



Happiness, Mindfulness, and Yoga in Costa Rica

\$3800

(Course price subject to change)

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Christopher Newport University

RSTD 370: Religious Studies Seminar Abroad

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Why Should You Join us in Costa Rica!

- Everyone wants to be happy, but sometimes we just seem unable to uncover it in our lives. That's where yoga and mindfulness meditation come in. Research shows that mindfulness meditation—the simple act of settling the mind down and looking within—can make you calm and happy. It turns out that mindfulness meditation is a magic bullet that brings waves of happiness flooding into our everyday lives.
- But our minds are tricky—as soon as we sit down to meditate, our minds wander in countless directions. This is where yoga comes in because its real purpose is to focus the mind, expand our awareness, and open the inner door to genuine happiness.
- Your instructors will explore the latest research findings in the new science of happiness and show you how to set up and develop a yoga practice that will help you meditate mindfully and experience the happiness of a calm and focused mind. Beginners and intermediate students of yoga and mindfulness meditation will find this to be just the boost they need to get back to work on the yoga and meditation practices that will make them happier!



And Why Costa Rica?

- Named the happiest country in the world in many media outlets including *Forbes*, *CNN*, *Time*, & *Huffington Post*, Costa Rica offers a safe and relaxed natural environment in which to experience the power of mindfulness and yoga to generate happiness



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