



Joyful Being

Yoga Retreat with
Rubén Vásquez, M.Ed., ERYT-500

Costa Rica

June 3 – June 10, 2017

Joyful Being Yoga Retreat

Find your way back to Peace and Calm

Saturday June 3 through Saturday June 10, 2017

Embark on an enjoyable journey that will take you deep into your center of joy and ease. In this unforgettable retreat you will be guided by Rubén Vásquez, M.Ed., ERYT500, through a gradual process of integrating your posture, movements, breath, thoughts and emotions to feel vibrant and alive.

"We thank you for the experience of a lifetime." – J. & D., previous retreat participants

Remove Distractions.

As you breathe the pure air in the mountains and take in the stunning views you will let go of other times and places and effortlessly release all that you do not need. Joyful Being is a retreat designed to provide you with plenty of opportunities to disconnect from your busy life and re-connect to the deep peace within.



*"You can take the time to find yourself and find peace in yourself. It really makes you happy."
– T., previous retreat participant*

De-stress.

If you practice yoga, you know how a single yoga session can dissolve tension in your neck and shoulders, release tightness in your hips and back and quiet down the continuous mental chatter. You just feel better, relaxed and refreshed. Imagine how you will feel after a full week of 2 daily yoga sessions with plenty of time in between to rest, relax, explore, or just hang out with newly found friends.

"The yoga instruction was fantastic! I really like the way it is done. This is the yoga for me. I wanted to regain clarity, calm the mind, find my inner Zen, dig deeper, and understand myself, and my priorities. I feel it met and exceeded my yoga needs." – M., previous retreat participant

Unclutter your mind.

In contemporary life we are constantly asking our minds to multitask and keep track of our ever-growing to-do lists. It is not surprising that we find it hard to ask our minds to be still. Put your mind at ease. Our welcoming retreat center has everything you need and more, including comfortable rooms, exquisite organic food made from local ingredients and a gorgeous practice room. The intimate retreat venue is nestled in a safe rural setting where you are surrounded by beautiful trees, birds and butterflies. With fewer things to plan and think about, your mind will focus naturally and you will slip into presence, savoring every moment.

"Ruben, your instruction is flawless. I came away from each session walking on air" - L.C., previous retreat participant



Relax.

Give yourself the gift of relaxation. Our bodies need profound rest in order to heal, restore, repair and strengthen. Relaxation is essential to this process. I craft each retreat carefully to ensure that you have time and that you never feel rushed. You will have plenty of time to rest, enjoy wonderful treatments, and meet interesting people on the same path. My goal is for you to feel rejuvenated, refreshed, and full of vitality as a direct result of this retreat.



"For the first time in quite a while, I felt like myself. I felt at peace, that there was nothing to be afraid of or worry about. I am very grateful for my time there. Thank you so much!" – C., previous retreat participant

Rubén Vásquez, M.Ed., ERYT500, your guide



I have cultivated a rich yoga practice since 1996. As a devoted student of yoga and a dedicated teacher my goal is to make yoga techniques accessible so that each person can find joy in his or her practice. As many of my students know, I am constantly exploring a wide range of practices to facilitate the experience of balance and integration that yoga offers to all of us.

I know it is a privilege to share my love of yoga. Whether I am leading a group class, an individual session, a workshop, a teacher training program or a retreat, I am committed to assisting you in exploring safe, logical and effective yoga tools so that you can flow harmoniously with your life both during practice and when you return home.

"Ruben you definitely WALK the TALK!" – J., previous retreat participant

"I feel so valued by Ruben and I know he makes others feel the same way. Ruben is always warm and welcoming of any questions. You can also see that Ruben is authentic in his yoga

practice and understands yoga philosophy. This makes him trustworthy. He's also willing to share his personal experience and uses this to help others." – C., previous retreat participant

Are you ready for a worry-free retreat? This is the retreat for you.

A yoga retreat is a powerful journey to discover our internal source of deep peace, balance and joy. And just as most yoga teachers make sure to reduce distractions in yoga classes so that students can focus on their practice, I understand that it can be daunting to navigate all the details of traveling to another country. No need to worry. I make all of the in-country arrangements to ensure your smooth journey. With many years of experience traveling and living in Latin America, Europe, Asia, and the U.S., I provide you with a worry-free, distraction-free retreat. My ability to communicate in both English and Spanish, as well as my familiarity with Central and South American cultures, makes it possible for me to prepare, organize and facilitate all of the details of this retreat – both before we leave, as well as in-country. I have crafted a fulfilling, enriching and rewarding experience for you, and I will ensure that you will get the most out of your retreat.

Here is what previous retreat participants say:

"Ruben also brought everyone together with the sharing of the fruit and explaining some of the cultural differences that some people didn't understand. I could see how it would be a huge challenge if the leader of the group didn't speak the native language of the country."
– L.

"Ruben has an extraordinary gift of sharing the true essence of yoga with his students. I actually find myself smiling more now in practice because I do love my practice, just needed reminders about how calming, easy and self-healing the practice is!" – J.M.,
previous retreat participant

"I loved everything. I am definitely coming to more retreats!" – A.



Dates: Saturday June 3 – Saturday June 10, 2017 – 8 days/ 7 nights
Cost:

- \$1500 per person in shared room- double occupancy*
- \$1750 per person in single room

**The shared room rate applies only if the room is shared. If you ask for a shared room I will do my best to find a suitable room-mate, but if one cannot be found, the single rate room will be applied.*

As you consider the cost of this retreat please keep in mind that I carefully select all the details while minimizing costs yet without sacrificing quality so that you can participate and receive the benefits at a reasonable and affordable price. I invite you to compare the price of this retreat with any similar retreat in a premier location – it is highly unlikely that you will find a better value, especially when you consider that, in addition to room, board and yoga sessions the price of this retreat also **includes shuttle service from and to the San José airport, hotel taxes, one group waterfall tour and one sound healing group session.**

Not sure if you want to share a room?

"Though I can afford the single room, and I like privacy, I realized that on the past two yoga retreats I've shared a room with someone and both times I've come away with a beautiful friendship and a deeper connection. You attract lovely people and I'm grateful to share in the energy. I guess that's a long winded way to say that I'd like to share a room." – S.F., previous retreat participant

Payment:

- Your \$100 deposit will confirm your reservation until **November 1st, 2016**
- 50% of the balance (\$700 double, \$825 single) due by **February 1st, 2017**
- Remaining balance (\$700 double, \$825 single) is due by **April 1st, 2017**



Price of the retreat includes:

- 7 night / 8 day stay at AmaTierra Retreat & Wellness Center, Costa Rica

- Airport transfer from Aeropuerto Internacional Juan Santamaría (SJO) to retreat center
- 3 delicious meals each day (dinner on arrival day and breakfast on departure day)
- Dishes are either vegetarian or include fresh fish or hormone-free chicken
- Dietary needs and allergies can be accommodated (gluten free, wheat free, dairy free, etc)
- AM yoga practice with Rubén to invigorate and energize
- PM yoga practice with Rubén to relax and integrate (*Evening session includes relaxing yoga nidra)
- 1 waterfall tour with the group
- 1 Sound healing group session
- Plenty of time for Exploration, Relaxation, Reflection, and Creativity
- All hotel taxes
- Airport transfer from retreat center to Aeropuerto Internacional Juan Santamaría (SJO)

Price of retreat does not include:

- Airfare from your location to San José, Aeropuerto Internacional Juan Santamaría (SJO). From Tampa airfare is approximately \$450-600
- Tips for retreat center staff (\$70 suggested for Retreat Center staff)
- Costa Rica departure tax (\$29). *Please note that since June 2015 the following airlines include the exit tax into the cost of the ticket: American Airlines, Copa, Delta Airlines, Jet Blue Airways, Southwest Airlines and United Airlines.*

Optional Activities (not included in cost of retreat)

- Customized individual yoga sessions with Rubén Vásquez
- Additional tours and activities (Eco-adventure park, zip-line, equine therapy, beach)
- Spa treatments (Massage, Detoxification, Nutritional/Herbal consultation, etc.)
- A la carte meals



Yoga Sessions

All of the Yoga instruction will be conducted by Rubén Vásquez on site. Classes are designed to support your retreat experience and to develop gradually throughout the week. The classes are only for our group, so that there is continuity and coherence as well as a feeling of community.

In my experience the most important elements in yoga are mindfulness and optimal breathing. As a result, each session flows seamlessly and is conducive to articulating all aspects of Yoga. I do my best to customize a wide range of Yoga techniques so that they are best-suited to students' needs.

"Ruben was experienced and professional. I believe Ruben gained every one's respect and trust with his philosophy and techniques. We appreciated his philosophy of "meditation" as the main part of yoga and the emphasis on discovering "who we are" and "what we want" in this "moment" approach. We appreciated that we slowly added different positions that we could chose to "contribute" our best effort when we were "ready". Excellent!" – C.

Are you ready to give yourself the chance to refresh, replenish and find inner peace?

A retreat is a commitment you make to create time to honor yourself and to deepen your practice. My objective is to offer you the best quality yoga retreat at a fair, competitive and very affordable price. You will not be lost in a crowd. The **number of participants is limited** so that everybody can feel comfortable and integrated into the group and so that I can be there for you throughout the journey.



Make sure that you sign up quickly to reserve your place for this amazing journey.

Ready to Sign Up?

Just follow these steps:

- Contact me (ruben@rubenasquez.com) as soon as possible to reserve your place for this journey of transformation.
- Send me a \$100 deposit (check by mail). The deposit will be credited to the cost of the retreat.

- When you reserve your place I will send you an enrollment form and contract, as well as a Welcome Kit providing you with answers to the most frequently asked questions as well as all the info you need to prepare for the trip and to plan what to bring.
- If you wish, once I have my itinerary I can also send it to you (in case you are flying out of the Tampa Bay area and want to catch the same flights). I'll include important information regarding arrival times.
- 50% of balance is due by February 1st, 2017. *You may contact me for payment details and installment plans, if needed.*
- Remaining balance is due by April 1st, 2017.
- Pack, fly and enjoy the journey.
- Return home, refreshed, renewed and filled with peace and joy.

"Ruben was beyond wonderful. Through Ruben's guidance each of us returned home with a renewed commitment to continue or enhance our practices and with more peaceful and happier hearts." – J.



Contact

I want you to have all the information that you need to participate in this retreat. Below you can find answers to the most frequently asked questions about yoga retreats. Also, take some time to view photos from past retreats to get an idea of what you will find. If you still have questions, please do not hesitate to contact me so that I can address your questions as fully as possible:

Rubén Vásquez

ruben@rubenvasquez.com

727.771.3612



Frequently Asked Questions about Yoga Retreats

Why go on a retreat?

A retreat is a gift you give yourself. It is an opportunity to be free from your usual duties and chores so that you can find your center through resting, relaxing and nourishing your body, mind and soul. Going to a place that is not familiar helps you see everything (including yourself) with new eyes and a deeper perspective. For ages, many cultures around the world have honored the importance of cultivating a deeper connection to oneself and to what is truly important through taking time away from one's usual routine. In this yoga retreat I will guide you through a wide range of yoga techniques that will enable you to feel vibrant, peaceful and filled with joy. In addition to yoga postures and movements to help you improve your flexibility, strength and balance you will enjoy breathing techniques, guided relaxation as well as meditation. The yoga practices are tailored to the needs and level of ability of the group so that you can enjoy the benefits of a consistent yoga practice. And you will also have plenty of time to relax, rest and explore.

Why go to Costa Rica?

Costa Rica is a major international destination because of its amazing biodiversity and the warmth of the Costa Rican people (ticos). Costa Rican lifestyle is laid back and the simple philosophy of "Pura Vida" reflects the values of the land: appreciation for a good life, family, friends and nature. No wonder Costa Rica is often at the top of the Happy Planet Index as one of the happiest places on earth. Moreover, with very pleasant weather, no army, very high literacy and high life expectancy, Costa Rica is truly an extraordinary and fascinating country.

I am not very experienced traveling internationally. Will I be OK?

I have lived and traveled in the Americas, Europe and Asia. As a seasoned traveler, I understand the needs of international travelers. Just as in my classes and workshops I do my best to create a safe space for students to explore yoga within their capabilities, before and during the trip I am pleased to offer information and guidance as needed, and I am happy to assist in many ways to ensure that you will have a truly enjoyable journey.

What happens if I don't speak Spanish?

You will not need to know Spanish to enjoy your trip. I am always glad to interpret and translate on the rare occasions when the people you come in contact with do not speak English. All the optional excursions will have an English speaking guide. And at the retreat center staff members speak English fluently.

Is Costa Rica safe?

I am interested in offering you a worry-free journey. I know that it is impossible to predict what will happen. However, I know that it is essential to do your due diligence in preparing and in minimizing risk. The crime rate in Costa Rica is very low and, since guns are illegal, violent crime is rare. Of course, reasonable caution and common sense are good ways to prepare for a safe and enjoyable trip. During our retreat we will be staying at a retreat center that is well-established, in a safe location and that has its own security. Over the past several years, in our previous retreats to different areas in Central America we have been fortunate to have never had any worries about our personal or group safety.

What if I have food allergies?

At the yoga retreat center the food is prepared with fresh and local ingredients daily. There is a satisfying variety of dishes every day and the chefs have experience adjusting menu items to a wide range of dietary requirements. Just let me know about your dietary needs when you sign up so that I can ensure that the kitchen staff at the retreat center can prepare delicious and healthy dishes that will agree with you and your needs.

What does the schedule of a typical retreat day look like?

We set the tone of the day with an invigorating morning practice to wake up body & mind from 7:15am to 8:45am. At 8:45 we have breakfast. The rest of the morning is open for you to enjoy at your leisure. Lunch is served from 1pm to 2pm. The afternoon is free until 4:00pm when we meet for our evening practice that includes deep relaxation, until 6:00pm. Dinner is served at 7:00pm. As night falls we retire to enjoy deep rest. Of course, like in any yoga practice you can choose to do as much or as little as will help you feel centered & balanced.

Sample Schedule

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 9:30am – 1:00pm Open for relaxation, reflection or optional Activities
- 1:00 – 2:00pm Lunch
- 2:00 – 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

What if I don't practice yoga regularly at home, will I be able to keep up with the practice?

Everybody is welcome and encouraged to attend. During the retreat you will expand your horizons to the complete spectrum of authentic yoga practice. Some of the techniques include breathing, mindfulness, concentration, relaxation, postures, movement, meditation techniques and suggestions for application of yoga techniques in daily life. In other words, **we will not be practicing yoga postures the whole day.** Instead, you will enjoy a progressive lesson plan offering options to participants at all levels. The emphasis is in meeting yourself where you are and creating a practice that helps you feel vibrant and alive. Some people find it beneficial to attend every single session, while others choose to sleep in or just take time to relax. Some comments from previous participants:

"Rubén is a master teacher in my opinion. Love your style. Years of yoga experience & it feels like it!" – H.A, yoga teacher & previous retreat participant

"The yoga instruction was amazing - loved the variety - not too difficult so anyone could participate. The philosophy was something I will carry with me." – J.

"Ruben adjusted his instruction to the level of the majority of the participants. Instruction had a consistent flow that was easy to follow and obtain. The sessions were very well done for our level of ability. As a personal trainer, I recognize the talent of building a lesson plan and the presentation of that plan in a good flow. His explanation of life decisions and relaxation was also great. Well done!" – C.

"The yoga instruction was very well done. Ruben gave a variety of styles and difficulty to try and meet everyone's needs which was difficult since there was a large variety of people and each was in a different place and had different ability." – L.

What about cancellations?

- Should the trip fail to achieve minimum participation, we reserve the right to cancel the retreat and refund any deposits received.
- The \$100 initial payment can be refunded (less a \$50 cancellation fee) if you need to cancel your participation **before March 1st**. All other payments are non-refundable.
- In case of cancellation you will receive credit for a future retreat.
- No cancellations allowed. We strongly suggest you purchase cancellation insurance to cover any cancellation fees applicable.
- There will be no refunds for arriving late or leaving early.
- There are no exceptions to the above cancellation policies including personal injuries or weather.

What is the Retreat Schedule?

Saturday, June 3, 2017

- Arrive in San Jose, Juan Santamaria International Airport (SJO), no later than 3:00pm
- Shuttle to retreat center (approx. 50 minutes)
- 5:00 – 6:00pm Restorative Practice
- 7:00pm Dinner

Sunday, June 4

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 9:30am – 1:00pm Open for relaxation, reflection or optional Activities
- 1:00 – 2:00pm Lunch
- 2:00 - 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

Monday, June 5

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 10:00am - Group Excursion to Waterfall
- 1:00 – 2:00pm Lunch
- 2:00 - 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

Tuesday, June 6

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 9:30am – 1:00pm Open for relaxation, reflection or optional Activities
- 1:00 – 2:00pm Lunch
- 2:00 - 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

Wednesday, June 7

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 9:30am – 1:00pm Open for relaxation, reflection or optional Activities
- 1:00 – 2:00pm Lunch

- 2:00 - 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

Thursday, June 8

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 9:30am – 1:00pm Open for relaxation, reflection or optional Activities
- 1:00 – 2:00pm Lunch
- 2:00 - 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

Friday, June 9

- 7:15am – 8:45am Complete Yoga practice
- 8:45 – 9:30am Breakfast
- 9:30am – 1:00pm Open for relaxation, reflection or optional Activities
- 1:00 – 2:00pm Lunch
- 2:00 - 4:00pm Open for relaxation, reflection or optional activities
- 4:00 – 6:00pm Restorative Practice including Yoga Nidra practice
- 7:00pm Dinner

Saturday, June 10

- 7:00am - 8:00am Closing practice
- 8:00am Breakfast
- Joyful return

Contact

Please do not hesitate to contact me so that I can answer all of your questions:

Rubén Vásquez

ruben@rubenvasquez.com

727.771.3612

