



*"I attended the most amazing **Kundalini Yoga Retreat** with Master Teacher Lisa Steels and Dr. Jelusich. Their spirit, presence and heart was felt throughout the retreat Center by all. This was a life changing journey for me where I was able to connect my heart and soul in a beautiful inspiring moving environment! Thunderstorms during our deep evening meditations, waking up early to monkey and birds singing and during our practice. A life changing adventure THANK YOU Lisa Steels and Dr. J!
Sincerely, Kam Sandhu"*

Come Join the Fun



Cécile Kessler

Richard Jelusich (Dr. J.)



Lisa Steels
of
A Balanced Practise

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Journey Into Heart Consciousness

Blue Spirit, Costa Rica



Retreat Package start at \$2000 USD for: accommodation, meals, amenities and teachings!

*Additional fees for travel to and from Blue Spirit.



Blue Spirit Costa Rica provides an extraordinary setting to all who are dedicated to spiritual transformation, personal development, and environmental sustainability.
www.bluespiritcostarica.com

April 22 – 29 2017

<http://www.abalancedpractise.com/costa-rica/>



Facilitators

Cécile Kessler
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Lisa Steels
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Come

“Journey Into Heart Consciousness”

Explore the beauty of Costa Rica, as you embrace spiritual community and enhance self-awareness. Through the practices of Kundalini Yoga and guided meditations you will gain access to the subtle energy of the body. Balancing the bodily systems will create purity of mind and physical body to access your higher self.



Find Your

What to Expect:

Discover your healing capacity and intuitive potential with Dr. Richard Jelusich, as you explore the chakras, learn about heart centered living and embrace guided meditations.

Early morning yoga with Lisa and Cécile will focus on the use of Kundalini Yoga for health, enabling you to understand the process of self healing and living from your highest potential.

You Will Gain:

- Daily 1.5 hr Kundalini Yoga and 1.5 hr Guided Meditation.
- Three workshops-2 hours in Length: Flower Readings & New Moon Fire Ceremony and understanding of Mantras and Sound Healing.
- Enhance intuition enabling you to move into heart centered living.
- Blue Spirit offers: 3 gourmet vegetarian meals, 7 nights in the spectacular ocean front accommodations, salt water infinity pool, Café & gift store and WIFI in the main lodge.
- Private Treatment sessions available for: Energy Healing, Yoga Therapy or Integrative Life Coaching.
- Additional adventures available at the retreat centre include: surf lessons, paddle boarding, spa treatments, horseback riding or waterfall hikes.

Balance