

One Yoga Retreat Schedule  
February 14–21, 2009  
Hotel Los Mangos, Montezuma, Costa Rica

It will be necessary to book an overnight flight on Friday night, or an early morning Saturday flight, to allow ample travel time to the Hotel Los Mangos and Motezuma Yoga.

Saturday, February 14

5:00pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Sunday, February 15

7:00am-9:00am	Yoga
9:30am-10:30am	Breakfast
11:00am-4:00pm	Free Time
4:30pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Monday, February 16

7:00am-9:00am	Yoga
9:30am-10:30am	Breakfast
11:00am-4:00pm	Free Time
4:30pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Tuesday, February 17

7:00am-9:00am	Yoga
9:30am-10:30am	Breakfast
11:00am-4:00pm	Free Time
4:30pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Wednesday, February 18

7:00am-9:00am	Yoga
9:30am-10:30am	Breakfast

11:00am-4:00pm	Free Time
4:30pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Thursday, February 19

7:00am-9:00am	Yoga
9:30am-10:30am	Breakfast
11:00am-4:00pm	Free Time
4:30pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Friday, February 20

7:00am-9:00am	Yoga
9:30am-10:30am	Breakfast
11:00am-4:00pm	Free Time
4:30pm-6:30pm	Yoga
7:00pm-8:00pm	Dinner

Saturday, February 21

7:00am-8:30am	Yoga
9:00am-10:00am	Breakfast
10:30am	Guest Departures

## *Frequently Asked Questions*

### **domestic travel**

you can fly down with the two domestic airlines

[www.flysansa.com](http://www.flysansa.com) or [www.natureair.com](http://www.natureair.com), please book in advance!

both take about 25 minutes to TAMBOR, cost around 90\$ one way. Please note that sansa leaves right next to the international airport, while nature air leaves from a different airport in san jose, so there would be a transfer time of about 30 minutes from the international airport.

From Tambor airport it is another 30 minutes by taxi, which i will be happy to arrange for you.

You can also come by shuttle service from San Jose and this option takes about 6 hours of which 1 1/2 are on a ferry. I can arrange this cheaper option for you as well.

## **Food**

We work with the two best restaurants in town, Café Organico and Playa de Los Artistas. You will be served delicious fresh, mostly organic vegetables, fruits and amazing fresh seafood. Please let us know any dietary needs in advance, we can also prepare vegetarian and vegan food.

The water is drinking water in the village and in the hotel. There are also 2 supermarkets open all day.

## **Money**

There are no ATM's in Montezuma, so I recommend to bring cash, dollars are accepted everywhere, so no need to exchange into local currency at the airport. The next bank is 7 km away, so bring enough cash or travellers cheques which can be exchanged at the hotel. You get discounts in the shops for paying with cash, but credit cards are also accepted.

## **What to bring**

sunscreen and bathing towel ( we don't provide beach towels at the hotel)

flip flops are best, the roads are dirt roads, no asphalt!

it is still warm at night, so no need for big sweaters

there are very few moskitoes, but if you are sensitive bring a repellent or you can also buy it here

Electricity is 110 Volt like in the US.

There is a pharmacy and medical emergency service in Cobano, 7km away,

## **Yoga props**

There are mats available for you, but if you prefer your own it's a good idea to bring it. I have some blocks and straps available if you like to use them.

## **Activities**

waterfall hike and other nature hikes

canopy zipline over the waterfall

horseback rides

boat trip for snorkeling to tortuga island

kayaks

surfing lessons

beach and pool lounging....

What websites might I be interested in?

Our retreat center: [www.montezumayoga.com](http://www.montezumayoga.com)

Travel bookings: [www.orbitz.com](http://www.orbitz.com), [www.kayak.com](http://www.kayak.com)

Costa Rica: <http://www.lonelyplanet.com/worldguide/costa-rica/>

Oh yeah: Yoga.

There are a lot of exciting things to do on your trip to Central America, but let's not forget that the primary reason we're going on retreat is to dedicate a week to exploring and deepening our yoga practices.

What level of student should go on this retreat?

This retreat is intended for yoga students at any level. Beginners are welcome, but to get the most out of the retreat, it is recommended that you have at least six months of yoga experience. Will is comfortable working with students with injuries or health concerns.

How much yoga will we be doing?

You will be doing two sessions for a total of approximately four hours of yoga each day. The retreat will be structured in a workshop style, allowing ample time to explore standing poses, forward bends, backbends, hip openers, arm balances, twists, and inversions. Pranayama, meditation, mantra, mudra, and yogic philosophy will also be incorporated for a complete One Yoga experience. For a complete schedule of yoga classes, please see the Retreat Schedule.

What style of yoga is this?

This is One Yoga. No, it's not a catchy name for a new style—it's simply based on the philosophy that "Truth is One; paths are many." Rather than creating a description based on a particular style of yoga, Will believes that yoga is ultimately about finding your own path and creating a sustained practice that is most appropriate for the individual. Teachings on this retreat will draw from classical Hatha yoga, Raja Yoga, Ashtanga Yoga, Iyengar Yoga, Anusara Yoga, and Will's own experiences based on personal practices over the past six years.

Who is the teacher?

William Duprey

William Duprey, E-RYT, is an initiate of Sri Dharma Mittra and teaches Hatha Yoga. His first yoga teachers were Jonathan Fields and Lauren Hanna at Sonic Yoga in New York, NY. In 2003, he graduated from their 200-hr. Teacher Training Program and began teaching at Sonic. Shortly thereafter, he began studying with Dharma Mittra, who was the first main independent Yoga teacher on the East Coast. Will moved to Los Angeles, CA. in 2003, but returned to New York to undergo an initiation process with Dharma.

Since moving to Los Angeles, Will has been teaching public yoga classes and private yoga sessions full time. In 2005, Will also began studying with Dr. Raam Pandeya, a master of Kayakalpa medicine, which is a specialized field of alchemical practice revered in the Ayurveda and Siddha medical systems of India.

Will integrates his studies of hatha yoga, raja yoga, and Kayakalpa into his teachings, as well as a solid knowledge base grounded in a six-year personal practice. Viewing yoga as a system of personal transformation, he encourages students to discover inner awareness and reach new heights. He is known for his uplifting and humorous teaching style and his ability to integrate philosophy and subtle energy flow into his classes.

Outside of his regular class schedule at Liberation Yoga, Will teaches workshops, teacher trainings, private instruction, and international retreats.