



## *JoJo's Jungle Retreat in Beautiful Costa Rica Invites You to Our Annual*



# **Revive, Rejuvenate and Rejoice Week**

**April 20<sup>th</sup> – 24<sup>th</sup>, 2009**

### *Find Peace, Joy and Direction in Challenging Times*

Finding the life path that brings you joy and expresses your authentic self has become more complicated in our quickly changing world. The challenging times we live in create stress, confusion, fear and a sense of uncertainty that can undermine your sense of self and impact every aspect of your life ~ mentally, emotionally, physically and spiritually. Despite your best efforts to stay balanced and at peace, survival fears and confusion can creep in, tempting you to settle for less, let go of long-held dreams and sadly, become so exhausted and weary that you lose hope altogether. But, what if what you perceive as turmoil and chaos is really an opportunity to discover a more rich and fulfilling life?

**Revive and rejuvenate with Dr. Joy Lynn Freeman and Dr. Juliana Dahl!** Be empowered to recognize and release what no longer serves you and embrace a new approach to experiencing a more abundant, purposeful and passionate life. Joy and Juliana will help you reconnect with the inner compass that promises to lead you to an authentic, joyful way of living. Utilizing right brain activities, music, movement, vocal expression, drumming, meditation, a deep connection with nature and more, during this retreat, you will rejoice in the aspects of life that once challenged you.

#### *The Revive, Rejuvenate and Rejoice week includes:*

- Daily yoga and meditation.
- Delicious and healthy gourmet meals (2-3 a day).
- Powerful, inspiring and fun workshops.
- Beautiful shared accommodations at Jo Jo's Jungle Retreat in Costa Rica.
- Nature Eco-tours to peaceful waterfalls, nature trails, and beaches.
- Great excursions to choose from include a zip-line tree top tour, river-to-ocean kayaking, surf lessons and much, much more.

**Reserve your place NOW!** This event is limited to 20 people (double and triple occupancy). The cost is just \$895 (airfare not included). To see our beautiful retreat destination, visit: [www.JoJosJungleRetreat.com](http://www.JoJosJungleRetreat.com) To register, call Joy at 479-244-5469 and be sure to ask about early registration and other discounts.



**Dr. Joy Lynn Freeman** has been helping others lead healthier, happier lives for over 30 years. As a Chiropractor, Somatic Psychotherapist and Life Transition Coach, Joy has had a positive, life-changing influence on people around the world. She's a gifted workshop and retreat facilitator and the author of the book *Express Yourself: Discover your Inner Truth, Creative Self, and the Courage to Let It Out*. Joy has also created five DVD's and two music CDs. Please visit her website at: [www.ExpressYourSoul.com](http://www.ExpressYourSoul.com)

**Juliana Dahl, Ph.D.** (Transpersonal Psychology) has been teaching tantra yoga, posture yoga and other forms of consciousness raising for over 15 years. She currently teaches yoga in Aspen, CO. Juliana's passionate nature, vitality and enthusiasm for life have the power to uplift everyone around her. She has the magical ability to transform simply by her presence.

