



PROUDLY  
PRESENTS:



# BASKING IN THE OCEAN OF BHAVA

with SHYAMDAS

& JIVAMUKTI YOGA with JOHN SMRTIC



Blue Spirit Retreat – Nosara, Costa Rica

March 24–31, 2012

Rates & registration at [www.bluespiritcostarica.com](http://www.bluespiritcostarica.com)

More info: [mantralogy.com](http://mantralogy.com), [shyamdas.com](http://shyamdas.com), [bhaktigrooveyoga.com](http://bhaktigrooveyoga.com)

The bhava is the enlightened devotional mood, and to the bhakti yogi, is the prize to be relished. In this rare opportunity we will journey to a lush, tropical setting to cultivate, embellish and bask in the nectar of divine love. This sacred retreat will touch on all aspects essential to the intoxicating feeling of being in love and being loved by God: association with the seekers, daily evening kirtans, afternoon discussion of the lilas of Shri Krishna and insight into the profound devotional scripture and poetry, and a daily 2 hour Jivamukti Yoga asana practice focused on obtaining the prize - devotion to God and ecstasy.



Shyamdas has lived in the sacred lands of Shri Radha Krishna in the Vraj region of India for nearly 40 years. His programs combine ecstatic kirtan singing with stories and teachings from the path of devotion. He speaks from his background as a Vedic scholar and Sanskrit translator to share the philosophy of non-dual reality.  
[www.shyamdas.com](http://www.shyamdas.com)



John Smrtic, J.D., E-RYT, is an Albany, NY, based Jivamukti Yoga teacher. Using traditional yogic scripture as a foundation, John blends wit, music and challenging, intelligently sequenced asana to make each class a unique experience.  
[www.bhaktigrooveyoga.com](http://www.bhaktigrooveyoga.com)