

Reclaim Your Self with Emma Henry

February 8 – 15, 2020



Join senior Jivamukti teacher Emma Henry for a yoga retreat in the enchanting Luna Lodge. Enjoy one of the most bio-diverse places on the planet and practice Jivamukti yoga on a spectacular platform with endless vistas over a pristine rainforest.

We begin with a private charter flight to our remote location. We sleep in bungalows, haciendas and safari tents built with love to harmonize with the environment and practice twice daily yoga with Emma, who will be creating a potent and rewarding week of dynamic yoga, meditation, chanting and relaxation. Your sunrise morning classes take place while the vibrant rainforest wakes up around you, with the swirling mists clearing as the sun appears above the treetops.

Between your yoga classes relax on the deck absorbing the energy of the rainforest while spotting hundreds of rare birds and exotic animals or book massage at the open air spa. You can also enjoy the natural swimming pool or take a dip one of the 3 nearby waterfalls. There are options to try surfing or kayaking and to book a guide to take you into the national park. Our retreat closes as we fly back to San José together and enjoy a night in lovely guest house in Cariari, close to the airport so that you are perfectly placed for your onward travel.

Emma Henry

Emma was introduced to yoga in the mid 90s and has been teaching since 1998. Her background in dance and martial arts is evident in her dynamic, innovative and playful choreography and understanding of anatomy and the subtle body.

Her yogic path has led her to Mysore from practicing Ashtanga with Sri K Pattabhi Jois to advanced certification in the Jivamukti method. Emma is an Advanced Certified Jivamukti Teacher and facilitates the Jivamukti Teacher Trainings with Sharon Gannon and David Life. Her continuing education is shared with her students around the world through her love of yogic texts and her utterly mesmerizing chanting. [Watch Emma teaching.](#)



Want more info?

View the Reclaim Your Self website:

reclaimyourself.co.uk/our-holidays/costa-rica-jivamukti-yoga-retreat/

Contact jools@reclaimyourself.co.uk

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