

YOGA & NATURE RETREAT

at Tiskita Jungle Lodge, Costa Rica
with Alex Belcourt

March 17 – 24, 2018

7 nights all-inclusive: £1,400 (Early bird price: £1,200)

Full details: www.alexbelcourt.com/retreats

Tiskita Jungle Lodge is a private eco-reserve offering an unforgettable experience of one of the most biodiverse, wild and unspoilt areas in the world.

Daily yoga, meditation and immersion in nature.

