

## The Back to Basics Wellness Team Doctors



In February 2009, the Doctors from your trusted health and wellness team invite you to join them on the **Back to Basics** relaxation sanctuary abroad. The **Costa Rica Health & Yoga Escape** is a unique experience that you cannot afford to miss and one that will promote restoration of your body, mind, spirit and emotion. Our focus at **Back to Basics Health and Wellness Center** has always been to make each visit a complete experience in health, and to make every patient recognize that their health is Our priority.

We look forward to you joining us for **Back to Basics'** inaugural health and wellness getaway. See you in Costa Rica!  
Yours in Health,

Dr. Tom Hewitt, DC, CSCS,  
and Dr. Ryan Samuelian, DC

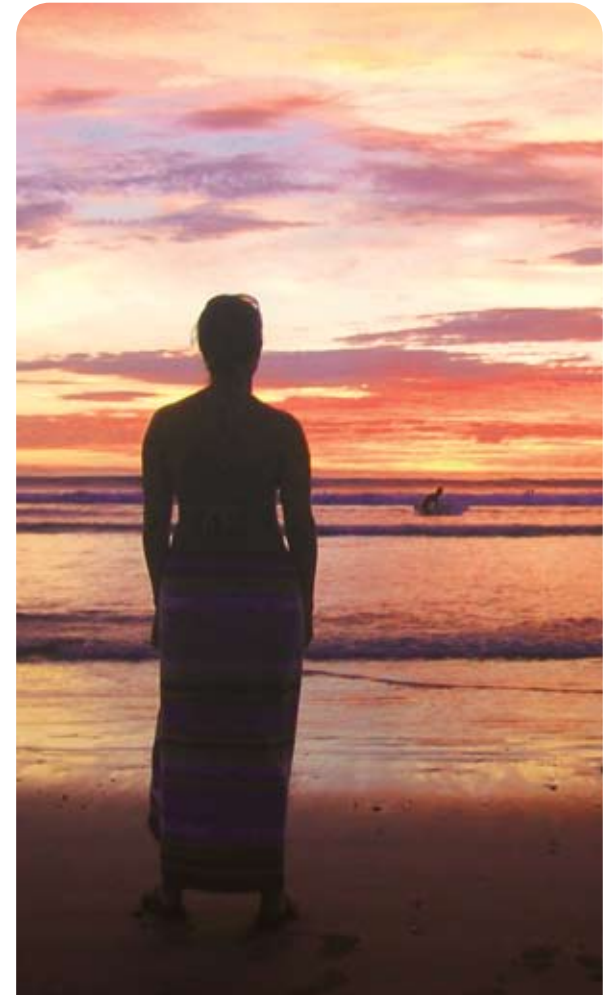
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## Back to Basics

Costa Rica  
Health Escape  
& Yoga Retreat