



Women's Costa Rica Retreat

**Come join Lettie Arnold for a rain forest adventure
on the Osa Peninsula at the incredible Playa Nicuesa Eco Lodge.
We'll begin every morning with a Pilates class overlooking the ocean
and end each afternoon with a gentle stretch class.**

**March 18–26, 2010
\$1630.00 + international airfare
For single room add \$100 night**

PRICE INCLUDES:

- Hotel in San Jose • Flight to Puerto Jimenez • Transportation to and from Puerto Jimenez airport
- Seven breakfasts, lunches and dinners • Six morning Pilates classes and six afternoon stretch classes • Unlimited hiking, use of kayaks, snorkeling and fishing equipment
- Guided rainforest/waterfall hike • Birding tour • Garden/kitchen tour
- Night hike • Snorkel and kayak tour

Boat tours, yoga classes and massages are available at an additional cost.

Note: not included: gratuities, alcoholic drinks, meals during travel and Costa Rica departure tax.

Playa Nicuesa Eco Lodge has a great web site at www.nicuesalodge.com

For more information, call Lettie at 603.643.4633 or e-mail lettiea7@gmail.com

**The Retreat is filling up—book your spot soon.
Invite a friend! You never know who's up for an adventure.**

Pura vida, Lettie