



Star Graham and Dale Costanzo

Healing Power of Yoga and Art in Mexico

February 25 – March 4, 2023
Casa Dulce Vida, Puerto Vallarta, Mexico

The Casa is situated in the heart of Puerto Vallarta's "Old Town"
More information about the Casa can be seen at www.dulcevida.com

Limited to 12 Students
\$2000 US includes:

Daily yoga, meditation, and expressive arts.
All meals prepared by an on-site chef.

Shared accommodation (contact Star for limited private room information and pricing).
During the workshop you will be encouraged to explore and deepen your understanding of self through asana, meditation, and the creative arts. Through these practices, you will develop clear, whole hearted body-mind awareness. The emphasis for the retreat will be on restoration, awareness and lightness of being.

Star apprenticed to Dr. Bruce and Maureen Caruthers, living and working with them for many years.

She is a Certified Iyengar Teacher of 20+ years.

Dale is a Certified Expressive Arts Therapist and visual artist.



Contact Star Heather Graham to make a deposit to reserve your spot.

Full payment is due December 15, 2022.

US cheques/money orders payable to Heather Graham and mail to:

#165, 720 Sixth Street, New Westminster, BC V3L 3C5

Star Heather Graham

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Dale Costanzo

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