



Program Starts: Saturday, October 16, 2010

Program Ends: Saturday, October 23, 2010

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

ITINERARY

Day 1 – Saturday, October 16, 2010

Arrive in San Jose, Costa Rica and transfer to 4-star hotel in the city. Get settled in your new surroundings until the Welcome Dinner and Orientation. (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 17, 2010

After breakfast depart for Samasati Nature Retreat near Puerto Viego and arrive in time for lunch. The food is gourmet vegetarian and each meal is a treat. Enjoy the rest of afternoon relaxing before the evening yoga class from 5:30-6:45 p.m. followed by dinner. (B/L/D)

Day 3 – Monday, October 18, 2010

After yoga and breakfast, transfer to a local village school to implement photography workshop, educational enrichment stations, English lessons, fluoride treatments, “field day” activities, and/or yoga sessions. Return to Samasati for lunch and relax prior to late afternoon gentle yoga or choose to participate in other activities. This evening we will have a guest speaker giving us more background on the area, people, and culture.

Day 4 – Tuesday, October 19, 2010

After yoga and breakfast, the morning will be spent at the school doing further projects. After lunch at Samasati, you can hike one of the many trails, get a massage, relax in the Jacuzzi, take a nap or read in a hammock, or head to town to shop and explore.
(B/L/D)

Day 5 – Wednesday, October 20, 2010

Enjoy a yoga session in the morning followed by a day of adventure with 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, enjoy a picnic lunch, snorkeling and sunbathing at the beach. Return to the hotel mid-afternoon or stay in town to shop.
(B/L/D)

Day 6 – Thursday, October 21, 2010

Enjoy a yoga session in the morning followed by an optional 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. The afternoon will be free to relax or join a mini “book club”. A related book will be suggested prior to the trip for those interested. (B/L/D)

Day 7 – Friday, October 22, 2010

After morning yoga session, transfer to San Jose and check-in to the Hotel DonCarlos again. A Farewell Dinner at a local restaurant with entertainment is scheduled in the evening. (B/L/D)

Day 8 – Saturday, October 23, 2010

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

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.

Prices:

Double: \$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. **We recommend the Bungalow accommodations and will match singles upon request.**

Documents Needed: Passport

To book this retreat and get assistance with your air arrangements, call 317-573-3604 or toll-free at 866-326-6110. Or complete the Reservation form and fax to 317-573-3610.

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

Inclusions:

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

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 a therapeutic and gentle. 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 also led and

coordinated programs with Seane Corn and the Off the Mat Into the World program to Cambodia and Uganda.

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.