

Karma Yoga Retreat with Margi Clifford

Chinandega, Nicaragua

Dates: **December 3rd – 10th, 2016**

Your '**Karma Yoga Retreat**' includes:

- 7 night accommodation at El Coco Loco Resort
- Shared accommodations in eco-friendly cabanas, each with private bathroom and open-air shower
- Transportation from and to Managua International Airport
- All meals (Breakfast, 2nd Breakfast, Lunch & Dinner), tropical fruits, freshly baked breads, healthy snacks and raw desserts (delicious vegetarian options available)
- All non-alcoholic beverages including smoothies, fresh fruit and vegetable juices
- 20 hours of yoga practice in a beautiful raised open-air studio (with views of the ocean!)
- Chocolate making workshop (90min) from Bean to Bar with fresh cacao!
- Sunset guided hike up Volcan Telica to see the lava!
- Opportunity to get involved with local non-profit organization, Waves of Hope, whose mission is to improve the quality of life of their local community through education, development and volunteer efforts

Personal Investment:

- Shared Cabana (double or triple occupancy) \$2000 USD
- Private Cabana (ideal for a couple, very limited) \$2500 USD

Early Bird Discount: \$250 off if you register by February 29th, 2016

Advance Planning Discount: \$100 off if you register by May 31st, 2016

Deposit: \$600 deposit due at time of registration to secure your spot, remainder due by October 15th, 2016 (*note there is a 3% fee for using a credit card).

Cancellation Policy: 50% of your deposit will be refunded if you cancel your registration by August 31st, 2016.

Contact: retreats@yogaformentalhealth.com for questions and to register!