

Raw Food & Bikram Yoga Retreat

Vacation in Costa Rica with
Marsha White and Eric Rivkin

March 15-22, 2008



Join certified Bikram yoga instructor Marsha White and nationally recognized Raw Foods Health Chef Eric Rivkin on an exciting week adventure at Samasati Nature Retreat in Costa Rica from March 15-22, 2008.

Whether you are looking to establish a consistent daily yoga practice, or to deepen your practice with increased power and precision or to learn the fine art of preparing raw foods for maximum energy and nourishment, this retreat will provide a sanctuary to develop these skills. And if you are looking to just get away from it all and enjoy the beauty of nature, some peace and serenity, then come join us.

Indulge yourself with a fun, spiritually enriched and culturally filled vacation in one of the most beautiful and natural settings in the world.

Vacation Packages for Seven Days (from \$1,875)

INCLUDES:

All Hotel Accommodations
Up to 10 Yoga classes
All meals and snacks March 16-22
Three Raw food workshops with Eric
One massage
Evening social programs
Two Daily Excursions: Cahuita National Park (snorkeling and beach);
Guided 3 hour hike or boat to Punta Mona (beach, garden tour and kayaking)
Bon Voyage Reggae Calypso party
Local Transfers
Taxes

NOT INCLUDED:

Hotel Gratuities
Plane Fare
Airport Exit Taxes

Note: Any flights returning from San Jose on March 22 must be made after 2pm

PRICING:

Guest House shared bath	Single	\$1,875
Bungalow with private bath	Single	\$2,225
	Double/Ocean view	\$2,055
	Double	\$2,000
	Triple	\$1,875

Packages paid in full by December 10, 2007 will receive \$150 discount

NO REFUNDS OR CREDITS
VACATION PACKAGES ARE TRANSFERABLE
MAKE YOUR RESERVATIONS IMMEDIATELY AS SPACE IS LIMITED

\$500 non-refundable deposit is required.
50% of the package is due by January 10, 2008
Balance due by March 10, 2008

Biographies:

Marsha White started practicing yoga over 40 years ago in her hometown of Detroit, Michigan. Since then, she has been an aerobics instructor, personal trainer, shiatsu-anma massage therapist, natural food advisor, and yoga instructor. Marsha began practicing Bikram yoga in 1995 and practiced daily for 4 years with Yogiraj "Bikram" Choudhury while living in Los Angeles, CA. In November 2000, Marsha received her certification as a Bikram yoga instructor. She has traveled extensively within the U.S. and Israel to teach at studios and was the first certified Bikram instructor to teach in Israel in

2001. Marsha continues her education in yoga by attending and participating in various yoga practices, classes and workshops. Marsha uses the spiritual peace and internal insight she has gained through her personal pursuit of yoga to guide her instruction.

Eric Rivkin is a nationally recognized vegan raw foods chef. He has conducted workshops throughout the US in various co-ops, cooking schools and for the Miss USA Pageant. Eric is one of the first chefs to demonstrate raw foods preparation in public schools and for the American Culinary Federation. He founded the Viva La Raw Project, a charitable non-profit organization dedicated to world-wide live-foods education, support, nutrition research, soil remineralization projects, and innovative planet-healthy ventures. www.vivalaraw.org, erivkin@mindspring.com

LEARN A FRESH FOUNDATION of RAW FOOD HEALTH SECRETS and tips to help lose weight, sleep well, be stronger and clear minded, gain energy and glow, save money and the environment, and look and feel your beautiful best in years. Nationally recognized Live-Foods Health Chef ERIC RIVKIN inspires and motivates people to build a foundation of sound nutrition principles and the healthiest eating habits with fast, easy, delicious recipes in the new exotic world of living foods. Learn how to prepare simple and gourmet recipes quickly and bursting with unforgettable flavors, nutrition and appearance. This is the whole, ripe, raw, nutrient-enzyme-rich food that loves you back!

"Your recipes, teaching style and kindness make you stand out as a great teacher. I highly suggest everyone who has the chance to take classes from you. They will be so glad they did."

----- Paul Nison www.paulnison.com raw food author

"One of my prizes for winning Miss Minnesota USA was a raw food class with Health Chef Eric Rivkin - very informative, fun and delicious. I am intrigued by the raw food lifestyle and thought Eric's class was a wonderful way to bring tremendous benefit to my health and happiness. By getting more nutrients, I feel much more energetic. It felt good knowing I was doing something good for my body, mind and soul. ... True food for thought." - Alla Ilushka, Miss USA Minnesota

Eric really is a Guru and has changed my life....he can make miracles happen... a compassionate, motivating person who has helped me with my health tremendously! - Keiba Blacklidge, Miss Natural Bodybuilder, HI

I'm very lucky in many, many ways to have met Eric and to come back to life!!! I've never been happier, healthier and more alive! - Anni D., Minneapolis

"Raw Foods are MAGNETIC because all the rays of the SUN are included in them" - Paramahansa Yogananda from Health Through Union with Cosmic Life

Want to attend? Send me an email at Emily@rawfoodrestaurantguide.com and I will have Marsha or Eric give you a call.