

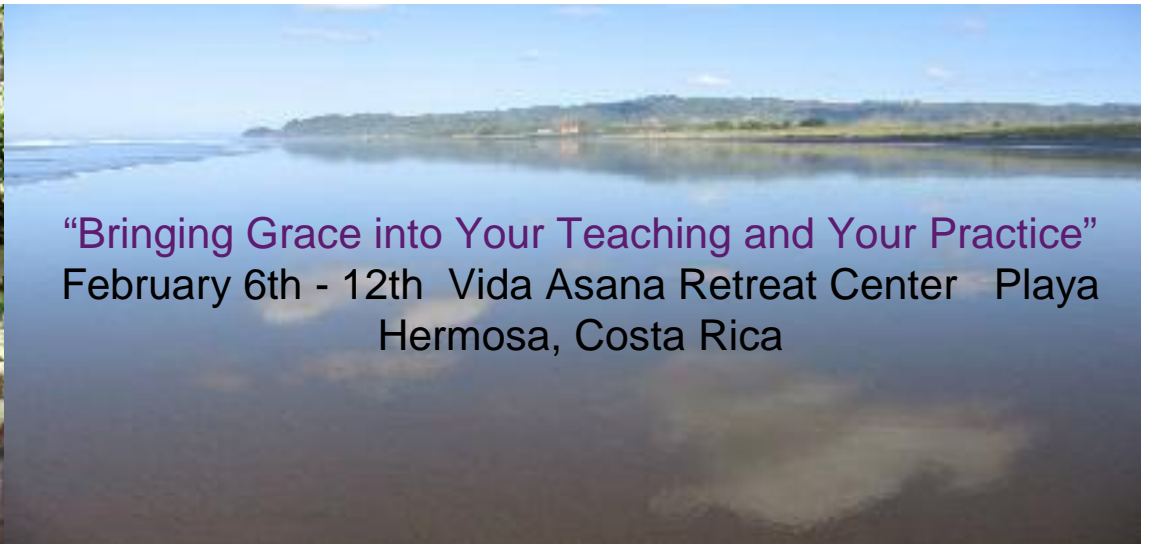
**“Bringing Grace Into Your Teaching and Your Practice”**  
 February 6th - 12th Vida Asana Retreat Center  
 Playa Hermosa, Costa Rica

**Join Carmel**

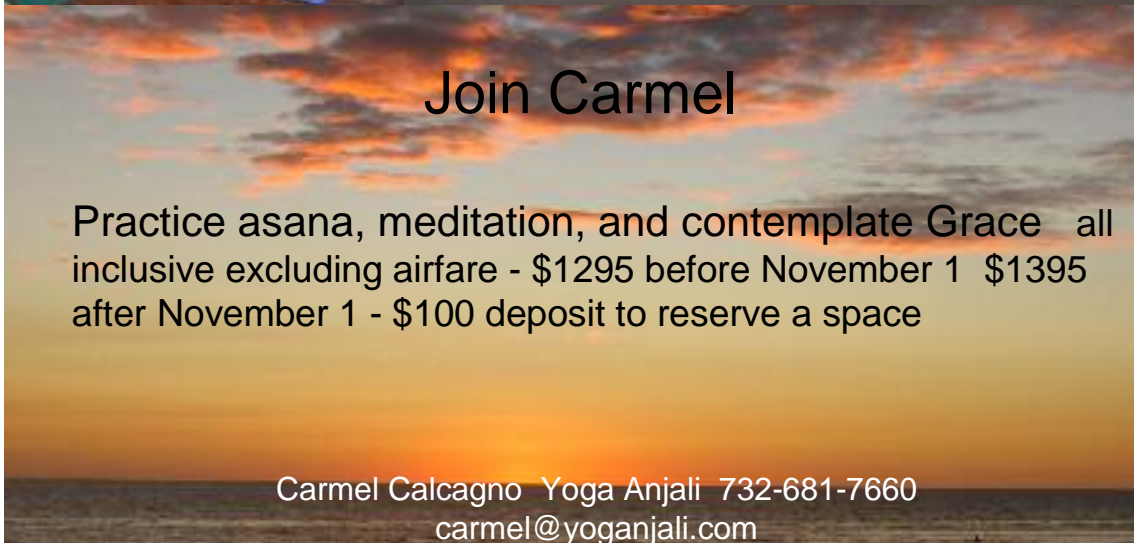


Practice asana, meditation, and contemplate Grace  
 all inclusive excluding airfare \$1295 before November 1  
 \$1395 after November 1st - \$100 deposit to reserve a space

Carmel Calcagno Yoga Anjali 732-681-7660  
 carmel@yoganjali.com



**“Bringing Grace into Your Teaching and Your Practice”**  
 February 6th - 12th Vida Asana Retreat Center Playa  
 Hermosa, Costa Rica



**Join Carmel**

Practice asana, meditation, and contemplate Grace all  
 inclusive excluding airfare - \$1295 before November 1 \$1395  
 after November 1 - \$100 deposit to reserve a space

Carmel Calcagno Yoga Anjali 732-681-7660  
 carmel@yoganjali.com

