

2002-2005 Costa Rica Retreat Testimonials

- ❖ My experience at John's Pura Vida retreat was just what I needed to start the year right. The beautiful setting at Pura Vida combined with the outstanding and friendly staff creates the perfect environment for practicing yoga. John is a passionate and devoted teacher who brings a playful and fun-loving attitude to his teaching combined with a wealth of knowledge and experience and a determination to help each student progress in their practice. I would highly recommend John's retreat to anyone looking for a week of self-exploration, fulfilling yoga, natural beauty, relaxation, and fun.

Irene Tobias

2004 Costa Rica Retreat
Chadds Ford, PA

- ❖ I was totally blown away by the beauty of Costa Rica, the mountains, volcanoes, rain forest, hot springs, beaches, and wild rivers. I was even more impressed with John's ability to teach and connect with us in that environment. He was more than a teacher. He was a leader, friend, our rafting guide, and most of all part of the family that was formed while on retreat. This is a family that we are all now part of at Wilmington Yoga! I can't wait till next year!

Namaste, Melissa Greto

2002 Costa Rica Retreat
Aston, PA

- ❖ Ray and I had a wonderful time on the retreat in Costa Rica. The food was great, the people even better, the site was beautiful, and of course the yoga was outstanding. We also got to see some of Costa Rica and have come to really appreciate the country. We're looking forward to our next trip there.

Lori Johnson & Ray Geddens

2005 Costa Rica Retreat
Newark, DE

- ❖ Truly an amazing week! I've never felt so balanced, so comfortable, so aware of my body and mind, so confident in my abilities, so open to life, so inspired in so many ways. The week isn't just about the yoga practice, it's the people you meet, the experiences shared, the time spent with yourself, the magic of Pura Vida. The intensity of the week was addictive, as was the food! A fantastic week with a fantastic group! Full thanks to Johnny for

guiding us through the week of inspiration, challenge, encouragement, enlightenment and empowerment.

Carolyn Price
2005 Costa Rica Retreat
London, England

- ❖ “Creating Space,” John’s workshop, helped me clean some clutter and disorder from my practice. As an on-again, off-again visitor to the studio, I figured jumping in and committing to the retreat might be a good kickstart to my erratic yoga practice, along with giving me some uninterrupted time to keep stoking my non-erratic meditation practice. The workshop exceeded both these expectations.

I appreciate John’s teaching style—he works with me and my self-imposed limitations and he keeps challenging me to let go of those limitations. My asanas are stronger from the workshop experience. Also, my attitude toward the poses that challenge me is now, after the workshop, much more gentle, as opposed to the frankly bitter (or sad) feelings I had toward challenging positions prior to the workshop.

We experienced over 24 hours of yoga the week of the retreat, along with several hours of meditation. The practice, the good food, the good fellowship of the group members, and the good vibe of both Pura Vida and its staff all adds up to a recharging experience that started 2005 off right for me and has me looking forward to the retreat in 2006!

Heather Fox
2005 Costa Rica Retreat
Newark, DE

- ❖ The Retreat to Pura Vida is a perfect opportunity to strengthen the body and still the mind. As the sun rises pranayama and meditation set the tone for connecting all aspects of ourselves. The day then unfolds with two well planned asana sequences that open and invigorate the practitioner. Periods of rest, the beautiful surroundings and the wonderful variety of healthy foods complete the best way ever to spend a week devoted to your personal well being!

Debbie Galla
2004 Costa Rica Retreat
Newark, DE

- ❖ Our retreat to Pura Vida was an experience I will never forget. I chose to attend this retreat after a recent tragedy, and the beautiful relaxing environment was exactly what I needed. The views and surroundings were gorgeous, the massage therapists were excellent, and the yoga/meditation with Johnny allowed me to open up and let go of things that I was holding in. Johnny's style of teaching beautifully draws together the physical, mental and spiritual aspects of the yoga practice. After our retreat I felt stronger-in mind body and spirit. And I must add that the food was absolutely incredible-I am not kidding-incredible! If you have the opportunity to attend this retreat with Johnny don't miss it...

Heidi Vascek

2005 Costa Rica Retreat
Pilesgrove, NJ

- ❖ I had such an amazing time in Costa Rica; it seemed almost a dream when I woke up Sunday morning surrounded by over three feet of snow. Everything feels so much lighter than when I left...Friends have repeatedly told me that I came back "glowing". The best part, besides how good my body feels physically, is how much I am laughing. I'm not sure what exactly happened, but I'm finding a lot of humor in this world. Of course, there will always be tragedy and anger too, but to find the funny things intertwined in it all is so refreshing... and there are a lot of them. The only bad thing that came from the experience was my disappointment when I ate an avocado from the grocery store. It lacked the magic of Pura Vida. Oh well, a small price to pay for one whole week of breathing some new space into ourselves. I was definitely inspired by Johnny, and am excited to continue going deeper through my practice. It feels good to sweat like that. As for my own classes, I'm having a lot of fun with them. I find that I'm more hands-on and am more comfortable with adjustments than before. Thank you for that.

Next year I would love to join you again. Johnny and all the students really created a safe, comfortable, welcoming place to explore and to breathe. What beautiful energy you all have.

Sky Sherrington

2004 Costa Rica Retreat
Sandwich, MA

- ❖ Costa Rica ...I didn't know what to expect...and I certainly didn't want to put a bunch of expectations on myself as well as Johnny. No pressure...just go and enjoy the ride. But, in the back of my mind I knew I wanted to get away from all the "stuff"and detox my body as well as my

mind. I wanted to reconnect with myself as well as others. I wanted to get back on the path. And you know what...I did. The experience will definitely be different/personal for each individual but somehow it will connect you. Costa Rica...what a wonderful experience, the delicious healthy food, the beautiful people, the peaceful atmosphere. AWESOME!

Traci Tsekuras

2004 Costa Rica Retreat
Wilmington, DE

- ❖ Often we are so busy living our life for others, we forget about ourselves. I have found going on retreat is like giving my self a wonderful gift.....time to rediscover ME. There is no better place to do this than John's Costa Rica retreat to Pura Vida. You walk the grounds and feel you are in paradise and the food is not only healthy and all natural but also very delicious. John leads you through a practice that will open you to new discoveries and the friendships you will make will last a lifetime. It's a gift I truly hope I am able to give to my self each year.

Nancy McConnell

2003 Costa Rica Retreat
Wilmington, DE

- ❖ My life was impacted and changed in such a positive way. Not only did I learn about my practice as a yogini, but also I looked deeper and found more about myself and the interests that have been dormant. These interest include learning about massage and healing modalities. This trip allowed me to get away from the usual distractions of everyday life that I deal with on a dailybasis. I was able to focus on my practice which in turn, allowed me to learn how to deal with those everyday distractions when I came back home. I loved the trip and can't wait to go again!

Jodi Davidson

2002 Costa Rica Retreat
Aston, PA

- ❖ Pura Vida truly opened my eyes and my ears. It was one full week of honoring my body with a good diet and nourishing my soul with good people. John helped me to build confidence in my yoga practice and in myself. He shares his knowledge willingly and openly to his students and I can't thank him enough for this wonderful life changing experience. Ahh the Pure Life!

Gretchen Myhre

2002 Costa Rica Retreat
West Chester, PA

- ❖ The best way to describe my retreat to Costa Rica is, "Life Changing". I cannot describe in a few lines, the beauty of Pura Vida and its' surrounding country-side. The excellence of John's instruction and guidance which was wonderful in helping me reach the goals I have set out to find within.
It has been several weeks now since the trip and I am still experiencing its' benefits.
Erika Tenenbaum
2002 Costa Rica Retreat
West Chester, PA

- ❖ The week I spent in Pura Vida with John's retreat was a life changing experience. So many life issues came up for me through the practice. I came home with alot more perspective on my life. Costa Rica is a beautiful country, and my wife and I can't wait to take the Wilmington Yoga retreat there next year.
Glen Myhre
2002 Costa Rica Retreat
West Chester, PA