



Soul Yoga Beach Retreat

San Juan del Sur, Nicaragua
April 19-24, 2008

Bodhin Travel and Usoni Transformation are happy to offer you a wellness travel experience with Atieno Fisher, (Certified Yoga Instructor, Masters in Conflict Transformation, Certified Psychodramatist) on the vibrant coast of Nicaragua.

Tune in to your natural rhythms; set to the beautiful backdrop of a tranquil beach community, experience the ultimate mind and body connection. Each day you will experience a beautiful beachside hatha vinyasa yoga class with pranayamas (using breath to shift energy), and either a soul yoga or coaching session, customized to your group's rejuvenation needs. You will have the pleasure of experiencing life as a true yogi throughout your stay – focused on healthful eating and movement, deepening self-awareness and connection to others, and enjoying Nicaragua's abundant natural wonders. No yoga experience is necessary.

The word *yoga* comes from a word in ancient Sanskrit that also provides the root for the word "yoke," to integrate or join together. This retreat weds body and soul. Hatha vinyasa yoga moves the body through traditional asanas, or poses, in a dance-like flow. Soul yoga brings compassionate attention and acceptance to the moment and the internal processes of your spiritual development using breathing, guided meditation, and reflection. Coaching focuses on expanding your yoga practice into daily life and creating the future you want- you will have two private and one group session.

Facilitator: Atieno Fisher is a Certified Yoga Instructor and Certified Psychodramatist who works with your story in a richly connected group environment to foster transformative insights that lead you toward fully living the life you want. She brings her experience in group dynamics, conflict resolution, and personal life coaching to customize each retreat with an open heart. Whatever you face, Atieno can help you find what is already within you.

Pricing for 5 day retreats, per person (5-person minimum):

Includes accommodation, all meals (gourmet), round trip airport transportation, in-country concierge, and daily beachside yoga and life coaching: \$1150

Check kayak.com for flights.

Activity options:

Private daily sail boat and snorkel / day: \$70, Private Natural Fitness Trainer / hr: \$20, Surf Instruction / hr: \$35, Surf Board Rental: \$15, 2-tank dive: \$86, Horseback ride: \$25, Zip Line: \$25, ATV Rental: \$75, Massage / hr: \$30, Day-trip to Mombacho volcano and cloud forest: \$50/ per person, Day trip to Grenada: \$50/person

Register through www.usoni.com or call 202 550 5462

