

"SATYA" YOGA RETREAT IN COSTA RICA

LET YOUR TRUTH SHINE WITH DAVID ROMERO

May 21st-27th, 2018

hosted by

Leaves and Lizards Cabin Retreat



IMAGINE...

Waking up in the middle of a lush green rainforest, surrounded by the sounds of nature, sunshine, and clear blue skies. In the distance is the awe inspiring Arenal Volcano. This is your morning wake up call from your beautiful eco cabin.

Every day waking up to a serene sunrise meditation, followed by an inspiring yoga class led by David Romero. The intention of the retreat is for students to dive deep into their own personal truth and interpersonal connection with like minded beings.

After each yoga class, green juices and delicious farm to table fresh meals will be prepared to be served.

Each day there will be various activities and workshops for attendees to experience. Most importantly this special retreat is a break away from everyday life to decompress, restore, and reconnect.

David and the team at Leaves and Lizards look forward to share this once in a lifetime retreat with you.

ABOUT DAVID...

David Romero is a Professional Yoga Teacher, Sound Healer, Reiki Practitioner, Thought Leader, and Lecturer at The University of Southern California.

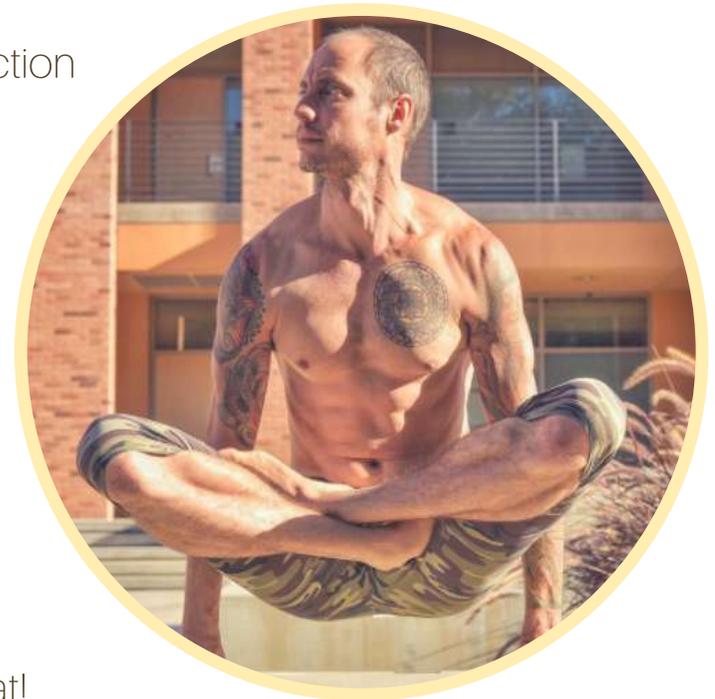
David creates both strong energetic yoga practices and Restorative Healing Practices. Yin and Yang!

David was a Captain in the United States Air Force where he spent nearly 6 years working on Government Rocket and Satellite Programs. After his time in the service, David worked for Fortune 500 Company: St. Jude Medical where he sold Spinal Cord Stimulators helping individuals working through severe Chronic Pain. After spending 5 years in the field learning about Chronic Pain... David felt called to understand the mind-body connection better in order to help individuals without the use of medications or medical devices.

In 2014 David studied yoga under the keen eye of his Mentor Thomas Taubman...spending well over 500hrs training, teaching, and facilitating yoga practices.

To this date, David has taught well over 3,000 classes, hosted hundreds of workshops/meditations/sound healing events, and has organized a handful of yoga retreats.

David looks forward to having you attend this once in a lifetime retreat!



INCLUDED IN THE PACKAGE

- Lodging.
- Three delicious farm fresh meals per day.
- Daily yoga classes with David.
- One day Hot Springs.
- One day tour + volunteer Proyecto Asis.
- Guided hike to Arenal Volcano and Hanging Bridges.
- Meditation workshops.
- Airport transfers.
- Free day for activities of choice.

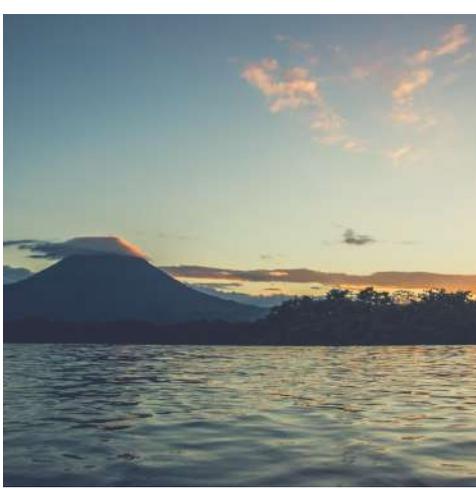


DETAILS

- Dates: May 21st-27th, 2018.
- Price: Early bird \$1,660 until February 28th, 2018, after that date \$1,860.
- To secure a place in the retreat, contact leavesandlizardsretreat@gmail.com
- Please specify "Yoga Retreat with David Romero" on the subject, and we will contact you with further steps to make your reservation.
- A deposit of 50% of the total amount is required, due balance must be paid 30 days in advance.
- Cancellations greater than 60 days before dates of stay will receive a refund less a 20% processing fee. Cancellations 60 days or less will not receive a refund.

Not included: Alcohol, soda pops, tips, activity and transportation on free day.





ABOUT Leaves and LIZARDS

Leaves and Lizards is a sanctuary in the rainforest at the base of the Arenal Volcano in Costa Rica.

Surrounded by glorious nature, away from the stresses of daily life, guests are nourished with farm-to-table fresh food, natural water, comfortable accommodations, massage and yoga, all provided by caring staff on-site.

The environment is important to us and we are proud to hold the TripAdvisor Green Leaders award, as well as TripAdvisor 2017 rankings of #3 Hotel in Costa Rica and the #4 Hotel in Central America!

[CLICK HERE](#) to see our TripAdvisor reviews.



For more information DO NOT HESITATE TO CONTACT US!

Send an email to leavesandlizardsretreat@gmail.com

Or call toll free from the US or Canada: 1-888-828-9245 or 1-866-860-7613

Locally in Costa Rica: 2478-0023

