

# HEALING RETREAT IN COSTA RICA

WITH ROSS AND ANN ROSEN

YOGA, TAIJI, QIGONG, CHINESE MEDICINE, WORKSHOPS, HEALING, RELAXATION, ADVENTURE, BEACH, ORGANIC FOOD, PARADISE!



Ross and Ann Rosen  
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Founders of the  
Center for Acupuncture  
and Herbal Medicine

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## TREAT YOURSELF TO THE HEALING ADVENTURE OF A LIFETIME

JULY 27<sup>th</sup> - August 3<sup>rd</sup>

Heal from your "happy place" as you reconnect with nature and enjoy all the inspiring beauty that Costa Rica's "Blue Zone" has to offer.

Spend a week immersed in Nosara's sun-kissed splendor as you relax and rejuvenate at a remote and tranquil luxury resort perched on a hilltop that overlooks the Pacific Ocean and a three mile stretch of silky, white sand.

Feast on local and organic cuisine and detoxifying smoothies, relax in the expansive, salt water infinity pool and enjoy daily yoga, tai ji and qi gong in a panoramic pavilion as you look out at the glistening sea.

As you find your bliss, let Ross and Ann Rosen help you embark on your own healing journey exploring some of the many modalities within the

Chinese medical paradigm. Ann and Ross will facilitate workshops each day, introducing essential oils, home remedies, Eastern nutrition, meditation and gemstone healing.

In addition, you are invited to indulge in some of the many soul-enriching activities that Costa Rica has to offer. The sunsets alone are worth coming for and there's no better place to enjoy them!

Adventure seekers can surf, horseback ride, birdwatch, paddle surf, hike to nearby waterfalls, rent an ATV or enjoy the rush of the world's longest zip-line tour. The resort is also just a 5-minute drive to the shops and restaurants in town.

And there's always a book and a hammock...



“Smile, breathe and go slowly” - Thich Nhat Hahn

## BLUE SPIRIT, NOSARA, COSTA RICA

July 27 - August 3, 2013

### ACCOMMODATIONS: (rates per person based on double occupancy: please inquire for other needs)

- Hermitage Room: \$1,760
- Nature Suite: \$1,985
- Mountain View Room: \$2,060
- Ocean View Room: \$2,135

For room details, please visit Blue Spirit's website at

<http://www.bluespiritcostarica.com/blue-spirit-accommodations>

### RATES INCLUDE:

- 7 days and 7 nights accommodations in Paradise
- Daily morning Yoga and afternoon Tai ji/Qi gong instruction with Ross
- Evening Wellness Workshops with Ross and Ann
- 3 Meals per day, featuring gourmet local and organic food
- Access to pristine beach and saltwater infinity pool

### TRAVEL (flights and transfers not included in above rates):

- Transfers to/from Liberia airport can be arranged by Blue Spirit: \$55 each way
- Direct flights from Newark, NJ (EWR) or JFK to Liberia, Costa Rica (LIR)

### ATTRACTIONS/TOURS: (additional fees apply)

- Zipline/Canopy Tours
- Waterfall Tours
- Horseback riding on the beach
- Surf lessons and/or board rentals and stand up paddle surfing
- ATV rentals
- Turtle Nesting on beach
- River kayak expeditions
- Bird watching boat tours

### AMENITIES:

- Spa services, wireless internet, on-site cafe and store

### RESERVE YOUR ROOM:

- Contact Ross and Ann at [centerforacupuncture@gmail.com](mailto:centerforacupuncture@gmail.com) or (908) 654-4333.
- Initial deposit of 50% required at time of reservation
  - Make checks payable to “Ross Rosen” or
  - Send payment via PayPal to “[rossrosen@gmail.com](mailto:rossrosen@gmail.com)”
- Remaining 50% due by May 1, 2013
- No refunds after May 1, 2013
- All refunds subject to \$100 administrative fee