



NICARAGUA



Join Michelle Dorer on Retreat in Nicaragua!
January 27, - February 3rd, 2018 - \$1500.00 USD. EARLY BIRD RATE!

Valid until September 1, 2017. After \$1650.00 USD (Based on DOUBLE)



A \$500. USD non-refundable deposit will hold your spot!

Contact: Michelle Dorer
info@ashtangayogaobx.com

Included:

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- DAILY Pranayama 6:00-7:00AM
- DAILY Mysore Practice 7:00 - 9:00AM
- Daily Chanting of the Sutras 3:30-4:30PM
- Discussion Groups
- One Evening Bonfire with
"Ishta Devata featuring Kali and Chanting"
- 7 nights shared accommodation in a private ocean front villa
- Group Airport Transfers to + from MGA Airport
- 3 Meals Daily - plant based & free of gluten and refined sugars
- 1x Authentic Nicaraguan Fish Dinner
(Includes beer + rum at sunset)
- Estuary Boat Tour - Watch the sun set from the water!
- One evening BEACH Bon Fire

Not Included:
Trip Insurance