

Nosara Big Book

"Spiritual Experience to Spiritual Awakening"

- **Wednesday 21st**
 - 4:30 PM unofficial start. Thirty minute guided meditation at Namaste.
 - 5:10 PM Walk to the beach, evening sunset watch, surf and swim and casual dinner at Casa De Olas.
- **Thursday 22nd**
 - Morning is free to explore Nosara, shop, ride horses, surf and enjoy.
 - Impromptu surfing and gathering throughout the day on the beach and sunset watching.
 - 6:00 PM Dinner at La Luna with opening speakers discussing their personal spiritual awakenings.
- **Friday 23rd**
 - 8:00 AM Early morning breakfast meditation at Namaste Vistas.
 - 9:00 AM Morning through evening spiritual retreat at TBD covering the journey through the book and the spiritual experiences that bring about a spiritual awakening.
 - 5:15 PM Evening sunset watching and bonfire dinner on the beach, round robin spiritual awakenings discussion.
- **Saturday 24th**
 - 8:00 AM Morning breakfast at Namaste Vistas followed by "A Vision For You".
 - 12:00 Lunch at La Luna then the afternoon zip-line tour.
- **Sunday 25th**
 - Unofficial early breakfast and chat at the Gilded Iguana.

Contact Information;

Details and updates can be found here [Nosara Big Book](#)

Call Dave @ 908.380.3707 or Skype David.R..Palmer or email david@wbbw.org

Details of payment;

Cost for the workshop is \$500.00 and checks should be made out to "Keeping the Spirit Alive". Your check won't be cashed until we receive a minimum of 20 checks, at which time all checks will be cashed and the event will be booked. In the event we do not receive a minimum of 20 participants by the cutoff date, we will return all checks.

Registration instructions;

Please fill out the next page and send along with your check.

For each person attending the workshop we will need the above done.

Mail to: Karen Crotty 34 Mill Road, Morris Plains NJ 07950

You will receive written confirmation upon receipt and event booking.

Mail to: Karen Crotty 34 Mill Road, Morris Plains NJ 07950

More details at <http://www.wbbw.org/NosaraBigBook.html>

Complete and send with check.

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

Shirt size: _____

Badge to Read: _____

Emergency contact person name: _____

Emergency contact phone: _____