



Peace through Yoga Retreat

Costa Rica - Yoga and Adventure!

Program Starts: Sunday, November 8, 2009

Program Ends: Sunday, November 15, 2009

Trip Leader: Sally Brown

Join us for a healing and rejuvenating program, in addition to connecting with the culture of the local people!

Costa Rica is Central America's eco-tourist highlight – filled with idyllic beaches, majestic volcanoes, verdant rainforest and amazing wildlife. Here, we will immerse ourselves in nature, staying at one of Costa Rica's most beautiful retreats – Samasati Nature Retreat. Early morning and evening yoga classes will bookend with volunteer or adventure activities. Our volunteer work will include working with children at a local school being involved with a variety of projects.

After yoga each morning, you will have the choice of volunteering, resting in a hammock, taking a massage, or enjoying one of the fascinating excursions: snorkeling, experiencing a rainforest canopy tour, or waterfall trek, to name a few. Come experience this great combination of the ancient wisdom of yoga and the healing power of Nature coupled with heart-warming humanitarian work.

Itinerary:

Day 1

Arrive in San Jose, Costa Rica and transfer directly to the Samasati Nature Retreat. Get settled in your new surroundings until the AFC Welcome Dinner and Orientation in the evening. (D)

Day 2 and 3

Enjoy yoga session in the morning. Transfer to local village school to implement photography workshop, educational enrichment stations, English lessons, fluoride treatments, “field day” activities, and yoga sessions. Return to the retreat mid-afternoon for yoga session and dinner. (B/L/D)

Day 4

Enjoy yoga session in the morning. Adventure day! SEA AND RIVER KAYAKING. At the beautiful beach of Punta Uva, with the help of a trained guide, you will kayak in the ocean with a sea kayak. Then slide towards the Punta Uva River, which unwinds into the jungle into a paradise of birds, wild animals and tropical plants, leaving behind you nothing but ripples. After the kayaking, the options are: exploring the Punta Uva promontory, snorkeling and sunbathing at the beach either way, this is a day full of adventure and wonders! Return to the retreat late afternoon for yoga and dinner. (B/L/D)

Day 5 and Day 6

Enjoy yoga session in the morning. Adventure day! Hike to waterfalls, try a Canopy Tour where you will swing tree to tree in the jungle, enjoy a rain forest walk, and bond with the group by exploring Costa Rica's amazing flora and fauna. Transportation will be provided to the beach for those interested. Meals served at the retreat all day. (B/L/D)

Day 7

After morning yoga session, transfer to San Jose and check into the San Gildar Hotel. AFC Farewell Dinner at a local restaurant with entertainment in the evening. (B/L/D)

Day 8

After breakfast, transportation will be arranged based on your return flight home.

Prices:

Double: \$1199 Guest House

\$1399 Bungalow (two story bungalow with three beds)

Single: \$1299 Single Guest House

Triple: \$1299 Triple Bungalow

\$500 deposit due upon booking, balance 90 days prior to departure.

Documents Needed: Passport

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. Peace through Yoga 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.

Highlights:

Daily yoga sessions
Adventure Tour with kayaking, hiking, and much more!

Intensity:

Culture Shock - Costa Rica is relatively easy to adapt to and the people are very friendly and inviting. Spanish is the official language so try to learn a little before arriving!

Physical Demands - There will be traveling on bumpy roads at times. Expect heat and maybe a little humidity -be sure to drink lots of bottled water throughout the trip. Hiking on the adventure day can be optional.

Food and Drink - Enjoy vegetarian meals at the hotel and in town including yuca, plantains, and corn tortillas.

Volunteer work - Light work in the community at local schools

Inclusions:

7 nights accommodations – Private Bungalow or Standard Guest House
Airport transfers
In-country transportation
Welcome and Farewell Dinner
All meals (vegetarian)
Yoga sessions twice a day
Kayaking adventure
Services of Trip Leader
Coordination of all volunteer activities

To book this yoga retreat and get assistance with your air arrangements, call Peace through Yoga Reservations at 317-573-3604 or toll-free at 866-326-6110. Or complete the Reservation form and fax to 317-573.3610 or email peacethroughyoga@yahoo.com.

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