



**In Collaboration with Women Like Us Foundation**

## **Costa Rica October 27-November 3, 2012**

**Program Starts:** Saturday, October 27, 2012

**Program Ends:** Saturday, November 3, 2012

**Trip Leaders:** Sally Brown Bassett, Ph.D., RYT and Linda Rendleman, M.S.

### **ITINERARY**

#### **Day 1 – Saturday, October 27, 2012**

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. at local restaurant, Café Mundo. The restaurant is a converted home that could be a throwback to any antebellum plantation home, complete with a wrap-around porch. (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 & 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 28, 2012**

After breakfast the group will depart 8:30 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. Enjoy the rest of afternoon relaxing prior to a group get-together at 4:30 p.m. A gentle yoga class will be offered every evening at 5:30 p.m. followed by dinner in the open air restaurant at 7 p.m. After dinner we will receive a presentation from the English Teacher that has been hired by Women Like Us Foundation. We will hear more about the area, people, culture, and specifics of our time with the kids at the Carbon 1 Elementary School and El Yue Women's Center. (B/L/D)

## **Day 3 – Monday, October 29, 2012**

After yoga and breakfast, transfer to a local village elementary school to implement educational enrichment stations, English lessons, fluoride treatments, "field day" activities, and assist with projects to improve the school.

We will then take a picnic lunch for an afternoon of adventure at the nearby Cahuita National Park. It is known for its fantastic snorkeling and diving, as well as the park's 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. (B/L/D)

## **Day 4 – Tuesday, October 30, 2012**

After yoga and breakfast, we will transfer nearby for a visit at the women's group "El Yue". El Yue 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 that do organic gardening and enjoy a treat of coconut water and local chocolate.

We will also engage in activities with Women Like Us Foundation's English Teacher teaching the children and/or working on projects at the center. *(Please note that bringing 20 of the same English text books for grades 1-4 is greatly needed).*



Return to Samasati for lunch and relax or participate in other activities. Transportation will be provided 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.

(B/L/D)

### **Day 5 – Wednesday, October 31, 2012**

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 15 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.

For those who would like to have optional addition to their tour at a small charge, you can take an ATV (all-terrain vehicle) to the Canopy site and also rappel down small waterfalls. Lunch would be included.

The rest of the day is at your leisure. (B)

### **Day 6 – Thursday, November 1, 2012**

This morning after breakfast the group will go kayaking. What better way to see the jungle than from a kayak! Venture up Río Ernesto spotting sloths, monkeys, and birds. Paddle through the peaceful jungle on this guided kayak tour in and around Punta Uva. You can also kayak surf, if the sea is right. Picnic lunch will be served at a near-by boutique hotel with pool.

Dinner will be at hotel. Linda Rendleman will lead us through a final farewell workshop after dinner. (B/L/D)

### **Day 7 – Friday, November 2, 2012**

After a leisurely breakfast, we will transfer to San Jose and check-in to the Hotel Don Carlos again. There are local markets and museums to explore. A Farewell Dinner at Tin Ho, a local restaurant featuring Asian fusion food, is scheduled in the evening. (B/L/D)

### **Day 8 – Saturday, November 3, 2012**

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. Women Like Us Foundation will be utilizing the guesthouse as well as private bungalows overlooking the Caribbean on this trip. 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 nights 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
- Yoga sessions at Samasati with Sally
- Cahuita National Park
- Animal Rescue Center
- Canopy Tour Adventure
- Kayaking Excursion
- Coordination of all volunteer activities
- Services of Trip Leader

## **Prices:**

- Double Per Person: \$1199 Bungalow
- Single: \$1299 Single Guest House (small room)

Triple: \$1199 Triple Bungalow (two story bungalow with three beds)

\$500 deposit due upon booking; final payment is due 90 days prior to departure.

*We recommend the Bungalow accommodations and will match singles upon request. They are two story with shared a shared bathroom.*

**Documents Needed:** Passport

**To book this retreat and get assistance with your air arrangements, call our Reservation Manager, Susie Morwick, at 866-326-6110. Or complete the Reservation form and fax to 317-471-1802.**

For Travel Insurance, contact [Travelex](#) at (800) 228-9792.



### **Sally Brown Bassett, Ph.D. , E-RYT 500, Founder of Peace through Yoga**

Dr. Sally Brown Basset is an accomplished teacher and practitioner on the path of Yoga. Sally teaches a variety styles ranging from a power vinyasa to yoga therapy. She has had the fortunate opportunity to have been instructed by some of the world's top teachers. As Founder of *Peace through Yoga*, Sally has expanded yoga through international yoga retreats as well as outreach programs into corporations, schools, and hospitals. A unique focus of her path has been the integration of activating and meditating on the Chakras.

Sally leads annual yoga and meditation retreats to destinations like Costa Rica, Africa, and India, mixed with adventure and humanitarian service. She has traveled to over 130 countries and enjoys teaching yoga to children as she travels around the world. Sally has led and coordinated programs with international known yogi, Seane Corn, and the Off the Mat Into the World organization to Cambodia, Uganda and South Africa.

Sally is also president and co-founder of a non-profit called *Women Like Us Foundation*, dedicated to empowering and inspiring women and girls to make a difference globally and locally. This foundation has evolved with Sally's desire to make more of an impact with global sustainable projects.