



COSTA DULCE

NOURISH YOUR NATURE



YOUR YOGA TEACHER TRAINING PARADISE

April 15 - May 13, 2023
September 23 - October 21, 2023



COSTA DULCE YOGA TEACHER TRAINING

A yoga teacher training can be one of the—if not THE - most life-changing experiences on your path. Yogic knowledge can be translated into heart-opening tools of self-empowerment that can help you restore balance in all aspects of your life through the guidance of your Spirit or true Self. Costa Dulce is the perfect place to retreat into -your own true- nature and break free from (self-imposed) restrictions.

It's a place to re-open your eyes and heart to the magic of this human life.

At our yoga training, we build a sustainable foundation of self-awareness & - reliance, empowerment and compassion so you can practice, study, and teach with confidence after graduation.



*Are you ready to invite your most connected and
balanced Self into your reality?*



OUR YOGA ALLIANCE CERTIFIED TRAINING



HATHA YOGA AS A FOUNDATION

We focus on intelligent and safe sequencing to support your physical and mental health. Discover the postures and their potential for (Self-)healing. Other yoga styles explored include : Yin, Restorative, Kundalini, and Iyengar.

UNDERSTAND MEDITATION & BREATH WORK

Explore and integrate meditation and pranayama techniques to deepen your practice. We emphasize understanding the techniques and their effects through direct experience.

A SMALL-GROUP EXPERIENCE

Training with a maximum of 12 students (+ one sponsorship) allows us a safe space in which to connect authentically so we can learn, grow, heal, use our voice, and practice teaching with abundant support.



OUR YOGA ALLIANCE CERTIFIED TRAINING



A THERAPEUTIC APPROACH

We focus on translating and utilizing the traditional practices to the typical modern lifestyle to help us create more understanding, balance, and peace physically, mentally, and emotionally in our current context.

RITUAL & ROUTINE

Empowerment and integration are key elements of our training. As such, we support your development of a practice of rituals and routines to foster self-awareness that can be implemented into your daily life.

A DEEP CONNECTION TO YOURSELF & THE WORLD

How do you relate to the world? At our training we believe the greatest power we have is to choose how to relate to yourself and therefore to the world. This program enables you to become the change you wish to see in thought, words, and actions. It's a safe container in our vibrant community where you can feel safe and supported.



THE COURSE CURRICULUM



As a Yoga Alliance Registered School (RYS) we follow the Yoga Alliance guidelines for the 200-hour curriculum which include:

- 100-hours Techniques, Training, & Practice
- 25-hours Teaching Methodology
- 20-hours Anatomy & Physiology
- 30-hours Yoga Philosophy, Lifestyle, & Ethics for yoga teachers
- 10-hours Practicum Teaching & Giving/Receiving Feedback

Our training fills the remaining elective hours with workshops to enrich personal development through enhancing self-understanding and self-love, emotional awareness and release, conscious communication, and more.

To receive your certification, your understanding and teaching competence will be assessed through a final exam and practicum teaching to ensure you feel confident to practice and teach and otherwise use your voice and understanding of yoga in an informed and empowered way.

A DAY AT (Y)OUR TRAINING



6:00am - 6:30am	Pre-breakfast & morning silence
6:30am - 7:20am	Meditation & pranayama practice
7:30am - 9:00am	Asana practice
9:00am - 10:00am	Breakfast
10:00am - 12:00pm	Theory workshop
12:00pm - 1:00pm	Asana workshop
1:00pm - 3:00pm	Lunch + massage option
2:00pm - 3:30pm	Theory workshop
3:30pm - 5:00pm	Asana workshop
5:00pm - 6:00pm	Free time
6:00pm - 7:00pm	Dinner
7:00pm - 8:00pm	Optional evening program

YOUR TRAINERS – Spring YTT



MONICA MUNGUIA, RUTH SINGBEIL & ANN SCHREPPERS

Yoga is a lifestyle and a way to live a happier, more free, and connected life in alignment with your Soul. The practice liberates you from physical and mental limitation into a life of compassion, expansion and personal truth.

Monica, Ruth and Ann and our team of teachers believe the potential of yoga reaches far beyond the yoga mat and they are passionate to embark on this life-changing journey together.

BACKGROUND: MONICA

200-hour Alignment-based Vinyasa
300-hour Hatha, Kundalini, Restorative Yoga Anatomy
w/Therapeutic Emphasis
Yoga Nidra
Yoga & Life Coaching

BACKGROUND: RUTH

500-hour Advanced Yoga Therapy

BACKGROUND: ANN

500-hour Hatha TT Yoga
100- hourTeen yoga
300-hour Vinyasa/Ashtanga World Peace School
Reiki, Vedic Thai massage & Holistic Energy Psychology

YOUR TRAINERS – Fall YTT



NICOLE CAMERON, RUTH SINGBEIL & CHELSEY BERTELSON

In our training program, we are all teachers and students. Besides, we receive support from the most talented healers of the country :).

Our residency program is a truly, unique training ... Where everybody is open to learn with and from each other, guided with the peaceful energy of our Mother Nature.

BACKGROUND: NICOLE

200-hour Vinyasa Yoga
300-hour Trauma informed yoga
Yoga for kids
Yin & Aerial
Accupuncture

BACKGROUND: RUTH

500-hour Advanced Yoga Therapy in 2018

BACKGROUND: CHELSEY

500-hour Vinyasa yoga
300-hour Trauma informed yoga

YOUR TUITION GIVES BACK



Yoga helps us feel our inherent interconnection with the people and nature around us.

That is why we choose to donate a portion of the training tuition to Vital Actions, an Environmental and Social Justice organization that has a sea turtle nursery here on Playa Escameca.

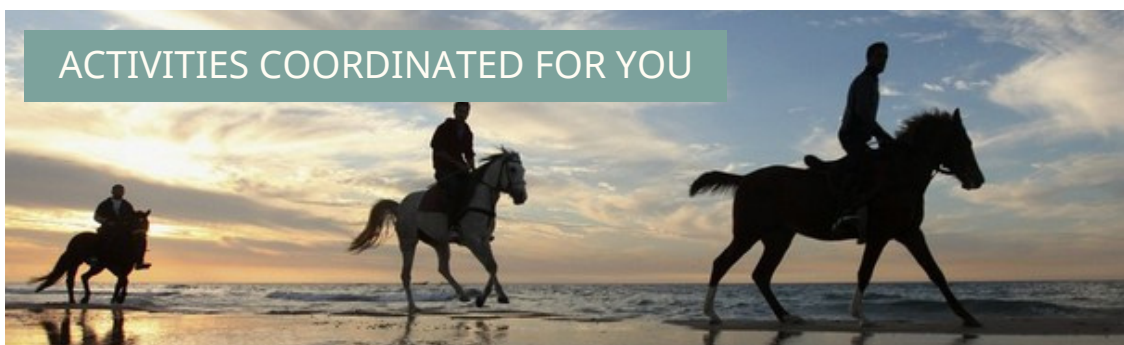
There is chance our training group will get to release baby turtles and learn about sea turtle conservation during the week!

This donation also goes towards planting trees at the local Collado Reserve, Costa Dulce and Vital Action's habitat restoration project.

AMENITIES



CONSERVATION PROJECTS



NOURISHMENT



Food is a foundational pillar of well-being. We honor our bodies by consuming fresh, nourishing foods. We honor our environment by sourcing from local growers and farmers. We honor your tastebuds and Nicaraguan culture by serving traditional dishes with a healthy twist.

The Costa Dulce Kitchen serves four delicious meals served per day:
6 AM Fruit and Granola | 9 AM Breakfast Buffet | 1 PM Lunch Buffet | 6 PM Dinner Buffet
Plus snacks, coffee, and tea available all day. We accommodate all dietary preferences.

WELLNESS & SPA



The Costa Dulce Spa is a true wellness haven. A team of professional masseuses and beauty experts is here to help elevate your holistic healing experience.

Come treat your body to a relaxing, deep tissue or four-handed massage, while the sound of the ocean soothes you into ultimate bliss. Indulge all your senses with our signature face and body scrubs, using natural Nicaraguan ingredients like honey, coffee and cacao.

A unique feature to the Costa Dulce spa is temazcal: a Meso-american style sweat lodge used to purify mind, body and spirit. A challenging and invigorating experience awaits as you are guided through an active and meditative cleansing ritual.

RETREAT CENTER MAP

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- An aerial photograph of a tropical retreat center nestled in a dense, lush green forest. The center is situated on a peninsula, with a sandy beach and turquoise ocean waves visible on the left side. The map is overlaid with 25 numbered white circles, each corresponding to a specific location within the center. The locations are distributed across the property, from the beachfront to the deep forest. The numbers 1 through 25 are listed in a vertical column on the left side of the map, providing a key for the numbered locations.
1. Vital Actions Turtle Hatchery
 2. Beach Lounge Area
 3. Rancho Terra Beach Bar
 4. Casa Ola
 5. Costa Dulce Restaurant
 6. Yoga Studio
 7. Pool + Bar
 8. Front Desk
 9. Spa
 10. Olita
 11. Nido
 12. Sacuanjoche
 13. Cangrejito
 14. Ranita
 15. Pelicano / Congo
 16. Casita
 17. Bosque
 18. Big Bungalow
 19. Colibri
 20. Mariosa
 21. La Jungla
 22. Casa Horizon Rooms
 23. CH Yoga Studio and Kitchen
 24. Villa Cortez
 25. Look Out Yoga Studio

COSTA DULCE ACCOMMODATIONS

Private & Shared Rooms | Pool | Bar | Restaurant | Lounge | Yoga Studio | Space for up to 35 People



BIG BUNGALOW



OLITA SHOWER



NIDO



COLIBRI



SACJUANOCHЕ

CASA HORIZON ACCOMMODATIONS

Private & Shared Rooms | Shared Kitchen and Lounge | Private Yoga Studio | Ideal for groups of 8 to 18



CH ROOM 1



VILLA CORTEZ



LOUNGE SPACE



COSTA DULCE YOGA STUDIO



CASA HORIZON YOGA STUDIO



CLIFF-SIDE LOOKOUT YOGA STUDIO



YOUR INVESTMENT



WHAT'S INCLUDED

Tuition & certification, accommodation & food from first night of the training through the final breakfast, monthly surf board rental * 1 x temazcal/cacao ceremony, 1 x massage, trip to our reforestation project (local community), swimming pool access (not included: airfare, airport transport, travel insurance)

EXTRAS YOU CAN ADD

Surf classes, additional massages, trip to town, snacks & beverages
(from \$1 soda, kombucha, fresh coconuts, healthy locally made snacks)

TRIPLE OR QUADRIPE SHARED ROOM W SHARED BATHROOM \$4000

DOUBLE SHARED ROOM W SHARED BATHROOM \$4400

SINGLE ROOM W SHARED BATHROOM \$4800

SINGLE ROOM W PRIVATE BATHROOM \$5200

Note: Training and accommodations primarily in Casa Horizon.*Surf boards according to availability

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Contact Ann for more info: ann.schreppers@gmail.com WhatsApp: +39 3517189980



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