

YOGA FOR SURFERS

Would you like to enhance your yoga with some surf exhilaration? Do you desire to improve your surfing with some yoga training? Do you like to mix adventures? Come experience a surfers haven and find yourself led through yoga routines that will bring awareness to your entire body.

Yoga 4 Surf class is a combination of stretching and strengthening that addresses the body needs of a surfer. No previous yoga experience is required.



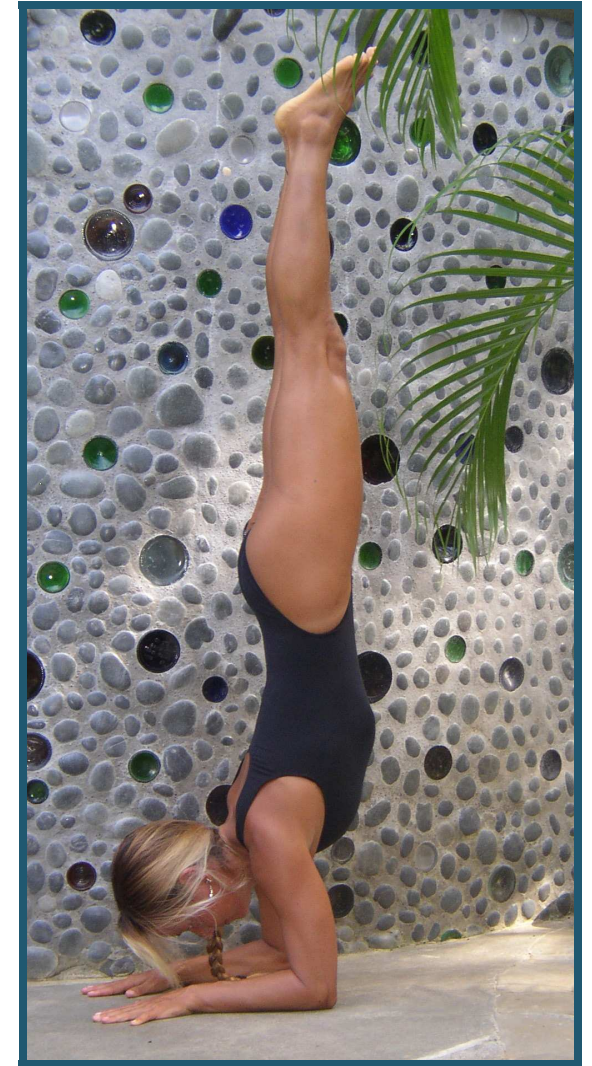
Yoga 4 Surf retreats include 2 classes of yoga per day based around tides allowing ample time for surf sessions... wave permitting, of course! We will also help you with the transport of surf boards from San Jose to Pavones. Some restrictions apply.

~SURFERS AND NON-SURFERS
WELCOME~

Our local surf shop **SeaKings** (www.surfpavones.com) also sells and rents surf boards and has many surf accessories, sunwear and souvenirs for sale, for your convenience.

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Yoga
with Amy

Shooting Star Studio is set in the tropics of southern Costa Rica, in a remote little surf town called Pavones. Our beautiful yoga deck is idyllically located 50 meters from the beach overlooking the warm water of our surf break in the Golfo Dulce of the Pacific Ocean. The raised floor is a spacious 30x50 deck with open walls where you can breathe deep the clean, pure air from the trees around you, feel the healing saline powers of the tide out front and listen to the therapeutic water flow of a creek running alongside ...and then settle into a deep and powerful practice. ~



Pavones

Here in Pavones amidst pristine nature, you can create a perfect balance of eco-adventure and relaxation. As well as yoga classes, the activities available in this paradise include jungle hikes, horseback riding, kayaking, fishing, boat tours, beach fun and of course...surfing!

Yoga Classes

Classes offered at **Shooting Star Studio** include Ashtanga yoga, Yoga for Beginners, Private instruction, and a special **Yoga 4 Surf**.

Ashtanga yoga is an energetic style of yoga that synchronizes a specific "ujjayi" breath with a series of postures producing an intense inner heat. Through heat and increased oxygen flowing through the body, muscles and organs detoxify maintaining the internal system in its healthiest form. The regular practice of Ashtanga yoga builds strength, flexibility and inner focus.

Amy Khoo



Amy's passion is yoga. She has been practicing yoga for 13 years. Her disciplined training and inspiration has come through deep self-practice and continuity over the past 6 years. She is

grateful for her studies and teacher trainings with David Swenson in Ashtanga yoga and is also committed to her personal Bikrams yoga practice as well.

~ Yoga with Amy focuses on integrating breath and awareness in every movement to obtain deep strength with grace, inherently cultivating inner balance.

Retreats and Packages

Removed from the distractions of your daily routines, familiar pace and patterns, Retreats allow for time to be with yourself; feel your senses; be alive; challenge and restore YOU.

For anyone, beginners or advanced wanting to learn or deepen their yoga practice... **Shooting Star Studio** presents a variety of 10-day retreat packages throughout the year. Packages include:

- 2 nights accommodation in San Jose, the capital of Costa Rica
 - 2 way airfare on domestic flight (1 hr) from San Jose- Golfito and airport taxis for those flights
 - 2 way taxi transfer (2 hr drive) from Golfito- Pavones
 - 7 nights in Pavones, shared occupancy, 3 meals/day included
 - 7 days of yoga intensives (12 classes) ~ 2 trainings will be offered daily with time for adventures, tours or simple relaxation between sessions
- *Airfare to Costa Rica is not included

Shooting Star Studio also invites teachers looking for a retreat facility in an enticing, tropical location to hold training intensives. Having worked in eco-tourism over the past 14 years in the southern zone of Costa Rica, Amy will gladly assist in working together to **CREATE A RETREAT PACKAGE**.