

## Costa Rica, Become More

Yoga for Social & Inner Transformation is for people working and studying in the fields of Development and Peace, NGOs, Conflicts, Politics, etc. The course delves into the usage of a wide variety of yogic practices for the purpose of social transformation.



### Course Price:

\$2085

Apply online now at [www.goinspired.com](http://www.goinspired.com)

### Includes:

- 7-day workshop (5-6 hours per day)
- Accommodation in a retreat (double occupancy)
- 3 Vegetarian meals per day
- Course materials
- Pick-up from Airport

### Excursions Included:

- Tortuguero Channels
- Cahuita National Park
- Other optional trips to explore beautiful Costa Rica

It's all about the experience



*"Finally, a teacher who genuinely cares! Because, for Sowmya, yoga comes from the heart. In a world where yoga has come to mean another form of physical exercise, Sowmya reinstates yoga to its rightful place as a restorative art and revitalizing science."*

- Thomas (Spring, 2012)

## A Unique Opportunity

### The Yoga course includes:

- Daily readings from academic and non-academic sources
- Lectures, discussions and classroom activities
- Practice of yoga methods including sound, breathing, hand gestures, and meditation/reflection

The course runs through a wide variety of forms of yoga and each student will have 1 private session.

Experience peace through yoga in this retreat, and gain insightful practices to take back to your daily life. Enjoy the serenity of the Costa Rican mountains beaches and natural surroundings.

For more information, check out our website at [www.goinspired.com](http://www.goinspired.com) or send an email to [info@goinspired.com](mailto:info@goinspired.com)