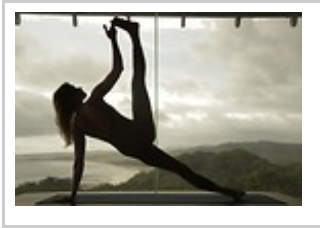


# Blue Spirit Resort Named Best Yoga Retreat 2015

Brandon Schoen December 19, 2014



Blue Spirit Resort in Costa Rica is welcoming back the acclaimed yoga instructor Julie Schoen for one week in May. Registration is now officially open for the May 23<sup>rd</sup> – 30<sup>th</sup> retreat with a 15% off discount before January 14<sup>th</sup>, 2015.

([Newswire.net](http://Newswire.net) -- December 19, 2014) -- Santa Fe, NM – Blue Spirit Resort, an award winning yoga retreat center in Costa Rica, is welcoming back the acclaimed yoga instructor and author Julie Schoen for a week long retreat focusing on the art of being

present. One of the best yoga retreats in 2015, the week, May 23<sup>rd</sup> – 30<sup>th</sup>, will include twice daily yoga classes designed to reset and recharge the body and mind, meditation workshops, yin style practices, yoga nidra, elements of Thai yoga massage, and more. **Guests who register for the retreat before January 14<sup>th</sup>, 2015 will receive fifteen percent off their total package price.**

Julie Schoen will be joined by Lululemon Ambassador and yoga instructor Keisha Wixom for the weeklong event. Both instructors are based in Albuquerque, New Mexico and are known for their creative flowing classes, precise sequences, hand-on adjustments, and down-to-earth, fun personalities. With a combined experience of 20+ years teaching yoga, Schoen and Wixom have a deep understanding for the practice and a passion to share it, easily making this week one of the best yoga retreats in 2015.



Schoen and Wixom teamed up last year at Blue Spirit, leading a successful retreat with a wide range of students, from advanced practitioners to beginners. “Everyone is welcome at Blue Spirit,” says Schoen, who brought her one-year-old son and husband with her last year. “There is no better place on the planet to relax, reset, and restore – and there are

no prerequisites for that.”

In addition to the yoga classes and workshops, Blue Spirit offers world-class gourmet vegetarian and Ayurvedic meals three times a day (included in cost), incredible massages and bodywork, stunning ocean and rainforest views, excursions, and simple yet pristine accommodations. Located in the Nosara region of Costa Rica, Blue Spirit is one of the few resorts in the world that can immerse you in a Blue Zone, a geographical place where people live measurably longer lives than the average.

**To learn more about the best yoga retreat of 2015 or to register visit:** <http://julieschoen.com/retreats>

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**Retreat Location: Blue Spirit Resort - Nosara, Costa Rica**

<http://www.bluespiritcostarica.com/>

**Retreat Sign Up - Limited Spots**

<http://julieschoen.com/retreats/>

**2015 Costa Rica Yoga Retreat Video**

<http://youtu.be/G0M0u0VY-94>

**Keisha Wixom - Yoga Instructor - Lululemon Ambassador**

<http://sattvayogabq.com/about>

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