

Akal Yoga Retreat



March 7, 2009 – March 14, 2009

About Samasati Nature Retreat

Samasati is an exquisite retreat facility and Eco Resort situated on 250 acres of virgin tropical forest overlooking the Caribbean Sea in the marvelous country of Costa Rica. The artful balance achieved within its environment makes Samasati Nature Retreat an ideal destination for nature lovers, yoga practitioners, group activities and individuals looking for a special, exotic vacation.

Samasati Nature Retreat is located 130 miles South of San José, the capital of Costa Rica, and 30 miles South of Puerto Limón on the Caribbean coast.



About the Yoga Retreat

Join us in this relaxing, healing and exotic program! You will enjoy two yoga classes, one at sunrise, before breakfast, and one at sunset. Vinyasa-flow is the base-style of this yoga week, perfect for beginners, interesting and challenging for intermediate students. Our Yoga room is a screened hexagonal building surrounded by the forest, with shiny wood polished floors. You might spot a toucan in your morning class or a group of howler monkeys in your afternoon class!

During the day you will have the choice of resting in your hammock, taking a massage, lazily sitting at the beach, or enjoy one of our fascinating excursions: snorkeling at the nearby Cahuita National Parks experiencing a Canopy tour, or enjoying a fascinating waterfall trek.

Healthy, regenerating, empowering: a great combination of the ancient wisdom of Yoga and the healing power of Nature. For more information on Samasati Nature Retreat, visit www.samasati.com or call 1-800-563-9643.

About Your Instructor:



Celebrating 80 years of uninterrupted service!

Vinnie Hunihan (Bodhi Akal) has been studying yoga for the past 20 years, and shares his wealth of experience, good humor, and extensive yoga knowledge with his students. His extensive travels to deserts in Africa, peaks in the Himalayas, jungles in Thailand, a passage through a meditation ashram in India, and a Vipassana meditation practice (www.dhamma.org) provide a rich background for his continued studies of Yoga. Most of Vinnie's yoga years have been spent under the tutelage of Gabriel Halpern at the Yoga Circle in the Iyengar tradition. In addition to studying Iyengar under Gabriel since the early 80's, he has studied with Ana Forrest completing her teacher training in 2001. Vinnie has attended countless yoga workshops over the years. He integrates the various lessons learned from Anusara yoga, Viniyoga, Astanga and Iyengar yoga into his own unique teaching style. This old man's style is fun, yet challenging and stimulating for students of all levels.

At Osho's (Bhagwan Shree Rajneesh) meditation ashram in Poona, India, Vinnie was given the name Bodhi Akal. The word bodhi means "awareness," and akal means "timeless." Akal brings his timeless awareness and a healthy dose of good humor to each class, and shares both liberally with his students. Vinnie is the Director of Akal Yoga Center in Chicago, Illinois.

Daily Schedule

7:00 a.m. - 8:30 a.m. Yoga Asana with Vinnie Hunihan

8:45a.m. - 10:00a.m. Breakfast

11:45 a.m. - 1:00 p.m. Lunch

5:00 p.m. - 6:30 p.m. Mindful Vinyasa Yoga with Vinnie Hunihan

6:30 p.m. - 8:15 p.m. Dinner

All activities and events are optional; each participant will determine his/her own schedule.

Cost of Retreat

Each participant is responsible for arranging his or her own accommodations. To help facilitate this, please contact fellow retreat participant, Coleen Bannon at cbannon7828@sbcglobal.net or via cell at # 708.601.1228.

All package prices include accommodations with private or shared bath, taxes, three daily vegetarian meals and two daily yoga classes. **Each package price, as quoted, is per person and is based on a seven night stay.**

Bungalow (private bath)

Single occupancy..... \$ TBD

Double occupancy.....\$ TBD

Triple occupancy..... \$ TBD

Guest House Deluxe

Single occupancy \$ TBD

Double occupancy \$ TBD

Guest House Standard (shared bath)

Single occupancy \$ TBD

Double occupancy \$ TBD

*To secure your reservation for the retreat, a deposit is due by **TBD** and full payment is due on **TBD**. Send check or money order to Akal Yoga at 141 W Jackson Blvd Suite 750; Chicago, Illinois 60604. Space is limited to 25 people so be sure to reserve your spot early!*

Getting to Samasati Nature Retreat:

Participants are responsible for booking your flight into San Jose, arriving on December 5.

Samasati will help you to book a room for your first night at Hotel Kekoldi, located in the Barrio Amon, in a beautiful Art Deco building. Each room is named with a indigenous word from the Caribbean Region where Samasati is located. Double rooms are \$59 or \$ 65 + tax including breakfast. For an extra \$18.00 the Hotels' shuttle will pick you up at the airport. The driver will wait for you in case your flight is delayed. A semi-private minivan which leaves San Jose hotels between 7:30AM and 8:30AM to Samasati or leaves Samasati returning to San Jose, departs at 7:30AM and 2:PM, to \$35.00, one way.

For any problems prior to or upon arrival such as a delayed flight, or other travel plan changes that may affect your reservation or transportation, please contact 800-563-9643.

What to Bring:

- Passport • Airline ticket, cash / credit card • Comfortable yoga clothing for 5 days • Yoga gear/ a sticky mat and yoga strap • Bathing suit • Beachwear • Sweater • Umbrella / raincoat (for possible rain showers) • Sandals • Reef booties • Binoculars • walking shoes and socks • Sunhat and sunglasses • Strong sun-block and moisturizing lotion • Personal toiletries • Insect repellent for mosquitoes (i.e. Avon Skin so Soft) • Caladryl • Personal reading materials / magazines/ books, etc. • Flashlight and extra batteries • Medicines (if applicable) • Paper and pen • Earplugs for swimming • Camera and film (if desired)

Questions?

Contact Akal Yoga Center: Phone: 1 (312) 303-0090 or Email: vinnie@akalyoga.com
Samasati Nature Retreat: Phone: 1-800-563-9643 or www.samasati.com