



# COSTA DULCE

NOURISH YOUR NATURE



YOUR YOGA TEACHER TRAINING PARADISE

May 11 - June 8, 2024  
September 7 - October 5, 2024



# 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 / VINYASA YOGA AS A FOUNDATION

We focus on intelligent 'alignment-based' and safe sequencing to support your physical and mental health. Discover the anatomy of 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 (+ sponsorship for local students) 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:

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



## RUTH SINGBEIL, CHELSEY BERTELSON & GUEST TEACHERS

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

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

### BACKGROUND: CHELSEY

500-hour Yoga Therapy  
30 hour Aerial Yoga

### BACKGROUND: RUTH

500-hour Advanced Yoga Therapy

### BACKGROUND: NICOLE

500-hour Trauma informed yoga  
Restorative Training  
Energy Healing & Therapeutic Touch  
Acupuncture

# YOUR TUITION GIVES BACK



Yoga reminds us about our inherent interconnection with the people and nature around us.

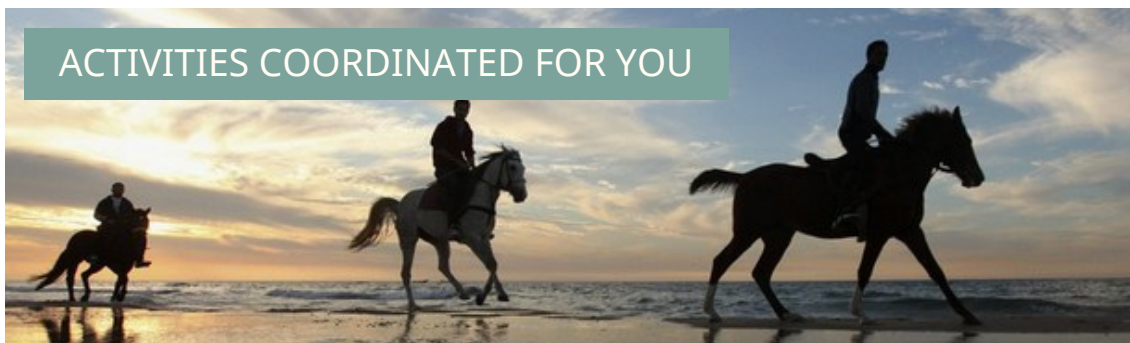
That is why we choose to donate a portion of the training tuition to Vital Actions, an Environmental and Social Justice organization that has a sea turtle nursery here on Playa Escameca.

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



# 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

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. Jicaro
21. Pitaya
22. La Jungla
23. Casa Horizon Rooms
24. CH Yoga Studio and Kitchen
25. Villa Cortez
26. Look Out Yoga Studio



# COSTA DULCE YOGA STUDIO



# CASA HORIZON YOGA STUDIO



# CLIFF-SIDE LOOKOUT YOGA STUDIO



# YOUR INVESTMENT



## ROOM WITH SHARED BATHROOM

Private/Single: \$5000

Shared/Double \$4600

Shared/Triple: \$4200

## ROOM WITH PRIVATE BATHROOM

Private/Single: \$5400

Shared/Double: \$5000

## INCLUDED:

- tuition & certification
- accommodation & food
- access to all Costa Dulce facilities and services
- jungle walk the Collado Reserve reforestation project,
- choice of monthly surf board rental OR one 60 minutes massage

Training and accommodations primarily in Casa Horizon rooms, select private cabins available.

NOT Included: airfare, airport transport, travel insurance, additional services and tours



# YOUR INVESTMENT



## EXTRAS YOU CAN ADD

Surf classes, massages and spa treatments, trip to town, tours around Nicaragua, snacks & beverages

## PAYMENT POLICY

1st Payment = 25% Deposit to Confirm

2nd Payment = 25% of Total, due 3 months prior to start date

3rd & Final Payment = 50% or Remainder of total due 1 month prior to start date

## CANCELLATION POLICY

Cancel within 24 hours of making your booking to receive a 100% refund.

After that, we offer a 50% credit for the amount paid to the date. Transferable amount will be held as credit on account.

Credit can only be applied to full priced items only. Credit is not combinable with other offers or specials and cannot be used for deposits, but can be transferred to a friend or family member.

For last minute cancellations we only offer credit if the payments are up to date.

# YOUR YOGA TEACHER TRAINING PARADISE

Email Questions & Chat with your Lead Trainers: [Yoga@CostaDulceBeach.com](mailto:Yoga@CostaDulceBeach.com)



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