

# Yoga Journeys

SIMPLY DIVINE. MAKE A CONNECTION

## Spirit Tours

JOURNEYS OF THE SOUL

3432 Montgomery Drive  
Santa Rosa, California 95405

707.566.8078

www.spirit-tour.com

### What we provide

- ◆ Years of experience in leading spiritual travel tours
- ◆ Customization of the tour to meet your budget
- ◆ Promotional literature
- ◆ Multimedia presentation to your interested group members
- ◆ Inexpensive airfares to your destination
- ◆ All tours and transportation
- ◆ We also lead yoga tours to Japan, Africa and Ireland: contact us for tour details at [Jim@baliadvisor.com](mailto:Jim@baliadvisor.com)

### What you get

- 1 Free trip for two and extra income
- 2 Build Community
- 3 Yoga practice in exotic destinations

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## YOGA JOURNEYS

to Bali, Costa Rica, Sedona, Mexico & Thailand



"Jim, our trips together to Bali, Costa Rica and Thailand were incredible, and so was your expert guidance. I can't wait until Sedona!"

Helen McGee, Yoga Teacher

FIRST CLASS

# Yoga in the Rainforest

JOURNEY TO COSTA RICA 8 DAYS/7 NIGHTS



- ◆ 2 nights on the Pacific Coast at Ocotal Beach with panoramic, breathtaking views
- ◆ 5 nights at the Lost Iguana Resort, a boutique hotel in 120 acres of primal rainforest; every room has a perfect view of the Arenal Volcano
- ◆ Tabacon Hot Springs: soak in a river of hot water whose source is from inside the Arenal Volcano
- ◆ Hanging Bridges, hike across suspension bridges over the lush vegetation of the rain forest
- ◆ Sky Trek zip-line through tree tops at breathtaking speed

Costa Rica is a mega-diverse country. It has approximately 5% of biodiversity of the world and about 50,000 species. 25% of Costa Rica is protected, including 27 National parks.

"Pura Vida" or "pure life," that's what you'll see and hear everywhere in Costa Rica.

