

**PURNA VIDA ECO-YOGA  
& EARTH SCHOOL  
(Costa Rica)**

**E.Y.E.S**

**An outreach project  
of the StarWheel Foundation,  
a non-profit, educational organization.**



## **The INTERNATIONAL SCHOOL of CELEBRATORY ARTS - E.Y.E.S**

As many of you know, Aya has long held the dream & vision of establishing an international eco-campus, the *StarWheel School of Celebratory Arts*, (also known as the "BBB" - "*Bliss Bless Blossom School*") to

**support young people of all nations in expanding their creative consciousness and contributing to a new spirited, life-respecting human civilization on Earth.**

This vision has now landed as the **PURNA VIDA ECO-YOGA EARTH SCHOOL (E.Y.E.S)** project. As an out-reach project of the *StarWheel Foundation*, this global Earth School is designed to offer students a fun-loving eco-environment of *direct life experience* based on a cooperative, co-creative curriculum of harmonic oneness with oneself, with each other, with community, with nature & with the universe.

A perfect property has been located on the Pacific coast of Costa Rica: a turnkey Yoga Retreat all set up to accommodate 15-20 residents at a time. We envision, in the short term, 1 week, 2 weeks and 1 month programs offering educational activities taking advantage of the *pura vida* tropical environment: yoga, meditation, deep relaxation, creative arts, dance & music, crafts, rain forest safaris, dolphin encounters, organic gardening, integrative life-styles, raw & vegetarian diets, massage arts... the basic arts for the CELEBRATION of LIFE...

The Children are our main Gift and Hope for the future. They deserve the best support to help them re-invent the new Sacred Arts, Sciences & Traditions of the Earth Community. They deserve to be fully encouraged in using the visionary creativity, perennial wisdom and pioneering spirit seeded in their eager awareness. They will be the Earth Keepers & Leaders in one short generation.

**A Green Life-Style and Sparkling-Eye Eco-Village...**

**We named this tropical Retreat Center: *Purna Vida*.**  
**("Purna" is Sanskrit for "perfection" and "Vida" is Spanish for "life")**



**Here is the Golden Rule I learned from my experience of the Sacred Geometry in life and nature:**

**Give to others the same Love, Beauty & Harmony  
that you and others have received from the Whole.**

**This is the gist of the education we are offering at the Purna Vida Earth School,  
its motto and deeper wisdom.**

**It is based on the way the universe functions in scalar golden proportions:  
The small is to the large as the large is to the whole.**

**It is also named Universal Oneness and Compassionate Love**

## Retreat Center in Costa Rica

The StarWheel Foundation and Aya are called to establish a retreat center located in the Nicoya peninsula of Costa Rica, as a future branch (or maybe the main campus) of the StarWheel School of Celebratory Arts. This center, conceived as an organic eco-village, will offer educational programs taking advantage of the *pura vida* tropical environment: yogas, meditation, mandala arts, rain forest safaris, dolphin encounters, organic gardening, integrative life-styles, raw & vegetarian diets, massage arts, creative relaxation... the basic arts for the CELEBRATION of LIFE...

We named the coming Retreat Center: *Purna Vida*.  
("Purna" is Sanskrit for "perfection" and "vida" Spanish for "life".)

### Why Costa Rica?



Map of Costa Rica - The blue circle surrounds the area of Dominical, the intended location of Purna Vida

## Costa Rica Ecological Commitment & Success

Once a backwater colony, since attaining independence in the 19th century, Costa Rica has become one of the most stable, prosperous, and progressive nations in Latin America, and a world leader in green sustainability. Costa Rica is at the forefront of environmental stewardship in Central America.

- It permanently abolished its army in 1949, becoming the first of a few sovereign nations without a standing army. On December 1, 1948, President José Figueres Ferrer abolished the military of Costa Rica. In a ceremony in the *Cuartel Bellavista*, Figueres broke a wall with a mallet symbolizing the end of Costa Rica's military spirit. In 1949, the abolition of the military was introduced in Article 12 of the Costa Rican constitution. In 1986, President Oscar Arias Sánchez declared December 1 as the *Día de la Abolición del Ejército* (Military Abolition Day). The country maintains Police Guard forces.
- The budget previously dedicated to the military now is dedicated to security, education and culture. The museum *Museo Nacional de Costa Rica* was placed in the *Cuartel Bellavista* as a symbol of commitment to culture.
- Unlike its neighbours, Costa Rica has not endured a civil war since 1948.
- Costa Rica has consistently been among the top-ranking Latin American countries in the Human Development Index (HDI).
- In 2010 Costa Rica was cited by the United Nations Development Programme (UNDP) as having attained much higher human development than other countries at the same income levels, while in 2011, the UNDP also identified it as a good performer in environmental sustainability, with a better record on human development and inequality than the median of their region.
- Costa Rica is known for its progressive environmental policies, being the only country to meet all five criteria established to measure environmental sustainability. It ranks 5th in the world, and 1st among the Americas, in the 2012 Environmental Performance Index.
- In 2007, the Costa Rican government announced plans for Costa Rica to become the first *carbon-neutral* country by 2021.
- The New Economics Foundation (NEF) ranked Costa Rica 1st in its 2009 Happy Planet Index, and once again in 2012.
- The NEF also ranked Costa Rica in 2009 as the *greenest* country in the world.
- Although a tiny country, Costa Rica possesses the greatest density of species in the world.
- In 2012, Costa Rica became the first country in the Americas to ban recreational hunting after the country's legislature approved the popular measure by a wide margin.
- 90 % of electric power in Costa Rica is generated by renewable sources, such as hydro-electric, wind, and geo-thermal.
- Over 27% of Costa Rica's national territory is protected by SINAC (the National System of Conservation Areas), which oversees all of the country's protected areas. In addition to national parks, land & marine reserves, forest preserves, there are many private eco sanctuaries helping to preserve the magnificence of the natural resources. The National Park of Corcovado, in the Osa peninsula, is known world-wide for its amazing rain forest safaris and educational tours.
- Costa Rica demonstrates biodiversity conservation for developing countries. The Costa Rican government is active in protecting its biodiversity for the ecological services they provide. The government imposes a five percent tax on gasoline to generate revenue to pay landowners to refrain from clear-cutting on their land and instead to create tree plantations. This provides Costa Ricans ("Ticos") incentive to become active tree farmers instead of cattle ranchers.

Costa Rica is now known throughout the world as an eco-friendly country with a spectacular nature, whose wildlife thrives, whose national parks are treasure troves of tropical fauna & flora, and whose jungles are the only ones in Central America that are actually expanding in area every year, due to careful stewardship of the country's natural resources. Costa Rica is showcasing for the world the multiple benefits of intelligent sustainability on a national scale.



Stone sphere created by the indigenous Diquis culture.  
Courtyard of the National Museum of Costa Rica.  
The sphere is the icon of the country's cultural identity.

We find quite auspicious to bring the StarWheel mandalas and their spherical vorticity to a country honoring the sacred geometry of the sphere, a world-wide symbol of perfection and oneness.

... and to bring to Costa Rica the project of a global Eco-Yoga Village, as a sacred space to re-learn the ways of personal, community and world harmony.



## PURNA VIDA ECO-YOGA VILLAGE - overview

The PURNA VIDA ECO-YOGA VILLAGE is a Yoga *shala*, *ashram* and *school* welcoming people who make personal & collective TRANSFORMATION the conscious priority of their life. While we fully participate in and enjoy the luscious tropical nature and ideal climate of Costa Rica's Pacific coast, PURNA VIDA is not another vacation destination offering "touristic" attractions.

At PURNA VIDA, we offer journeys of inner transformation, through short-term immersion programs and long-term residencies. Who you are, after a retreat at Purna Vida, may be very different (and vastly more expanded) than who you thought you were when coming in. The way you come to perceive yourself, your loved ones, others, all beings and existence herself might lead you to entire new chapters in your book of life.

At the Purna Vida Eco-Yoga Village, there is a common direction, a goal of cosmic evolution: re-awakening our personal human condition to its innate nature of Pure Blissful Light, through a joyful life-style of yoga, meditation and creative playfulness; and learning together how to apply the principles of peace, kindness, respect for all life and loving compassion to the birth of a new, spirited human civilization on our beautiful Mother Earth.

We realize that, to experience a full transformation, all aspects of life have to be touched and harmonized together: outer & inner, personal & social, intimate & public, local & global, family & community, esthetic & functional, spiritual & material... Hence the benefits of residential programs offering exposure to various "faces" of you. These various practices cross-pollinate each other to reveal a unified, complete You...

• **Grounding in the physical body:** yoga postures, breath practices, Zen walking & feet grounding, partner-acro & group yogas, aerial yogas, slack-line balancing, fitness & gymnastics, juggling, hoops & hooping, acrobatics, circus arts, choreography & sacred dance, swimming, mudras and body languages, yogic hygiene & cleanliness, bathing...

- **Education in nature's wisdom:** organic gardening & farming, eco-green awareness, permaculture, seeds collecting, rain-forest safaris, tropical fauna & flora, nature conservation programs, tree planting & wisdom, eco-adventuring, global sustainability, Quantum physics, star wisdom, biological sciences, Vedic maths, sacred geometry
- **An organic, nurturing diet of gourmet vegetarian dishes, smoothies & drinks,** lovingly prepared by the resident chef & kitchen staff... with an emphasis on locally grown, living foods & fruits from the nearby gardens...
- **Awakening and healing of the energy, vibrational body:** prana-body & kundalini yogas, techniques of energy circulation, Shakti, feeling & directing the energy currents, chakras & nadis activation, Chi & prana Earth-Sky connection, sacred bio-chemistry, sound currents yoga, endorphins & amrita, healing arts, massage arts, touch & tactile skills, aromatherapies, Ayurvedic & oriental medicines, herbology & plant medicines, color therapies, eyes & inner vision yogas, auric and hand-on healing, cymatic therapies, Reiki...
- **Activation & integration of the social self:** Partner & mandala yogas, group games & playfulness, co-operation and team spirit skills, peace & conflict resolution skills, community building skills, ego-less leadership skills, relationship skills, ceremonial & blessings arts, rites of passage, Kirtan chanting, creating community events & festivals, poetic arts, labyrinth making & walking, medicine / wheel of life journeys, love & service practices, karma yoga, smiling & laughing...
- **Support of the creative self:** arts & sacred arts, imagination skills, wisdom story telling, mandala & yantra making, theatrical & performing skills, miming & clowning, musical arts & instrument playing/making, pottery & clay arts, Origami & papercrafts, collages, journaling, poetry, weaving & knotting arts, drawing & painting arts, calligraphies, singing chants & overtones, body painting & costuming, awakening the sacred-artist-within, digital media creativity...
- **Creating a Spiritual Practice:** 8 Limbs of yoga, Yamas & Niyamas, types of yoga, self-discipline, personal routine in time & space, sacred space, creating an altar, vision board, withdrawing from the 5 senses, self-study, karma-sadhana-destiny, personal direct experience, mentor-teacher-guru, psychic powers, higher dimensions, enlightenment...
- **Quieting the Mind:** techniques of beginning meditation, witnessing, Vipassana meditation, brain relaxation, neuro-plasticity, inner listening, channeling intuition, silence therapy & fasts (words & thoughts), isolation periods, inner & outer quiet, nature baths, ego fasts, I-less language, quieting the mind in the market place...
- **Higher Meditation:** higher yoga limbs, sustained concentration, sustained meditation, state of flow, no-mind baths, disappearance of object-subject, oneness immersion, fielding, trance & ecstatic dance, surrendering to the Divine...

### Waterfalls & Rain Forest

Because Costa Rica is located between 8 and 12 degrees north of the Equator, the climate is tropical year round. However, the country has many microclimates depending on elevation, rainfall, topography, and by the geography of each particular region. Costa Rica's seasons are defined by how much rain falls during a particular period. The year can be split into two periods, the dry season (December to April) known to the residents as "summer", and the rainy season (May to November), known locally as "winter".

There are currently 26 National Parks of Costa Rica, which are managed under the umbrella of SINAC. All told, Costa Rica's protected areas encompass 27% of the country's total landmass. Costa Rica's progressive policies on environmental protection and sustainable ecotourism in the National Parks System have been lauded as a model for other countries. The rainforests, tropical forests, marine areas and wetlands of Costa Rica are the subject of many university and scientific organization studies.

The Cordillera de Talamanca is home to an impressive collection of national parks and other preserved areas, including the La Amistad International Park, which extends into Panamá. On the southern Osa Peninsula is the internationally renowned Corcovado National Park, which preserves a remnant of sizeable lowland tropical rainforest that is unique in the world. Manuel Antonio National Park was listed by Forbes in 2011 among the world's 12 most beautiful national parks.



## Thriving & Friendly Wildlife Neighbors

Costa Rica supports an enormous variety of wildlife, due in large part to its geographic position between the North and South American continents, its neotropical climate, and its wide variety of habitats. Costa Rica is home to more than 500,000 species, of which a little more than 300,000 are insects. Costa Rica is considered to possess the highest density of biodiversity of any country worldwide. While encompassing just one third of a percent of Earth's landmass (approximately the size of West Virginia), Costa Rica contains four percent of species estimated to exist on the planet. Hundreds of these species are endemic to Costa Rica.

One of the principal sources of Costa Rica's biodiversity is that the country, together with the land now considered Panama, formed a bridge connecting the North and South American continents approximately three to five million years ago. This bridge allowed the very different flora and fauna of the two continents to mix.

Costa Rica's biodiversity can be attributed to the variety of ecosystems within the country. Tropical rainforests, deciduous forests, Atlantic and Pacific coastline, cloud forests, and Mangrove forests are all represented throughout the 19,730 square miles of Costa Rica's landmass. The ecological regions are twelve climatic zones. This variation provides numerous niches which are filled by a diversity of species.



Costa Rica is famous for its more than 1400 species of orchids.

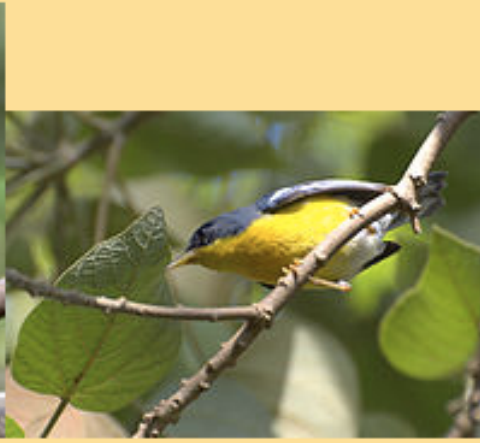


## A Bird Paradise

Although Costa Rica is a small country, it is in the bird-rich neotropical region and has a huge number of species for its area. 894 bird species have been recorded in the country (including Cocos Island), more than in all of the United States and Canada combined. Of those species, eight are endemic (five mainland species and three species found only on Cocos Island) and 19 are globally threatened. The Official List of the Asociación Ornitológica de Costa Rica contains 857 species. Over an area of 51,100 km<sup>2</sup>, an area smaller than West Virginia, this is the greatest density of bird species of any continental American country.









# PURNA VIDA – Eco-Yoga Earth School (E.Y.E.S)

## Mission Statement

### **Co-Creating the Great Awakening with the World's Children**

Time has come, in the cycling of ages, for the establishment of a peaceful, unified and enlightened world civilization on planet Earth. And the Children are our leaders... We all know it, feel it in the deepest gut layers of our nature and spirit, and many humans are embracing this longing as a new way of life and an overall purpose of their actions. The new birth of humanity is organically and naturally growing on human consciousness, like flowers on a tree. No matter their degree of evolution or their vibratory rate, the call of higher evolution is felt by each and every human.

#### **It is a galactic wave**

Humanity is waking up to a new realization of consciousness evolution, a much larger understanding of Who we are and Why we are here. The gist of this expanded dance is:

**We are not alone, separated from the other billions of human beings.  
Humanity is not alone, separated from the rest of the universal intelligence.  
We are harmonically inter-connected with each other and the entire universe  
through myriads of rainbow webs & golden threads of supra-quantum light.**

**We are, in true reality, pulsing with the cosmic breath  
and awakening to be an infinitely blissful Source-Being**

**We are essentially  
a Song of Passionate Love  
a Dance of Joyful Harmony  
and a Celebration of Ecstatic Presence**

This time of NOW is extremely special. It has been prophesized by sacred cultures and will be remembered as the GREAT AWAKENING of Humanity. It is a time when we indeed have a unique opportunity: break away from millennia of past history limitations and finally stand free as universal beings, eager to launch together a constructive course of human evolution and ready to embody a new frequency of life, consciousness and reality.

**This is the purpose and mission of Purna Vida:  
to be a Garden of Harmonic Life  
for the new generation**

The NEW PARADIGM is now explored at the frontier of contemporary science, as well as glimpsed and applied by an exponentially growing number of people. We have already learned that the earth is a living organism: Mother Earth or "Gaia". We are now practicing holding hands & hearts with each other, as humanity, and learning to relate to the larger context of the Sun System and Mother Galaxy. And we are well on our way to re-embrace the universal Source-Being, "Cosmos", as our own Self.

People are waking up all over the world and WE ARE these people. Even those who deny the awakening are engulfed in this tsunami of GLOBAL KUNDALINI: it is larger than any concept we may ever have in a human brain.

A new basic awareness is corroborating the traditional wisdom: everything is vibrating, everything is related, and everything is love. We realize that we are vibratory beings in a vibrating universe, and pulsing waves in a cosmic ocean. We realize the inter-dependence and oneness of the Sacred Circle and all our relations. The perennial wisdom says that we are all connected by an invisible golden thread: this one thread may greatly stretch and get entangled but it never breaks... We feel in our heart the overall love and benevolence underlying the universe and radiated by its Source, the Divine & Great Spirit. We start to understand that it is all working (and playing) through an exquisitely fine-tuned grand scheme of self-similar fractal holography, as we can put it best in contemporary terms.

On the cutting edge of knowledge, the universe is now explained as a holographically linked, multi-dimensional, conscious organism ("COSMOS") that is infused, beyond the constraints of matter/space/time, by a primordial field of supra-intelligent energy/information. This Cosmic Field is defined by scientists as vortex-based, coherently whole, all-inclusive, scale-invariant, self-similar or self-referential, and non-local. Non-locality itself is moving spiritual experiences, like telepathy, from the quantum scale to daily life. Yes, the universe is no longer (and has never been) a chaotic, mechanical, gigantic and frightening tinker toy: it is again a magical garden, a dance of celebration and a magnificent choir.

**The Children are the holders of this cosmic magic  
and the gardeners of the new earth gardens...**

**We the elders only need to support their flowering  
into future cosmic star blossoms on Earth,  
and co-create Gardens of Harmonic Life  
for the Children to become Seeds of Being**

**Purna Vida is such a Global Garden**

The universe turns out to look, sound and feel like ancient traditions were portraying it: an exquisite holographic ORCHESTRAL DANCE where every note modulates every other note through infinite overtones, and every event & being modulates every other event & being. Each star is a flower. The fluttering wings of a butterfly affect the global weather and a fleeting human thought can change the world... Here, spirit consciousness is invited to CELEBRATE itself!

This is made possible by a primordial universal grid system of HARMONIC ONENESS and cosmic resonance set up by multi-dimensional cascades of FRACTAL RELATIONSHIPS created by the Golden Ratio PHI and its manifestation the Fibonacci Series, from atom to DNA to galaxy. This is what Sacred Geometry is meditating upon: the pure principles behind the sustainability of the universe, the TRI-UNITY love-dance of the Small, the Large and the Whole. Of course it has been here all along: we are just only awakening, opening our eyes and our Heart, and celebrating together.

**In Pure Harmony  
there are no others**

**The Infinite Source  
is at play in each cosmic dancer**

**Purna Vida  
Perfection Be**



## Schedule of Activities & Life Flow at PURNA VIDA ECO-VILLAGE

### Regular Schedule for Residents

5 - 6:30	Silent Meditation (optional)	Yoga Shala 1 / Outdoors
7 - 8:30	Morning Yoga Class	Yoga Shala 1
9:00	Breakfast	Main House Restaurant
10 - 12:30	Purna Vida Seva Activities	-
1:00	Lunch	Main House Restaurant
2 - 5:00	Personal Time	-
5 - 6:30	Evening Yoga Class	Yoga Shala 1
7:00	Dinner	Main House Restaurant
8 - 9:00	Village Community Satsang (occasional)	Main House Shala
9:00 - 9:00 am	Namaste Stillness & Reverence	-

All residents are asked to join one yoga class per day, participate to the Seva Activities according to their skills and agreed assignments, and attend the occasional Village Satsang.

Residency at PurnaVi is a commitment to personal and community transformation, in the spirit of bringing mindful awareness to here-now, to all relationships and to all feelings, thoughts and activities.

PurnaVi offers the gift to co-create and optimize a life-style of harmonic oneness with oneself, others, nature, all of humanity and the entire cosmos. We are all here to learn and share.

### Schedule for the 1-Week Program

5 - 6:30	Silent meditation (optional)	Yoga Shala 1 / Outdoors
7 - 8:30	Morning Yoga Class	Yoga Shala 1
9:00	Breakfast	Main House Restaurant
10 - 11:15	Program Activity #1	Padma Dome
11:30 - 12:45	Program Activity #2	Padma Dome
1:00	Lunch	Main House Restaurant
2 - 3:15	Program Activity #3	Padma Dome
3:30 - 4:45	Program Activity #4	Padma Dome
5 - 6:30	Evening Yoga Class	Yoga Shala 1
7:00	Dinner	Main House Restaurant
8 - 9:00	Group Meeting Satsang	Padma Dome
9:00 - 9:00 am	Namaste Stillness & Reverence	-

On designated days (for the One-Week Program):

- One full day of rain forest eco-adventures: sampling of the stunning bio-diversity of the Central Pacific Coast. We have a unique-in-the-world choice of National Parks, Wildlife Refuges and "Reservas Biologicas"...
- One half-day of outdoor visits, hiking to cascades, sky-lining, shopping, dining...

## Purna Vida - Creative Curriculum

Acrobatic Gymnastics: Hoops - Loop - Slackline - Silks...	Medicine Wheel Ceremonies
Acro Yoga - Therapeutic & Acrobatic	Meditation Practices & Inner Immersions
Acupressure & Reflexology	Miming & Clowning
Animal Communication & Care	Musical Arts - Instrument Playing
Arithmetic & Vedic Counting	Musical Arts - Instrument Making
Aromatherapy	Music - World Traditions
Art - World Traditions & Awakening the Artist	Nature & Eco-Survival Skills
Avian Arts - Bird Watching and Caring	Numbers, Patterns & Mathematics
Avian Arts - Butterfly Watching & Caring	Organic Gardening - Permaculture Farming
Bliss & Happiness Skills	Overtone Singing & Toning
Body - Biology & Anatomy	Partner, Group & Mandala Yoga
Body Language Communication	Peace & Conflict Resolution Skills
Body Painting & Costuming	Photographic Arts
Calligraphy - Oriental & Western	Pottery & Clay Arts
Ceremonial & Blessing Arts	Psychic & Intuitive Arts
Chanting & Poetic Arts	Sacred Geometry Primer: Phi & Fibonacci
Chi & Prana - Earth-Sky Energy Practices	Sacred Geometry - The Platonic Solids
Circus Arts: Juggling - Bar - Inversions...	Sacred Geometry - Pentagons & Pentagrams
Collages, Papercrafts & Origami	Sacred Geometry - ZomeTool Modeling
Color Therapy	Sacred Geometry - Music
Community Building Practices	Sacred Geometry - Architecture
Computing Skills	Sacred Geometry - Human Body
Computer - Graphics - Photoshop	Sacred Geometry - Science
Computer - Videos, Movies & VR	Science - Astronomy & Cosmology
Computer Music & Audio-Visual Skills	Science - Biology & Chemistry
Cooperation & Team Communication	Science - Physical & Quantum Sciences
Cymatics & Vibratory Resonance	Science - Present & Future Technology
Dance - Ballet & Choreography	Seed Collecting & Propagation
Dance - Belly Dance & Sufi Whirling	StarWheel Mandalas / Wisdom Cards
Dance - Indian Classical	StarWheel Mandalas / Picto-Koans
Dance - Modern & Impro	Thai & Intuitive Massage Arts
Dance Traditions - Ceremonial & Shamanic Dances	Theatrical & Performing Arts
Diets: Raw - Vegan - Vegetarian...	Tree Planting & Tree Wisdom
Drawing, Painting & Sculpting Arts	Water Arts: Swimming - Surfing - Diving
Drumming & Drum Making	Wisdom Story Telling
Earth Community - History & Herstory	Writing Skills & Literary Arts
Earth Community - Models & Solutions	Yoga - Core & Pelvic Bowl
Ecology & Sustainability	Yoga - Eco-Yoga
Ecology: Costa Rica Habitats	Yoga - Inversions
Event Organization, Promotion & Animation	Yoga - Mudras
Eye & Vision Yoga	Yoga - Kirtan Chanting & Mantras
Food Preparation Arts	Yoga - Pranayama
Group Games & Playfulness	Yoga - Relaxation & Restoration
Healing Arts: Ayurveda - TCM - Homeopathy...	Yoga - Subtle Anatomy & Energy Body
Healing - Vibrational Practices	Yoga Swing Practices
Healing - Psychic & Spiritual	Yoga Wheel Practices
Herbology & Plant Medicines	Yoga Wisdom - Patanjali's 8 limbs
Home Building Skills: Domes, Tree & Bamboo Houses	Zen Walking & Feet Grounding
Kids Yoga	
Kindergarten Arts	
Labyrinth Making & Walking	
Laughter & Smile Therapy	
Listening & Practices of Receptivity	
Love & Seva Service Practices	
Mandala & Yantra Making	
Martial Arts - Chi Gong - Tai Chi - Aikido	
	<b>Update 2022:</b>
	<b>a new 2 pages Curriculum is now available.</b>

# Purna Vida Life Style Agreements

*At the Purna Vida Eco-Yoga Village, we share a healthy and fit life style, free from:*

- Tobacco products: cigarette smoking, tobacco vapping / sniffing / chewing...
- Alcoholic drinks, including wine, or liquors...
- Cannabis use: marijuana / weed smoking and all cannabis products...
- Psychedelic & "recreational" drugs, natural or chemical...  
The yogic practices & life style naturally turn on the "feel good" hormones and the bliss currents of inner energy.
- Heavy addictive drugs: opioids under any form...
- Any medical drugs, pills or injections, including anti-depressants, uppers, tranquilizers...
- Toxic foods: sugar, coffee, white breads & pastries, fried foods, canned foods... Instead, Purna Vida offers exciting, gourmet, organic & fresh foods, meals and drinks lovingly prepared by pro chefs and preferably obtained from our or local organic gardens.
- Animal meat. We envision to have a goat farm for milk & dairy products, as well as a chicken coop for eggs. But we do not plan to eat our goats or chicks. The yogic principle of *Ahimsa* (non-violence) applies to animals as well as humans.
- Toxic drinks: "soft" drinks and beverages, including commercial "energy drinks"...
- Violent, destructive, dishonest, dramatic or abusive behaviors...
- TVs, boom-boxes and invasive electronics. The use of smart phones is restricted to the designated Wi-Fi spot on the property. The absence of jarring noise is highly valued at Purna Vida, as it allows for the listening and enjoyment of one's inner and nature's orchestra...
- Un-meaningful talking. As part of learning how to unwind from the talking-monkey-mind, we have a daily period of silent stillness from 9:00 pm to 9:00 am and a mindful awareness to use talking wisely and meaningfully... Some residents or participants may chose to keep a "Talking Fast" for a day or more and will wear a tag indicating so: please respect their practice...

***Purna Vida is not:***

- 1. A medical facility***
- 2. A rehabilitation center for heavy addicts***
- 3. A treatment center for mentally or psychologically impaired folks***

Purna Vida **IS** a transformational place (an *ashram*) for people ready to let go of their false sense of ego-self and committed to live their life as the full presence of their larger, spiritual Self. This commitment entails participating and learning from the various practices and creative activities offered at Purna Vida and engaging into harmonious relationships with themselves, others and the larger community...

## **A Future Global School for Young Humans**

Even though, in the initial stage, Purna Vida will offer short term programs designed for adults and young adults, Purna Vida is dedicated, in the future, to develop the facilities needed for long term residency of children, kids and teenagers from around the world and offer them a safe, happy, supportive and enriching home-base.

## **Participation to Activities**

Unless there is injury, sickness or deep recovery/healing, every resident and visitor is asked to join one yoga class a day (morning or evening) and to attend to one hour of meditation a day (either in the Yoga Shala 5 - 6:30 am, or at some sacred spot around the property or in their own personal sanctuary). In addition, residents participate to the *Seva* (community service) activities needed to keep Purna Vida a happy, smiling and well functioning place. Each resident, according to their skills and choices, will be responsible for an area of the facility's management.

Participants to 1-Week or 2-Weeks programs are expected to attend all activities, unless previously arranged.



# Purna Vida Eco-Yoga Earth School

## Views on education

The children are divine. They are us, before being imprinted with human conditionings. They are sparkling love bubbles directly emanating from the cosmic, cascading spring of consciousness. The children are showered upon us as a blessing of refreshing rainbow mist and smiling grace.

The children are born from Oneness and, spontaneously, shine their luminous nature upon us. It is our responsibility, and grateful joy, to keep them growing and flowering within their original light and true nature. It is our responsibility to respect the unique culture of the children - and not abuse it or replace it with the "culture" of the grown-ups.

It is our great opportunity to re-learn from the children, and remember, the lightness of being here-now, in the pure wonder of the cosmic child.

We all meet on the incarnation ladder: the children descend into the material individuation of the human adventure, we ascend back into the original Oneness. On the way, we exchange gifts. It is a mutual education. We teach each other. Both children and elders are learning the same lesson: to keep the essential oneness going while living in the field of the multiplicity. One wave is going in, one wave is coming out...

The elders have, hopefully, learned wisdom from their entanglement with multiplicity - and the children need this wisdom to remain true to their original nature. The children are walking wisdom - and the elders need to listen and drink from it.

For both and all, the same schooling: to maintain a conscious and blissful balance between the outer world and the inner realms; to encompass, in a smiling hug, the market place and the meditation mat; to be in relationships while being all-one. How perfectly harmonized!



- The goal of education is to support the children in creating a personality (ego-self) that is in tune, in full harmony, with their essential, cosmic, spiritual nature - and not alienated from it, as is the case in the current public education, resulting in incomplete and conflicted humans, suffering from the contemporary disease of existential misery.
- At Purna Vida, we aim at facilitating an integrated personality, both human (individual & social) and divine. The child grows up as a balanced, complete human - able to walk alone in the noble spiritual beauty of enlightened wisdom and also eager to manifest loving compassion into all aspects of the world, without losing balance.
- A daily meditation & yoga practice, delightfully adapted to the age group, is the foundation of the education. Coming from the universal and rooting it, then going into the multiple particulars. Consciousness preempts mind information.
- The young ones are the ones who know best the education they need. A co-creation of activities & curriculum is the first ground of creative exploration for a joyful, fulfilled self.
- The Onesse of all. • Silence & Stillness. • Heart orientation: loving compassion as a way of life. • Nature and sensory-based full body/emotional intelligence learning and sharing. • Direct (inner and outer) experience: hands-on, heart-on and soul-on
- Dancing, singing, laughing, chanting, playing. • Cooperation and team-work as primary resource • Non-verbal communication.
- Creative arts. • Holographic training: multi-discipline and cross-reference leading to unified understanding. • Art of mutual living: happy management of harmonic relationships. • Body-mind-spirit as facets of the same jewel. • CELEBRATION!





## Global Yoga Manifesto for Planet Earth

Yoga is becoming the stage and the way for our global awakening  
Not just the stress-relief and disease-prevention gifts of body-based yoga  
But the yoga of the cessation of the mind and initiation of the no-mind  
The yoga of preparing for meditation, the inner immersion into ONENESS...

The yoga of the pulsing fields of light,  
The yoga of the luminous cosmos where we are Home  
Chanting, dancing, playing and celebrating  
Life, nature, the universe, existence, ourselves and each other...

The yoga of vibrating in the joy of BEING LOVE itself  
The yoga of enjoying sudden inner smiles and bursts of belly laughing  
The yoga of bowing in *Namaste* admiration at the unique beauty of each human being  
The yoga of sheer delight at the marvels of mother earth's landscapes, seascapes, rainforests  
Sunrises and sunsets and the fabulous family of plants and animals surrounding us...

The yoga of wonder & awe at the infinite holographies of each gesture, word, feeling and moment we fully embrace  
The yoga of entering deeper into the sacredness of asanas, mantras, mandalas and symbols  
The yoga of tracking and savoring the *kundalini* currents of energy  
Tingling, tickling and shivering in our pranic bodies  
The yoga of stretching into the fields of dancing rainbow lights  
And the golden relationship of having so many friends who are our Beloved...

The yoga of bowing in GRATEFULNESS  
And offering dancing thanks for being divinely conscious in these human bodies here now  
The yoga of *kirtan-chanting* together in pulsing call and response  
The creative sounds of the universe and the harmonic frequencies sustaining life...

The yoga of knowing that each drop is whole and complete in this ocean of Self  
The yoga of remembering that we are beings of pure bliss visiting this human *lila* playground  
And entering the medicine wheel of Mother Earth  
The yoga of sharing LOVING COMPASSION globally  
Co-creating a civilization of happiness for all of humanity  
A new era of respect for all of nature and a communion of Oneness with all beings in all realms...

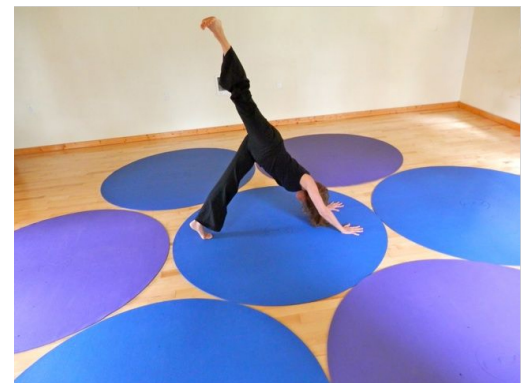
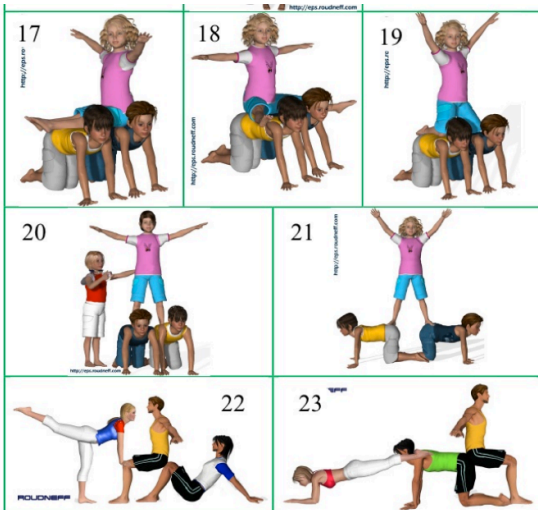
Humanity is now on a global pilgrimage to the sacred site of this new civilization  
Bye Bye sealed borders, squared boxes called egos, hypocritical dogmas, massive brain-washing & body-junking  
We know better now...

We have a new economics of redistribution based on *the-more-we-give-the-more-we-receive* principle  
We trust a new community-based politics with a global council of wise women and men overseeing humanity's affairs...  
We enjoy an open sky free of chemtrail showers and weather engineering...  
We walk a green earth with fields of abundant, organic crops pollinated by humming bees  
And farmlands of harmonic, smiling permaculture gardens  
All around and within us are vibrant children running, laughing, singing and playing the magical games of life...

A gigantic Earth Yoga Festival is awaiting us... Want to join?  
Prepare yourself as the cosmic music instrument that you are  
Use the preferred yoga practice coming your way and JOIN the CELEBRATION...

Yoga is the Earth-Cosmos journey within the vast universe  
And with the Before of the universe...

The yoga festival starts with YOU  
You the cosmic *yogi* and *yogini* joining a human family of beings connecting Earth and Sky,  
Holding hands with each other and turning life situations into radiant flowers  
Sharing the many fragrances of pure love for no reason...  
Earth IS rehearsing for a global symphony of crystalline HARMONY...  
The entire universe is coming to the show  
Are you too?





# The Golden Relationship

*(A Sacred Geometry Manifesto for Our Times)*

Let us be globally honest again.  
Let us admit again the self-evidence of the Universe,  
the truth that all children are born with:

**WE DO LIVE & HAVE OUR BEING  
WITHIN A BEAUTIFUL, GLORIOUS & ENCHANTED GARDEN:  
The Universe.**

**WE DO WALK UPON A MAGNIFICENT, AND SO UNIQUE,  
FLOWER-BLOSSOM:  
The Earth.**

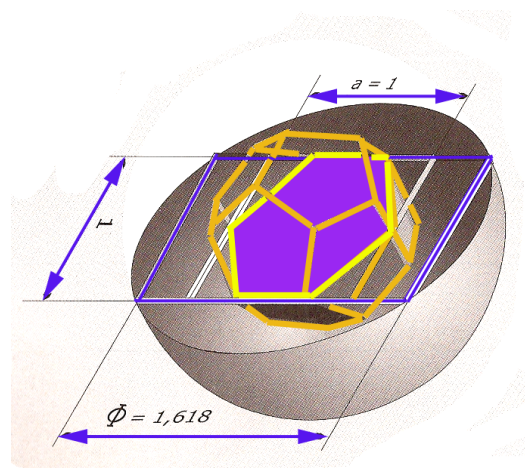
When we stop daily business & enter the quiet silence of our hearts & souls,  
we just KNOW this luminous Beauty, this all-flowing Love  
and we feel them pulsing & dancing  
beyond all appearances & all circumstances.

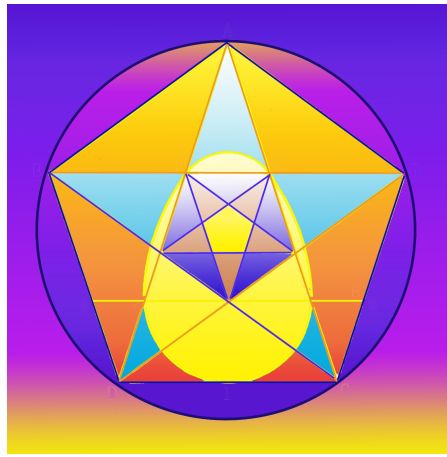
From snowflake to flower to the wondrous human body and the starry sky,  
the spirit-child within us feels a wonderful Harmony & Beauty  
and an infinitely benevolent & bountiful Love  
allowing, sustaining and erasing all Life.  
In that, we are Home!

Let us cheer & rejoice in the Gift of this Home.  
In the Gift of living on Earth,  
in a human body,  
at this very moment.

Let us honor the Universe, Mother Earth and each other  
as Gift-Givers.

And let us celebrate holding hands & hearts around the world  
and passing on the Gift of Life  
to all generations.





**Beauty, Harmony & Love ARE our common universal language,  
here & now.**

**We CAN immediately communicate  
& commune with all beings.**

**This is how we transcend isolation, ignorance & pain.  
This is how we keep in Oneness  
with the whole of Life & Consciousness.**

**This is how we can be the Source of All,  
as well as the minute manifestation of our personal human life.**

**The universal Language of Life is expressed  
in the Sacred Dance of Creation,  
continuously infusing Beauty, Harmony & Love  
throughout the entire Cosmic Garden.**

**This Dance can be experienced in the magical choreography  
of colors, sounds, shapes, fragrances & textures...  
This Dance can be glimpsed in the basic building blocks of Life  
sharing the same frequency chords, mathematical ratios  
and holographic geometries  
found at the root of all manifestation.**

**Verifiable in the physical domains of the Cosmos as  
the "Golden Ratio" PHI,  
this Sacred Dance really is  
the "GOLDEN RELATIONSHIP" of Spirit:**

**"GIVE TO OTHERS  
THE SAME LOVE & BEAUTY & HARMONY  
THAT YOU & OTHERS  
ARE RECEIVING FROM THE WHOLE"**





## Own A Nature Yoga Retreat And Wellness Center With Whitewater Ocean View

Built in 2011, this retreat center holds amazing potential for anyone who is searching for a picturesque location to establish a spiritual or wellness center. The property has a calming energy to it and you can feel it from the minute you get there! As soon as you set foot on the property, the tranquility experienced by all senses is remarkable.

The property consists of 4.5 acres of rolling landscaped gardens, lush rainforest areas populated with native wildlife, panoramic ocean views stretching to Manuel Antonio National Park and it is bordered by a beautiful cascading stream. The stream provides a peaceful auditory soundtrack to the yoga platform and pool area. When you combine all of these wonderful elements together, the serenity experienced here is soul touching.

### Three Story Main Building With Pool And A Separate Guest Suite Structure

The retreat is comprised of a main building, a suite building plus a pool and yoga deck. The main building holds 4 bedrooms, 4 bathrooms in total. 2 bedrooms / 2 baths are located on the lower pool level, 1 bedroom / 1 bath is located on the second floor along with the kitchen and an indoor/outdoor living area. The third floor includes a 1 bedroom / 1 bath with an additional indoor satsang room, which is the best place to enjoy the inspiring ocean views. The pool and wooden terrace adjoin the main building, leading out to a covered wooden yoga pavilion. The yoga pavilion is nestled into the rainforest where guests can meditate to the tranquil sounds of the stream flowing nearby.

A separate guest suite building holds 4 rooms, each with en suite bathroom. The suites are tied together with a large covered terrace where your guests will enjoy stunning views over the rainforest and out to the Pacific Ocean.

### Turn Key Business Opportunity With Room For Expansion

The property also includes an additional ocean view building site with private access. The building site offers plenty of area for expansion of the retreat, the construction of a private residence for a business operator who would like to live on-site away from guests or you could use this space for the addition of an organic garden.

The yoga retreat and wellness center is located within a gated community that offers security and the utmost in privacy. The location is very convenient and easily accessed year round. Situated in the hills of Playa Matapalo, trips to the property take 30 minutes from Manuel Antonio and 20 from Playa Dominical. Clients and friends can fly into the local airport in Quepos and be at the retreat in only 20 minutes. A deserted mile long Playa Linda is only 15 minutes from the property!

## Nature Yoga Retreat And Wellness Center With Ocean View

[Print Version](#)

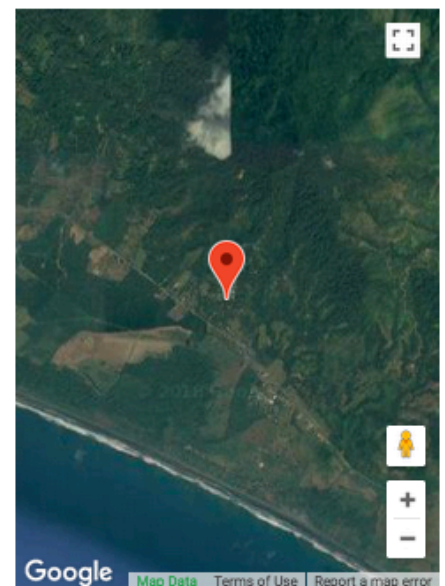
**\$565,000**

Property ID:	PROP-6515
Bedrooms:	8
Bathrooms:	8
Plot Size:	4.5 acre(s)
Construction:	5,995 sq ft
Pool:	Yes
Year Built:	2011
Air Conditioning:	Yes
Move In Ready:	Yes

### Additional Property Features

Balconies    Bed and Breakfast  
 Close to Beach    Close to Town Amenities  
 Furnished    Gazebo    Gourmet Kitchen  
 Internet    Landscaping    Maid Service  
 Move In Ready    Ocean View    Patios  
 Property Size Two thru Five Acres  
 Swimming Pool    Washer / Dryer

### Approximate Location of Property



**Would You Like More Info About This Property?**





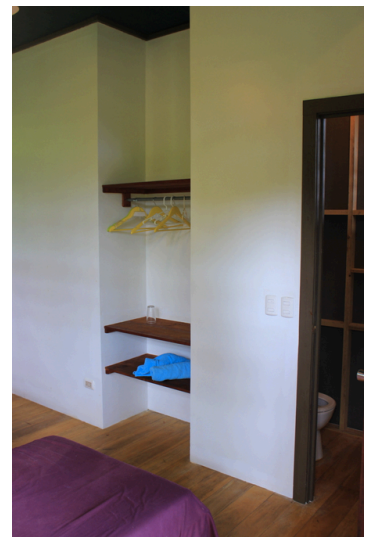
















## Yoga of Gifting

Dear friends sharing the play of human life in this cosmic moment,  
*Anjali* reverence to you:



Here is the Golden Rule I learned from my experience of the Sacred Geometry of life and nature:  
**Give to others the same Love, Beauty & Harmony  
That you and others have received from the Whole.**

This is the gist of the education offered at the Purna Vida School of Celebration Arts, its motto and deeper wisdom.  
It is based on the way the universe functions in scalar golden proportions:

**The Small is to the Large as the Large is to the Whole.  
It is also named Universal Oneness and Compassionate Love.**

This is what you are called to contribute to and co-create: passing on a gift from you (the *Small*) to others (the *Large*), in grateful recognition of being divinely alive & conscious within the Source-of-All (the *Whole*). Then you feel fulfilled because you have entered the continuous vortex of creation: the loop has been returned to its point of origin. And here is a little story to encourage you on the path of gifting:

***A beggar was begging his meager subsistence from door to door. Suddenly he saw a gleaming chariot pulling up and stopping to him. When the beggar beheld the lordly driver of the chariot smiling at him, he immediately envisioned a magnificent gift. But, instead, this King of Kings suddenly opened his hand and asked: "What have you got for me?" Torn with perplexity and indecision, the beggar searched his bag and finally offered a mere grain of wheat. Later, at the end of his day, the beggar found a grain of gold in his bag and felt deeply sorry he had not given everything he had.***

Osho, who tells the story in a chapter called *Laugh Your Way to God*, comments: "This story is not just a parable: it is the true secret of life - give and you will get million-fold; share and in the very sharing you will become richer. Go on hoarding and you will become poorer and poorer. Let me repeat it: you possess only that which you have given; you never possess that which you have hoarded. You only become a master of what you share. Share! Unconditionally - because death is going to take everything away from you." (Osho. *A Sudden Clash of Thunder*. 1976. Poona, India.)

**Happy gifting  
Feel the joy, smiles and deep flowering  
of the young people embracing the wisdom of universal harmony  
Contribute to the Purna Vida Eco-Yoga Earth School**

**Namaste in Anjali!**