



## Nourish Your Soul in the Bowl of the Jungle

Yoga & Movement, Stillness & Being, Play & Ease, Laughter & Joy, Curiosity & Creativity  
Experience Yourself... Fully

Days begin in gratitude on a peaceful private estate in Hatillo Costa Rica. Awaken to a morning of silent restorative yoga in the palapa, and organic food grown on the estate. Each day, breakfast is followed by a circle of sharing, self-exploration and Inquiry using "The Work" of Byron Katie ([www.thework.com](http://www.thework.com)).

Afternoons may include: playing on the local beach, floating in the salt water pool, jungle ziplining, horseback riding, shopping at the local market, taking a surfing lesson, meditation, writing or just being.

Dinner and evenings are a time of great food, warmth and reflection, laughter and ease.

From \$1750 US  
Details at...

[www.sharethework.com](http://www.sharethework.com)

Love Shar xo

Spirit & Space 2018 Retreat Includes: Accommodation, All Meals, Yoga, Facilitated Group Activities and all ground transfers to and from the airport. Airfare is additional & available through Air Transat, Air Canada & most US Carriers



A \$350 booking deposit confirms your space. Further info & contact: [sharonarnaud@gmail.com](mailto:sharonarnaud@gmail.com) (289) 264-5375