

**Tasting Costa Rica: a Tropical Culinary Adventure
November 13-20, 2010, Alajuela, Costa Rica**

Dear Friends,
Next November, just when winter strikes here at home, you could be in the tropics enjoying good company, good food and good weather. Would you like to know how?



I am directing a terrific culinary program in Costa Rica for RDs and other foodies and I hope you'll join me.

The Program provides you:

- 26.5 CPEUs for RDs pre-approved by the American Dietetic Association
- 2 presentations: *The Sense and Sensuality of Taste*, and *Locavorism, Costa Rican Style*
- A tour of the famous Varga family coffee plantation and plant
- A ½ day tour to beautiful La Paz waterfall and wildlife sanctuary, learning about Costa Rican agriculture on the way
- A guided visit to the local farmers' market to see exotic produce and foods
- A tasting visit to a *paleteria* to sample tropical ice cream flavors
- Bilingual guides
- A Costa Rican cooking lesson with the retreat's professional chef
- Leisure time to explore the grounds, participate in yoga classes, enjoy the spa and take tours of the countryside (additional fees may apply)
- Lodging and excellent vegetarian meals and snacks (with chicken and fish) for 6 days, 7 nights.
- All ground transportation, including personalized airport pick-up and return
- A coffee and chocolate facial (or other spa treatment of your choice)
- All program materials and gifts

The venue is beautiful Pura Vida Retreat and Spa, a Wellness & Yoga destination in Alajuela, Costa Rica (check out their website www.rrresorts.com).

Space is limited to 20 to be sure that you have a personal experience.

Cost of Package: \$2095

Early registration bonus when you register by August 15, 2010: \$1995

Register with Di Chapman at 888-767-7375 ext. 225 or email reservations@puravidaspa.com

Still have questions or want more information? Contact me at TastingCostaRica@hotmail.com.

Yours in fun and flavor,
Sheila M Campbell, PhD, RD