

# COSTA RICA

## DETOX RETREAT

### with Julie Tonks

At the Sanctuary at Two Rivers in Cabuya, Costa Rica  
[thesanctuarycostarica.com](http://thesanctuarycostarica.com)

December 2nd-8th, 2018

*You are invited to join me in the most wonderful experience of a lifetime. This detox program takes place in the heart of the jungle in Costa Rica. You are surrounded by incredible wildlife, waterfalls, hiking trails, and amazing people. The Sanctuary at Two Rivers is a unique 100% off the grid solar powered facility offering nutrient dense tropical fusion gourmet organic vegetarian cuisine and luxurious healing spa treatments. I designed this detox program so you can have a chance to get rid of what you don't want in your life, make space for what you do want in your life, and start living your best dreams.*



#### Retreat includes:

- Six Nights And Six Days At The Sanctuary
- Breakfast, Lunch, And Dinner Provided By The Sanctuary
- Daily Yoga Classes
- Two Posture Clinics
- Morning Meditation
- Alchemic Healing Gong Bath
- Healing Waterfall Cleansing Ritual
- Zip-lining
- Taxi To And From Airport
- Flight To Tambor And Back
- Air Port Tax

#### Not Included In Retreat Price:

- Airfare To San Jose Costa Rica
- Minimum \$60 Cash Tip To The Sanctuary
- Spa Treatments

**Cost is \$2200**

This is an all inclusive retreat. \$500 non-refundable deposit. The deposit is applied to your balance. Additional \$100 if paid with credit card.

To reserve your spot or for more information contact:  
Julie Tonks  
Cell: 407.496.4661  
email: [julton4@bellsouth.net](mailto:julton4@bellsouth.net)

\*\*\*If flying from Orlando, recommendation JetBlue MCO to SJO #1695 & #1696. There will be a connecting flight to Tambor that is included in retreat price. I book this flight.

\*\*\*Any and all information is subject to change.

\*\*\*This is a detox retreat. There is no alcohol or drugs or tobacco permitted.

