



Find Freedom

in Costa Rica
with Eric and Lisa Paskel

YOGA
SHELTER

yogashelter.com

find your balance... *find your path*



yogashelter.com

Spend time with the Paskels, who've led inspiring retreats and trainings all over the world. They're experts in creating a time and a space that stands still, where everything disappears and we live together to our fullest ability every moment of every day.

Yoga Shelter programming offers a level of professionalism, intimacy and education that stands alone. Join us for a unique retreat and on-location Trainings, to a backdrop of crashing waves, howling monkeys, chirping birds and warm breezes. Watch the sun rise and set over the Pacific, let loose on jungle adventures, do yoga with no end-time, flow from one moment to the next. Yoga Shelter Retreat & Trainings will help you find balance and introduce you to like-minded people, with whom you'll form long, life-lasting friendships.

This will be one of the best trips of your life.

RELAX, RESTORE, RECONNECT

Yoga Shelter Costa Rica Retreat

April 30-May 7, 2011

Starting at \$1,700...

ELEVATE & EDUCATE

Yoga Shelter Life Training

May 6-11, 2011

Starting at \$1,300...

PROFESSIONALISM, PURPOSE & POISE

Yoga Shelter Teacher Training

May 11-15, 2011

Starting at \$1,300...

Apply NOW! See yogashelter.com for details.

Immerse in the Yoga Shelter WAY, far removed from vices, stresses, worries and concerns. In a great setting, with beautiful rooms and scenery, give yourself the gift of time to gain clarity and add meaning to your life. This will be the Yoga Shelter's longest Teacher Training, with the most hours devoted to building a solid practice AND creating a foundation on which to build a career.

More time to ponder the meaning, to find your path, to become who you are meant to be.

All prices include 3 vegetarian meals a day, double occupancy accommodations, 2 incredible excursions. Air and ground transportation additional. \$500 deposit required with application. Installment options: pay Feb. 15, March 15, April 15. Discounts may apply.




www.yogashelter.com

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retreat@yogashelter.com



special guest teachers and performers will participate



ERIC PASKEL

Yoga Shelter Founder • Visionary • National Yoga Leader
licensed marriage family child therapist |
certified sports counselor | certified yoga instructor

Eric Paskel, MA, MFCC, has taught tens of thousands of yoga classes, trained hundreds of people to teach yoga and leads retreats and workshops around the world. In 2004, Eric opened the first Yoga Shelter in West Bloomfield, Michigan, and has opened a studio a year since, serving more than 1 million students. Eric teaches entirely in English, plays mainstream music in class and is the only western yoga teacher to be blessed to lecture on Vedanta philosophies by Swami Parthasarathy. He began a life of introspection in 1986 when he committed to overcoming addictions and personal challenges. Eric spent two decades in private practice as a marriage family therapist and speaks at academic and religious institutions, hospitals and treatment centers, guiding people toward breaking addictions and overcoming anxiety and depression.



LISA PASKEL

Lisa Paskel has worked as a facilitator on the healing path for more than 20 years. Her style of teaching is based on the idea of letting go, shedding unwanted baggage, tearing down walls and offering forgiveness, compassion and love. She calls this philosophy Getting Present.

It is Lisa's desire to create a space that is challenging, safe, nurturing and loving. She leads Life Training and Teacher Training retreats as well as Goddess Workshops. Lisa has a B.A. in psychology from Antioch University and a master's degree in Postural Integration (Body/Mind Integration) from the Body/Mind Institute of Southern California. She worked professionally as an actress on screen, television and stage for 13 years, but it was not until she found yoga that she found her freedom.

