

## 4 DAYS OF GROUP HEALING ENERGY THAT WILL TRANSFORM YOUR LIFE!



Dashi Chu Kocica, Acupuncture Physician & Qigong Trainer [See Profile](#)

FEBRUARY 21-23 & MARCH 8, 2009

## REJUVENATION RETREAT

IN THE MOUNTAINS OF CENTRAL COSTA RICA

at the Orosi Mountain River Lodge (El Fuerte)

### DAY 1 & 2: FEBRUARY 21-22, 2009

#### **QIGONG HEALING:**

Learn Taiji-Qigong, the 5 forms of Level I (40 minute practice) and how to breathe to increase vital energy, rejuvenate the body, balance weight, calm mind and emotions, eliminate stress, pain and illness, slow down aging, optimize healing and spiritual evolution.

#### **BREATH EMPOWERMENT & NINE BREATH MEDITATION CIRCLE:**

Generate a flood of Qi to open energy channels and purify the body. Raise consciousness to new levels using the group energy and collective intent to project global healing & peace.

#### **FOOD BASED HEALING:**

Learn how to attain vibrant health and reverse disease with proven methods used successfully by thousands, with readily available foods and 3 horse-power blending.

### DAY 3: FEBRUARY 23, 2009

#### **INSTRUCTOR TRAINING PART I: "I can do the form."**

Receive detailed corrections on the 5 forms of Level I and refine your sensitivity to Qi. For the Part I exam, each student will practice the forms correctly from memory.

### DAY 4: MARCH 8, 2009 (INSTRUCTOR CERTIFICATION)

#### **INSTRUCTOR TRAINING PART II: "I can teach the form."**

Practice the most effective verbalization of the forms and how to teach in a mirror image. For the final certification exam, each student takes turn teaching the Level I forms to the others.

### COST

**2 days \$120/\$84 student; 3 days \$180/\$132 student; 4 days \$240/\$160 student**

***Nutritious Smoothie and Gourmet Vegetarian Lunch included daily***

Visit [www.AsianHealingArts.org](http://www.AsianHealingArts.org) for details & Qigong articles by Dashi

Visit [www.Qigong.com](http://www.Qigong.com) for information on Supreme Science Qigong

32 CEUs approved for Massage and Acupuncture

Information: Dashi: [info@AsianHealingArts.org](mailto:info@AsianHealingArts.org), US Tel 305.776.0760

In Costa Rica: Leonardo Cordero 506.2289.0432

**All-inclusive 6 day/5 night Package Rates**

from \$829 per person double occupancy (airfare not included)

# 2009 Retreat Package Rates at Orosi Mountain River Lodge



Orosi Valley, Central Costa Rica

## 4-day REJUVENATION RETREAT IN THE MOUNTAINS OF COSTA RICA

February 21-23, 2009: Bilingual Retreat  
March 8, 2009: Instructor Certification Exam

Enjoy the breath-taking beauty and seclusion of the **OROSI MOUNTAIN RIVER LODGE**, site of the Rejuvenation Retreats. This 23-acre “tropical rainforest paradise” is located in a nature-protected zone above Orosi Valley at 4,000 feet altitude, with year-round temperatures averaging 70-75.° Surrounded by steep mountains, this hidden valley with a roaring river passing through it, is truly a “Shangri-La” of the Western hemisphere. Here visitors can enjoy peace and solitude, while exploring the rich biodiversity of flora and fauna that has made Costa Rica the #1 Mecca for Nature Lovers. The Orosi Mountain River Lodge is the ideal setting to experience **La Pura Vida**- to relax and recharge while making positive lifestyle changes to improve your health, happiness and quality of life!

Workshops take place in the open-air Pavilion or Lodge, which offer a 360 degree panorama of the valley and mountains. The large two-story house has a fully-equipped modern kitchen, wok stove and dining room for groups up to 20, four bedrooms, 2 full baths, plus a large meeting room and porch upstairs. Four rustic cabins, nestled along the edge of the roaring Rio Sombrero, have spectacular views of the river, mountains, macadamia orchard, ponds and mountain spring swimming pool. The rustic cabins have 1 or 2 bedrooms, sitting room with picture window, changing room, private bath with shower and hot water and a porch with table and chairs to enjoy the outdoors. The largest cabin with French doors opening onto a large private deck is ideal for families or groups.



Just down the mountain is the 5 star Rancho Rio Perlas Hotel and Spa, formerly a 300 acre coffee plantation, where one can enjoy natural thermal springs, fine dining and spa services. 4 miles from the Lodge is the sleepy town of Orosi, population 3,000, home to the oldest colonial church in Costa Rica still in operation. A popular destination for budget travelers, Orosi hosts many restaurants and a Spanish language school.

**DESCRIPTION OF 6 DAY/5 NIGHT TOUR PACKAGES for  
FEBRUARY 21-23, 2009- REJUVENATION RETREAT:**

**RETREAT PACKAGE DATES: Thursday-Tuesday, February 19-24, 2009**

**WORKSHOP GROUP SIZE:** Maximum 30 participants



**INCLUSIONS:**

3 day Rejuvenation Retreat, February 21-23, 2009 (includes Part I Instructor Exam)  
Transfers between San Jose Santa Maria International Airport and Orosi Mountain River Lodge for arrival on February 19 and departure on February 24.

5 nights accommodations at Orosi Mountain River Lodge February 19-23.

MEALS: all meals from dinner on Thursday, February 19 to breakfast on Tuesday, February 24.

**EXCLUSIONS:**

Airfare to and from San Jose, Costa Rica

Workshop fee for Teacher Certification Exam Part II on March 8, 2008

Meals, snacks, beverages not specified in package

Alcoholic beverages and extra drinks

Departure tax from San Jose Airport (\$26 US)

Gratuities

**RETREAT PACKAGE RATES**

**Package Rates for Cabin Lodging at the Orosi Mountain River Lodge**

1-BR Cabins	Single Occupancy	\$1050 per person		
	Double Occupancy	\$899 per person	2-BR Cabin	\$949
	Triple Occupancy	\$849 per person		\$899
	Quad Occupancy	\$799 per person		\$849

**Package Rates for Rooms at the Orosi Mountain River Lodge**

Single Occupancy	\$899 per person
Double Occupancy	\$829 per person
Triple Occupancy	\$789 per person
Quad Occupancy	\$749 per person



## **PAYMENT TERMS**

**Non-refundable deposit:** \$100 will secure your accommodations.

**Payment in full:** due February 1, 2009.

**Installment Payments:** Contact Dashi for special arrangements

**Payments accepted: By credit card:** Call Dashi USA 305-776-0760 with your credit card info

**Pay on-line with PayPal. By travelers check or personal check** drawn on US bank  
(to Dashi Kocica, 4255 Meridian Av., Miami Beach, FL 33140).

**Cash payments** in Costa Rica by bank draft, wire or direct deposit to Deirdre Kocica c/o Banco Nacional de Costa Rica (Apartado 10015, 1000 San Jose, Costa Rica), Account # BN 100-02-181-21-7 (SWIFT: BNCRCRSJ)

## **CANCELLATION POLICY:**

No refund for cancellations within 15 days of the retreat.

75% refund for cancellations within 30 days of the retreat.

## **RETREAT PACKAGE EXTENSIONS & TOURS**

For those wishing to extend their stay, we will be glad to assist you in finding lodging and tours at local hotels. Examples of one day tours include sight seeing (Cartago, San Jose, Christina coffee plantation, Cachi Dam), national parks and wildlife destinations (Volcanoes Irazu and Turrialba, Tapanti National Rainforest, Lankaster Botanical Gardens, natural thermal springs), outdoor adventure trips (whitewater rafting, bird watching, hiking).



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