork by the beach
- Jungle hiking
- Cacao Ceremony

www.directionwellness.life