



Is it time to deeply reconnect with yourself and others and be inspired?

Dance Retreat in Costa Rica

June 11–18

Brought to you by Austin favorites:

MIA PEM, Ecstatic Soul Sessions

LISA DELAND, Dancing Fire Lizards

O'SKAR MADERA, Tribal Joy

Here's a way for you to deeply reconnect with yourself and others in an inspiring setting with incredible possibilities.

Come to our dance and deep rest retreat in Costa Rica this summer and share this uniquely restorative, transformative experience.



- **Choose** from gorgeous accommodations in the stunning natural beauty of Costa Rica.
- **Breathe** in the clear air of Costa Rica's luscious landscape.
- **Indulge** in healthy fresh food that will delight your body and whole being.
- **Share** with like-minded people who will become lifelong friends.
- **Dance** the 5Rhythms, Tribal Joy and Ecstatic Soul Sessions.
- **Experience** deeply satisfying offerings such as meta meditation, yoga nidra, mind cosmology, gyrokinesis...
- **Enjoy** Blue Spirit Retreat's gorgeous surroundings.

Register

Please reserve early (February) because we need to assign accommodations and set up class schedules etc.

Get full details, pricing and reservation info [here](#).

Special Q&A Session

Mon, Jan 10, 7:30 p.m. CST

Click here to join on Zoom

Your Hosts



Lisa DeLand
Dancing Fire Lizards



Mia E. Pem
Ecstatic Soul
Sessions



O'skar Madera
Tribal Joy