



CASCO YOGA'S
7 NIGHT YOGA ESCAPE

at ISTMO

// JANUARY 20 - 27, 2019 //



INCLUDED

*Twice daily yoga & meditation
2 yoga workshops
Beginners SUP class at Playa Grande
SUP mangrove tour
Complimentary use of SUPs
El Valle India Dormida tour
7 nights accommodation
All meals*

EARLY BIRD UNTIL OCTOBER 7TH, 2018

Quad-\$1150
Double-\$1450
Single- \$2350

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