
➤ Solful Retreat ➤

March 6 – 11, 2018

TRUST * SURRENDER * TRANSFORM

Please join Tracy Coviello for an ALL-INCLUSIVE 5 day / 4 nite retreat in the lush Caribbean town of Rincon, Puerto Rico. Set on the west coast of the island, Rincon is known for its pristine waters and world-class waves and has truly earned its nickname of “the land of beautiful sunsets.” You will be living, transforming, and healing your mind, body, and soul in a breathtaking oceanfront paradise retreat. These 5 blissful days will be filled with yoga, meditation, reiki, aerial yoga workshops, healing modalities, healthy local cuisine, and making bonds that will last a lifetime.

We are so grateful for your interest in the Solful Retreat! Booking is starting to fill up and space is limited as we intend to keep it more intimate for you to fully enjoy your experience. This retreat is open to ALL levels. We kindly request a \$300 deposit to hold your spot when you reserve. Please read through and let us know if you have any other questions that we can help answer.



~ Tracy Coviello ~

“This practice has changed my life. Not only does it make your entire body strong and more flexible but also it teaches us to see that we are all the same as human beings and we are perfect just the way we are. My love for this practice is what has brought me to teaching. I know that it can do for others what it has done for me. I want to empower each of my student to be their best self and shine their brightest on and off their mats. With focus on breath and body awareness, I bring both a physical and spiritual aspect to each of my classes. I am a healing practitioner.”

Tracy is the founder of Exeter Power Yoga www.exeterpoweryoga.com in Exeter, NH as well as Phillips Exeter Academy. She is RYT500 ~ Completed her 200hr Yoga Teacher Training with Seacoast Power Yoga influenced by Baron Baptiste and LiveLoveTeach Principles and is a certified Reiki Master.

WHAT IT INCLUDES:

- 4 night, 5 day stay in luxury, beachfront villa www.rinconpuertoricobeachfrontluxuryvilla.com
- Daily yoga
- Guided meditation
- Yin yoga
- AIReal Yoga workshops
- Reiki
- SUP boards
- Sunset catamaran tour
- All local farmed meals, morning coffee and tea
- Daily Maid Service
- Toiletries and paper products
- Wi-Fi
- Airport (BQN) or MAZ transport (*SJU transport can be arranged for additional fee)

WHAT'S NOT INCLUDED:

- Airfare
- Airport pickup for those arriving early
- Surf lessons from local instructors ~ (we can arrange private or group price options available)
- Private reiki treatments with Tracy may be scheduled during free time.
- Massage treatments are available for anyone interested (please let us know ahead of time)
- Meals off-site from Villa
- Alcohol and soda

** The cost of ONE DINNER out as a group will be an additional out of pocket expense

****NO PASSPORT NECESSARY****

ACCOMMODATIONS

Villa Playa Maria www.rinconpuertoricobeachfrontluxuryvilla.com

This luxury oceanfront Caribbean villa is a two level, 5 bedroom, 5 bath house with a large balcony and terrace overlooking Playa Maria and the estate's salt water pool. The Garden Villa is situated behind the pool with another 3 bedrooms and apartment upstairs. Located on the world class surf break at Playa Maria you will never miss an epic sunset that we are known for.

Rooms options consist of 1 king, 2 queens or 2 twin beds. They all have their own private bathroom and some private entrances. Room capacity is 2 people. Daily maid service, toiletries, paper products, linens and beach towels, daily fresh local fruit, coffee and incredible service.

- Double ALL-INCLUSIVE occupancy starts at \$1600 for a shared room
- To reserve your spot we require a \$300 non-refundable deposit.
- Reservation must be paid in FULL no later than February 16, 2018.
- Payment options available (to help you make this happen)
- Payment made with major credit cards, Paypal or bank transfer

ROOM SELECTION:

PRIVATE KING APARTMENT – (1 available)



King bed
Bath
Living area w/ pull out queen sleeper
Full kitchen
2nd floor with veranda
Ocean view
\$2600

KING SUITE – “The Point” (1 available)



King bed
Private bath
Sitting area
Private balcony
Ocean View
\$2200

**room available for 2 people/price will be pro-rated*

KING PRIVATE - “Pistons” (1 available)

King Bed
Private Bath
Interior Room
\$1800

**room available for 2 people/price will be pro-rated*

KING PRIVATE - “Baby Tres” (1 available)



King bed
Private bath
Exterior room
Patio & hammock chair
\$1800

**room available for 2 people/price will be pro-rated*

DOUBLE QUEEN SHARED – “Indicators/Domes/Dogman’s” (3 available)



2 Queen beds
Private bath
2nd floor with balcony
or
1st floor with sliding door to pool
\$1600*per person



Come ignite your soul in the beauty of Puerto Rico's magic...the Shining Star of the Caribbean
WE LOOK FORWARD TO SEEING YOU IN PARADISE!!

