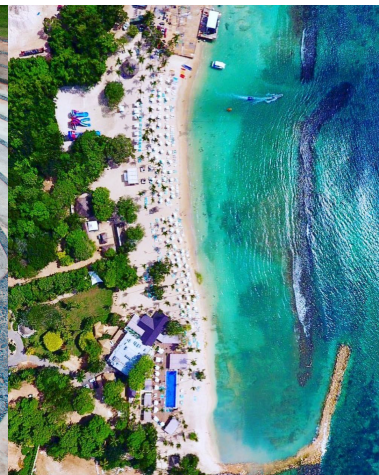


YOU'RE
INVITED!!

PURIST

WELLNESS + YOGA RETREAT APRIL 28TH-MAY 2ND



Take time for yourself to truly indulge in the gift of health and vibrant living. **Erika Halweil**, one of the Hamptons' favorite yoga teachers, is leading Purist's wellness retreat this April. Join us in the Dominican Republic to strengthen, restore and nourish your body, allowing it to return to its natural, radiant state. Each day we will explore physical, energetic and mental practices designed to help us be fully present in every moment. Our mornings will begin with a dynamic, physical practice of yoga asana and the application of breath and attention that will support our movements. Our afternoons will be dedicated to diving deeper into the subtle practices of breathing, chanting and meditation. There will also be time to relax and explore all that the premier resort Casa de Campo Resort has to offer: three championship golf courses designed by Pete Dye, an equestrian center, various excursions, pristine beaches, gourmet dining and more. Four-Night/Five-Day Package Includes:

-Elite Room Accommodations

-Daily breakfast-in room or at Lago's

-Morning asana

-Daily "spa" lunch

-Afternoon subtle practices

-One group dinner + wine

-Personalized take-home Spa robe + One Spa Treatment + PURIST wellness goody bag

-Airfare to La Romana, DR not included, Round trip SUV transportation included

-Complimentary Pinecrest Physical Therapy consultation session

\$2,399 + hotel taxes, per person or \$2,099 pp for double occupancy room

email contact ERiKA: yogichick@hotmail.com

