

*Reconnect through Nature. Rediscover your natural strength. Restore your sense of balance. Refresh your Spirit*

## **BALANCED BEING: YOGA & SURF ECO-RETREAT**

**San Juan del Sur, Nicaragua**

**November 29 – December 6, 2008**

Join us for an eco-adventure designed to explore and expand your physical and mental potential through a tailored program of yoga, meditation, surfing, exploration and play.

Combining the natural beauty of Nicaragua's tropical jungles, pristine white sandy beaches with unparalleled yoga teaching, you will learn to practice finding balance in your life – whether you're on a yoga mat, surf board or in your every day life. This program accommodates all levels of students including those new to yoga (and surfing!) as well as intermediate and advanced students and offers plenty of space to pause, reflect and play.

Nestled in the hills of San Juan del Sur, Nicaragua overlooking a world famous surf break this Pacific paradise is located on a secluded bay 3 hrs south of Managua, Nicaragua. Your time at this luxury eco-retreat is sure to leave your soul inspired, your body energized, your senses invigorated and your mind calm.

All-inclusive Eco-Retreat Package includes:

- 6 nights/7 days accommodation
- English-Spanish host
- Daily yoga classes (twice a day)
- Daily meditation and *pranayama*
- Round-trip airport transfers from Managua Airport to San Juan del Sur
- Two healthy, fresh meals prepared daily by our private, gourmet chef plus plenty of fresh fruit, juices, and snacks
- Welcome and Farewell receptions/dinners
- Surfing – including surf board rentals and instruction
- A guided hike in the surrounding jungle
- Access to daily excursions –scuba diving, boating, deep-sea fishing, zip-line canopy, massage & spa treatments, turtle nesting, horse back riding, jungle and volcano adventures, and a day trip to

## Central America's oldest colonial town, Granada

### A TYPICAL DAY

(Full schedule will be given to you the first day of the retreat)

\***Arrival into San Juan del Sur** - Nov. 29: ☐ Opening practice, sunset swim and welcome dinner

\***Departure day Dec. 5** ☐ Closing dinner

6:30 - 7:30 am	Rise and shine to morning beverages of fresh juice, tea and coffee.
7:30-9 am	Morning yoga, pranayama and meditation
9-10 am	Breakfast
10 am -1 pm	Surfing (may vary with the tides), beach time
1-2 pm	Fresh, healthy lunch
2-4:45 pm	Free time: beach, R&R, massages, excursions
4:45 pm -6:30 pm	Yoga
7-8:30 pm	Dinner
8:30 pm onwards	Free time

We welcome:

- every *body*: all ages and fitness levels. All we request is that you are curious and open to new experiences
- solo travelers, couples or groups

## **COST** (per person)

Single Occupancy: \$1950

Triple Occupancy: \$1350

Double Occupancy: \$1550

Luxury Suite (for couples or friends - limited availability) \$2998

**Booking for the Retreat:** A non-refundable deposit of \$500 is required to hold your space for the retreat.

**Payment:** Full payment is due 60 days before departure.

**Cancellation Policy:** All individual cancellations must be made in writing and are effective upon receipt.

## **Accommodations**

Accommodations include: full kitchen facilities, swimming pool, wireless internet, relaxing environment with hammocks and modern amenities.

First come first serve on villa/room choices so sign-up now!

## **Excursions**

This retreat balances culture, gastronomy and activity in a relaxed format with plenty of time to do yoga, rest and take some personal free time.

Here are a few options:

Snorkeling

SCUBA Diving

Turtle Nesting

Nature Hikes

Mountain Biking

Massage

Voluntourism

Manicure/Pedicure

Zip-line Canopy

Deep Sea Fishing

Boat excursions

Surfing

Volcanoes

Horseback riding

\*Please note: Excursions are not included in above price package.

### **Spa Treatments**

Massage, manicure and pedicures are available. The treatments will be available, but are not included in the price package.

### **Gourmet Cuisine**

Breakfast includes fresh tropical fruits, yogurt, eggs plus a whole lot more! Lunch and dinner are healthy with a Nicaraguan/International flair and choices of vegetarian and seafood dishes. Meals are individually designed based on the season and the group.

### **About Erica**

Yoga teacher, freelance writer and international adventuress, Erica believes that yoga is something we experience deep within our being. Aspiring to Gandhi's words of, "Be the change you wish to see..." Erica uses yoga as a vehicle to guide her students to transform their good intentions into positive choices. She uses the arena of yoga to motivate others to cultivate personal power and challenge others to explore what is possible on the mat and in the rest of their lives.

**For more information and registration contact Erica at:**

+1 604 202 9343 | [info@ericablitz.com](mailto:info@ericablitz.com) | [www.ericablitz.com](http://www.ericablitz.com)

## **FAQ'S**

### **What if I have never surfed before?**

Whether you are an experienced surfer, have always dreamed of surfing, or simply want to swim in the ocean, there are surf breaks in Nicaragua to accommodate all levels of surfers. We have surf instructors available to provide practical tips and all the gear you need for an exhilarating and safe experience.

### **I'm new to yoga.**

Welcome! Each class accommodates all levels of yoga practitioners offering modifications for beginners and will also be challenging enough for the advanced yoga practitioner.

### **Can I travel by myself to your retreat or will there be mostly couples?**

Guests come alone and in pairs. So yes, absolutely come on down by yourself or with a friend or two! The small group of a maximum of 12 people always creates its own dynamics and camaraderie.

### **How big is the group going to be?**

We keep the group size at maximum 12 to ensure maximum attention and great results for everybody.

### **Can I extend my stay?**

Many of our guests enjoy extending their stay in Nicaragua either before or after the retreat. We are happy to suggest a variety of hotels or villas that will suit your needs.

### **Do I have to participate in all the activities and meals?**

Even though all our retreat activities are optional we highly recommend our guests to partake in the daily yoga sessions to reap the promised results of an enhanced sense of well being. The schedules of the retreat are designed to leave space for relaxing and personal time as well but one can talk to our coordinator to arrange more free time or extra activities such as surfing, horseback riding, more spa treatments or exploring the gourmet dining scene of San Juan del Sur.

### **I'm an experienced athlete and have been practicing yoga for years. Will I get coached on intermediate to advanced levels?**

Absolutely! If we have guests of very different fitness levels, we often break into smaller groups and our instructors will challenge each group to an appropriate level.

### **Will I be able to lose some weight within this holiday?**

Even though the retreat is not designed for that sole purpose, almost all of our participants have noticed a difference in how they look and, more importantly, how they feel. Importantly, our guests learn how to improve their dietary habits through better understanding of their bodies and improve their workout discipline on a long lasting level when back home.

### **What other costs do I have to expect when at the Retreat?**

We offer the retreat 'all inclusive'. So unless you choose some of the optional extra activities (which we are happy to help arrange), or you want to go out somewhere else for dinner, make international calls, buy some souvenirs, or have alcoholic drinks or extra meals.

### **Why choose the Balanced Being Retreat?**

From the moment you step off the plane you will be taken care of, so all you have to do is show up and enjoy. Most of our work is done before our guests even arrive, with every detail of the retreat carefully prepared so that our participants enjoy a remarkable holiday tailored to their needs and filled with stunning memories they will cherish long after they return home.

## **ABOUT NICARAGUA**

### **san juan del sur**

San Juan del Sur is a small and quaint village located inside a bay with overlooking the pacific ocean a mere 60km west of Granada and 24km from Costa Rica's frontier.

Enclosed by prehistoric volcanic hills, San Juan del Sur is characterized by a broad beach of white sand, 3 Kms long, and with good climate for the whole part of the year it permits surfing, SCUBA diving, deep sea fishing and beach bumming.

### **granada**

Enjoy a day tour of the oldest colonial city in Central America. Granada is one of Nicaragua's most important cities and the country's main destination for international travelers. For centuries it has been called 'The Great Sultana' in recognition of its beautiful colonial architecture.

Granada is 40km South East of Managua and less than 30km from the capital city's international airport. It is the perfect spot to begin or end

your explorations of some of the main attractions in Nicaragua from active volcanoes to unique cloud forest ecosystems, from the beautiful islands on Lake Cocibolca, or Nicaragua, to the endless beaches of the Pacific Ocean where every year, between August and December, thousands of turtles lay their eggs.

The best way to explore Granada is on foot, wandering along its narrow streets. Explore the most remote corners of this fascinating city and have a quick look inside the 'casonas' (the large colonial houses). As all colonial cities in Central America, Granada is built around its main square (Parque Central) that represents the city's social, cultural, and economic hub. Around the Parque Central visitors find Granada's Cathedral, the city hall, important banks, cultural centres, as well as a myriad of small shops and stalls selling traditional food and handcrafts.

Be sure to visit the central market where you can find reasonably priced tropical fruit, fresh vegetables, meat, cheese, and freshly caught fish from the lake.

One of the most important Granada 's avenues, know as 'La Calzada', starts on the left side of the Cathedral and runs all the way to the lake. It is a lovely, recently remodeled boulevard that has become a trendy area of restaurants, discos, and beaches.