



Yoga and Spirituality, Adventure and Service Retreat

October 28-November 4, 2017

Trip Leaders/Yoga Teachers:

Sally Bassett, Ph.D., E-RYT 500 and

Helene Russell, Ph.D., E-RYT 500

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Day 1 – Saturday, October 28, 2017

Arrive in San Jose, Costa Rica and transfer to the 4-star hotel, Don Carlos, in the city. Get settled in your new surroundings until the Welcome Dinner at 6 p.m. on the hotel's restaurant, Café Amon. (D)

Accommodations:

Located in the oldest historical section of San José, **the 'Four Star' Hotel Don Carlos** is a small, but significant part of Costa Rica's rich heritage. Once upon a time residence for two past Presidential families, the historical Hotel Don Carlos' warmth and charm, graciously awaits you. Enjoy Costa Rica's finest art works as you stroll through the gallery-like corridors and maze of quiet garden and fountain settings, restaurant and mini pool. Wander into Annemarie's Boutique and get lost within this unique world of local artistic creations in Costa Rica's #1 gift shop.



Day 2 – Sunday, October 29, 2017

After breakfast the group will depart 8:15 a.m. for Samasati Nature Retreat near Puerto Viejo. We will pass through the chilly heights of Braulio Carrillo National Park, the steamy lowlands of Guapiles, the Caribbean port town of Limon, many banana plantations and then follow the palm fringed coastal road south by the beach of Cahuita and to Puerto Viejo.

We will arrive in time for lunch. The food is gourmet vegetarian and each meal is a treat. A special workshop on “*Yoga and Spirituality*” will be offered by Dr. Helene Russell at 3:00 p.m. followed by a gentle yoga class offered every evening from 5:15-6:30 p.m. then dinner in the open air restaurant.

The intention is to give a gentle and peaceful practice after a long day. The beautiful studio, the sounds of the rainforest and the gentle cueing will ease you into a rhythmic flow of meditative movement to transition to a blissful state of be-ing. (B/L/D)

Day 3 – Monday, October 30, 2017

After a slow flow vinyasa yoga class from 6:30-7:45 a.m. and breakfast, the group will head out for a morning excursion. At the Jaguar Animal Rescue Center you will have the opportunity to encounter monkeys and see a wide variety of animals up close. Sack lunches will be provided so you can enjoy a picnic on the beach. The beach at Punta Uva is claimed to be one of the best beaches in the area.

The group will return to Samasati after some beach time and a brief stop in the town of Puerto Viejo to shop. Yoga will be offered from 5:15-6:30 p.m. followed by dinner. (B/L/D)

Day 4 – Tuesday, October 31, 2017

After yoga and breakfast, we will transfer to Peace through Yoga Foundation's International Center for Girls. It is located in a rural area in the heart of the rainforest just minutes from Samasati.

The name of the property is called "El Yue". El Yüe is a women's group initiative organized since 1994 in the Carbon 1 Community. As banana and vegetables growers, they started developing alternative activities that could allow them to improve their standard of living and be eco-friendly. We will meet some of the women and participate in the process of making chocolate during our visit.

The afternoon will be spent with the children (ages 7-12) doing a variety of activities, including teaching English, reading books, doing a craft project, and implementing educational enrichment stations. We welcome any ideas based on your talents and interests. (B/L/D)

Day 5 – Wednesday, November 1, 2017

Following yoga and breakfast, the group will head out for the famous Canopy Tour where you will zip from tree to tree in the jungle. There are 13 stations where you will enjoy approximately two hours of zip lining and walking in between several of the platforms. Return to Samasati in time for lunch.

An alternative included excursion would be horseback riding at the beach. Well-trained horses and an expert guide will accompany you in this adventurous excursion. You, too, will be back in time for lunch.

You will have the opportunity to dine in a home of a local for family as an alternative to having dinner at Samasati. (B/L/D)

Day 6 – Thursday, November 2, 2017

After yoga and breakfast, we will have a morning adventure at the nearby Cahuita National Park. It is known for white sand, palm tree lined beaches, and crystal clear blue waters, which are ideal of swimming. You will also have the opportunity to hike the flat seven kilometers to the point and/or sunbath.

Return to Samasati for lunch and relax or participate in other activities. Taxis can be arranged in the afternoon to go to town for shopping and exploring. Or you can hike one of the many trails, get a massage, relax in the Jacuzzi, take a nap or read in a hammock.

The rest of the day is at your leisure. Enjoy yoga prior to our special farewell dinner at Samasati. (B/L/D)

Day 7 – Friday, November 3, 2017

After yoga and a leisurely breakfast, we will transfer mid-morning to San Jose and check-in at the Hotel Don Carlos again. There are local markets and museums to explore.

OR sign-up for an optional White Water Rafting excursion on your return trip to San Jose. The Pacuare River is world famous for its beauty. A true river gorge, it is flanked by steep, green walls. You will see waterfalls cascade into the river from both sides. Wildlife is abundant. It is not an overly challenging river, but it has many rapids that will make your adventure very interesting and fun! The 18-mile-one-day-run includes 38 rapids. Few rivers in the world can offer you so many rapids in such a short stretch of water. \$99 per person

A Farewell Dinner is scheduled at local restaurant, Café Mundo, where you will be able to enjoy your last evening with your new found friends. (B/L/D)

Day 8 – Saturday, November 4, 2017

After breakfast, transportation will be arranged based on your return flight home. We hope you return home rejuvenated and inspired by all you experienced. (B)

Accommodations:

Samasati Nature Retreat - This stunning retreat is located on a 250 acre biological reserve overlooking the Caribbean. Just over 230 miles south of San Jose, it is an easy and naturally stunning commute from the airport. Sitting amidst the famous Costa Rican rainforest, your bungalow offers some of the most unique views of the Caribbean Sea. The retreat features yoga studios, Jacuzzi, sundeck, cocktail bar, open air restaurant, and massage therapists on staff. Samasati offers an array of activities for nature lovers, yogis, and anyone looking to relax in an exotic environment. Guests will also have access to in-house spa treatments and complimentary coordination of eco-tours and bird watching.



Inclusions:

- 5 night accommodations – Private Bungalows at Samasati
- 2 nights at the boutique Don Carlos Hotel in San Jose
- Airport transfers
- In-country transportation
- All meals at Samasati Nature Retreat
- Welcome and Farewell Dinners in San Jose
- Breakfast at Don Carlos
- Entrance into the Jaguar Animal Rescue Center
- Beach time at Punta Uva
- Dinner with a local family
- “Yoga and Spirituality” Workshop
- Eight yoga sessions at Samasati
- Cahuita National Park
- Chocolate Tour
- Zip-lining Adventure or Horseback Riding
- Coordination of all volunteer activities
- Services of Trip Leaders

Prices:

Double Per Person: \$1299 Bungalow

Triple Per Person: \$1299 Triple Bungalow (two story bungalow with three beds)

Not Included:

- Air fare to Costa Rica
- Tipping of guides, drivers, and staff at Samasati (approximately \$50 total)
- Personal expenses like massages and alcoholic beverages

Documents Needed: Passport

To guarantee your space, call our Reservation Manager, Susie Morwick at 317-544-8391.

\$500 initial deposit; balance is due 90 days prior to departure.

For Travel Insurance, contact Travel Guard at (800) 826-1300.



Sally Brown Bassett, Ph.D., E-RYT 500, President of Peace through Yoga Foundation

Sally's enthusiasm toward life as well as her creative and spiritual approach to yoga have been keys to her success. She is an adjunct professor at both Butler University, teaching yoga basics and philosophy, and at the Christian Theological Seminary, teaching "yoga and spirituality". Sally continues to teach at Peace through Yoga studios, which she originally founded in 2002.

Sally is also founder of Peace through Yoga Foundation, a non-profit organization where the mission is to make an impact through transformational yoga and service. The service, or karma yoga, is accomplished through the foundation's International Center for Girls in the heart of the Costa Rican rainforest area. Sally leads week-long retreats there that yoga, adventure, and service.

Sally has traveled to over 140 countries and has held numerous positions from flight attendant to C.E.O. She went from the galley to the boardroom in 30 years in the travel industry. Some trips eventually evolved to a mixture of volunteering and tourism (a concept she helped coin called "voluntourism"). She completed her doctorate degree at Purdue University in tourism with the emphasis on international humanitarian work.

Sally's desire has been to make more of an impact with global sustainable projects on trips offered. Projects have included helping build a birthing center and an elementary school in Uganda, supporting a children's home in India and a preschool in Kenya, and currently operating the International Center for Girls in Costa Rica through her foundation.



Helene Russell, Ph. D., E-RYT 200, RYT 500

Helene is an Associate Professor of Theology at Christian Theological Seminary in Indianapolis. She is also an experienced Yoga teacher, teaching yoga regularly at the YMCA and other venues since 2010. Her yoga specialization is Viniyoga. Her publications include *Creating Women's Theology: Process Relational Feminist Theology* (2012), *Luce Irigaray and Søren Kierkegaard: On the Construction of the Self* (2009) She is interested in the interface between Yoga, Christian theology, and embodied spirituality. She is teaching a YTT program that integrates Yoga and Spiritual Well-Being at Christian Theological Seminary.