

Costa Rica Rainforest Rolling Retreat

SEPTEMBER 24-30, 2017



ROLL AWAY WITH ME for seven days and six nights for an invigorating and healing journey. Enjoy a peaceful mind and awakened body as I guide you daily through a detailed Body Rolling program.

Experience the art of self-care as we delve deep into your body's anatomy freeing any stuck energy and feel the power effects of Body Rolling.

Tune out from life's distractions for a week of profound healing, healthy organic food and unique adventure.

You deserve it.

WHERE

Finca Luna Nueva Lodge

Perched high in the mountains you will be captivated by the raw beauty of the Costa Rican rainforest, Finca Luna Nueva Lodge offers the perfect place to relax, unplug and re-connect with nature. This eco conscious retreat center is built on a 200-acre organic farm and has evolved into one of the largest medicinal herb gardens in the world with over 300 tropical medicinal plants. This special place offers you the opportunity for hiking, unique excursions and taking in the waters of nearby Tabacon Hot Springs.

INVESTMENT

Early Bird
Single Rate
(before August 1st)

\$ 2,400

Single
Rate

\$ 2,500

Early Bird
Double Rate
(before August 1st)

\$ 2,200 each

Double
Rate

\$ 2,300 each

What's Included

- 6 nights accommodation in a private or shared bungalow
- 3 gourmet organic farm to table meals
- Daily Body Rolling program
- Ozonated Pool and solar heated Jacuzzi access
- Group hikes and activities – swimming in hot & cold springs, farm tour, sacred seeds tour, and chocolate tour included
- Closing night festivities
- Transportation from/to airport

What's Not Included

- Round trip airfare
- Private Yamuna® signature treatments
- Additional Excursions
- Set of Yamuna® balls. Don't have balls? No problem we'll ship you a set to bring at a discounted price as a retreat participant

Register early, space is very limited!

For questions or to sign up go to BodyRollingDianneGlass.com/Retreat