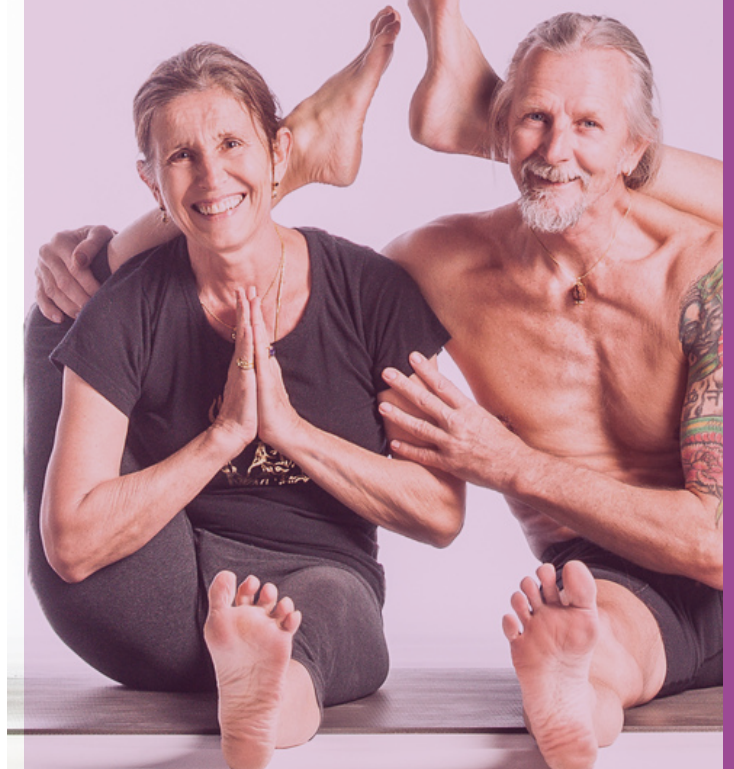


Ashtanga YOGA Retreat

With Mark & Joanne Darby



Experience a transformative one-week retreat with renowned Ashtanga Yoga masters Joanne and Mark Darby at the beautiful and luxurious Ocean Breeze Yoga Retreat Center this July.



July 19th - 26th
Ocean Breeze Nosara

Includes:

7 nights of luxurious accommodation

7 morning yoga practices

6 afternoon workshops

Welcome drink and snacks

Delicious vegetarian breakfast and lunches prepared by our private chef

Resort access to infinity pool, jacuzzi, lounge areas and gym

Ashtanga Yoga Retreat

Darby & Joanne have been practicing Ashtanga Yoga for over 40 years. They began their practice with Sri K. Pattabhi Jois, the master of Ashtanga Yoga, in 1979 when they spent four years in Mysore, India. They are part of the few teachers worldwide who are certified by Pattabhi Jois to teach the original Ashtanga method.



Playa Pelada. Nosara. Costa Rica.

Hosted by Ocean Breeze Nosara & Scarlet Fenix



Accommodations & Pricing

Join our retreat program and stay in one of our 6 Luxury Casitas or 3 Luxury Apartments, with King, Queen, and Single bed options available. Casitas 2 and 5 offer unique features such as indoor and outdoor tubs. Book early to secure your preferred lodging!



Early Bird Promo

Pay the full amount by March 20th 2024 and get \$250 off your package!

LUXURY CASITA 1, 3, 4 & 6

Single Occupancy	\$4000
Shared	\$2500



LUXURY CASITA 2&5

Single Occupancy	\$4200
Shared	\$2575

LUXURY APARTMENTS

Single Occupancy	\$3800
Shared	\$2400



Darby & Joanne

Darby's teaching is dynamic and direct while giving students the essence of the energy of this yoga. His wisdom and warmth attract a vibrant community of students who are drawn to his humour, his attentive nature and his steadfast commitment to improving each student's physical alignment.

Darby will address the key points including Nadis, meridians, fascia and connecting tissues in order to create the correct movement and alignment in postures and variations for each individual.

Darby gives workshops all over Europe, Asia, Canada and the United States. He released his video, The Ashtanga Yoga Primary Series in 2004.

Joanne is a source of inspiration for many yoga students around the world. For her, yoga goes beyond the asana practice...it is a way of life. After so many years of practice, she truly believes in the power, benefits and the transformative effect of the ashtanga yoga method.



Retreat Program

Foundation of the Ashtanga practice.....breath, alignment, connection to the bandhas. Study of the individual postures of the primary series of Ashtanga This workshop is an invaluable learning process, especially for the student who is looking to get more involved into a consistent practice of Ashtanga, or other styles of classical yoga method.

Due to Darby's popularity, we will open two-morning practices to local participants as well, offering them the chance to experience the magic of practicing with these two legends.





Culinary Journey

Foundation of the Ashtanga practice.....breath, alignment, connection to the bandhas. Study of the individual postures of the primary series of Ashtanga This workshop is an invaluable learning process, especially for the student who is looking to get more involved into a consistent practice of Ashtanga, or other styles of classical yoga method.





JULY 19th *Friday*

Check-in at Ocean Breeze Nosara after 3pm. Welcome Drinks and Snacks upon arrival.

JULY 20th *Saturday*

Morning

Pranayama followed by Led Primary Series | Breakfast | Q&A | Talk on Philosophy | Lunch

Afternoon

Breathing: Learn the principles of breathing and its effects on the body, mood and spirit.

Bandha and Asana: Understand and apply bandha and its effects on the body. Bring this understanding into the practice of asana and consciously renew the flow of energy within the body.

Gaze Point: The state of mind brought about by the gaze makes yoga a process of transforming the experience of life.

Human Anatomy: How to understand and observe the anatomical blockages that hinder a student's progress and safety. And how this practice goes beyond the physical to a deeper level.



JULY
21st

Sunday

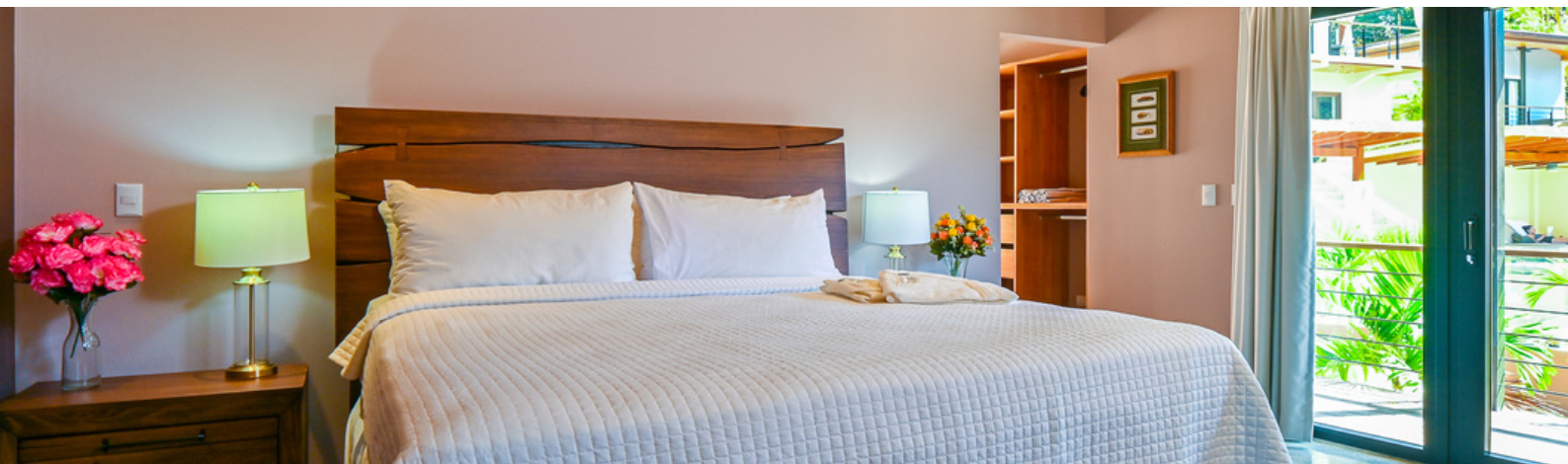
Morning

Pranayama followed by Led Primary Series or Mysore Style | Breakfast | Q&A | Talk on Philosophy | Lunch

Afternoon

Back Bending: If you have a sore back or even an injury, back bending can bring untold benefits to your practice. We will focus on how proper alignment enables support for extension and discuss how to integrate key alignment points into the practice of safe and easy back bends. By building up your confidence in your capacity to bend over backwards without breaking yourself, we will break down common issues surrounding the vulnerable places (lower back, shoulders and neck) that trigger aversion to these postures in us – and find ways to work around our resistance.





JULY 22nd *Monday*

Morning

Pranayama followed by Led Primary Series or Mysore Style | Breakfast | Q&A | Talk on Philosophy | Lunch

Afternoon

Forward Bends and Side Twists: Learn how to extend with alignment to renew the vitality of your lower back and find real length through your whole posture. We will discuss how twisting tones our internal organs and unwind the stiffness that creeps into our back, neck and shoulders.





JULY 23rd *Tuesday*

Morning

Pranayama followed by Led Primary Series or Mysore Style | Breakfast | Q&A | Talk on Philosophy | Lunch

Afternoon

Back Bending: If you have a sore back or even an injury, back bending can bring untold benefits to your practice. We will focus on how proper alignment enables support for extension and discuss how to integrate key alignment

points into the practice of safe and easy back bends. By building up your confidence in your capacity to bend over backwards without breaking yourself, we will break down common issues surrounding the vulnerable places (lower back, shoulders and neck) that trigger aversion to these postures in us – and find ways to work around our resistance.





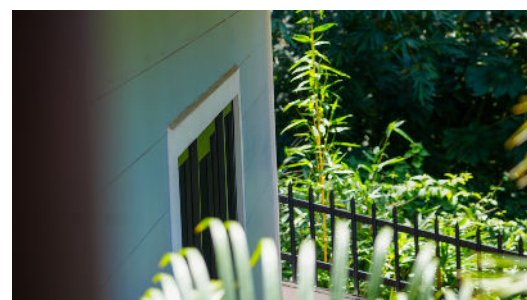
JULY 24th *Wednesday*

Morning

Pranayama followed by Led Primary Series or Mysore Style | Breakfast | Q&A | Talk on Philosophy | Lunch

Afternoon

Inversions: This session will make a study of inversions such as Shoulder stand, Headstand and a series of arm balances that will alter your relationship with gravity.





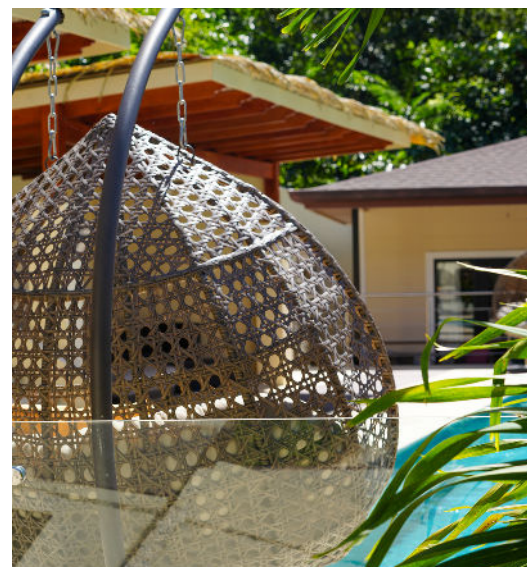
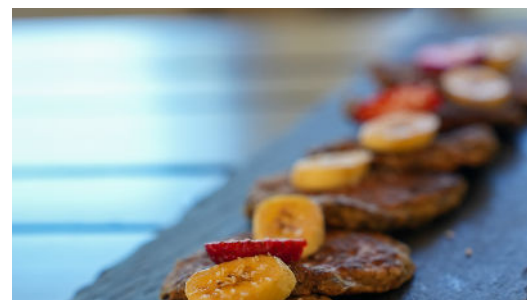
JULY 25th *Thursday*

Morning

Pranayama followed by Led Primary Series or Mysore Style | Breakfast | Q&A | Talk on Philosophy | Lunch

Afternoon

Chakra Chanting & Meditation: First we will explain the importance of each chakra and their own particular sound followed by a chakra meditation.





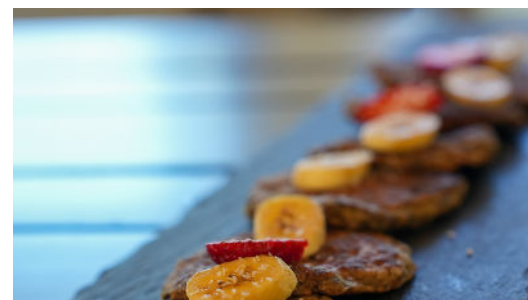
JULY
26th *Friday*

Morning

- Pranayama followed by Led Primary Series with Chakra Chanting
- A gentle flow of ashtanga vinyasa practice with rhythmic chanting of the bija sounds

We end our retreat journey with Breakfast.

Check out time is 12:00 PM.



Registration

To secure your spot we require a \$1000 USD deposit.

Accepted payment methods:

- PayPal
- International wire transfer

All deposit payments are NON REFUNDABLE.



50% of the remaining balance is due by MARCH 20th, 2024. Must be paid through an international wire transfer. We only accept PayPal for the first deposit to secure your spot.

The final payment of the remaining balance is due by JUNE 20th 2024. Via wire transfer or you can pay the final balance in Cash upon arrival.



CONTACT:

For more information or to register and submit deposit, contact Klara:

KLARA@SCARLETFENIX.COM