

Life's a Beach; so *Enjoy it!*

Yoga, Art, Culture, Adventure & YOU Itinerary

Arrive Saturday-March 3, 2018 at SJO International Airport, please arrive before 2:00 pm.... then climb on board for a shuttle that transverses the beauty of Costa Rica in route to our new home near Uvita. The fabulous, magical *Vista Ballena Hotel* info@vistaballena.com with its' mountain view of the Marino Ballena National Park (The Whale's Tail) is our destination for our first 5 nights' accommodation. You have single or double options with private bath, but we need to know if you want a single supplement (only available for optional parts of the trip and an additional \$ supplement, so contact me for specifics). *Vista Ballena* has



it all, an amazing yoga platform perched in the sky, an infinity pool with vistas of the ocean and sunset, luxurious rooms and a menu to tantalize any taste buds!

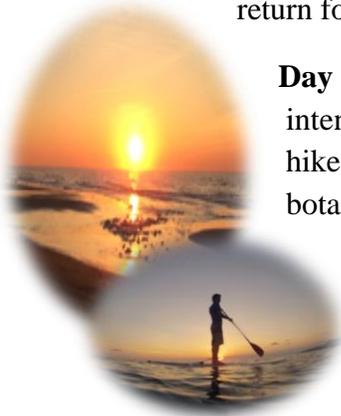
Day 2 Sunday-March 4 Tropical Sunrise; Wake up to fresh tropical breakfast treats and did I mention the view? Oh what a *Vista*, be sure to have your binoculars and bird book handy. We will enjoy our first am yoga here or at the Beach (depending on tides) and an after Yoga swim or dip then a brief walking tour of Uvita to get our bearings. We will enjoy a tasty Tico **L** at Bahia Azul and a quick dip in

their pool then back home for a break and a late afternoon yoga or meditation intensive. **D** at VB. Then its time to relax and enjoy a quiet evening to catch your breath and just BE!

Day 3 Monday-March 5 VB-Chakra EO Meditation and Art (3.5 hrs) at yoga platform. Finish Art Experience and Chakra debrief...**L** then The Group needs to Choice -Ocean Tour (Dolphin, turtle, whale watch) or Mangrove Kayak/SUP tour. <http://www.dolphintourcostarica.com>. late afternoon walk and Swim at Whale's Tail, tide dependent the return for. **D** at Vista Ballena.



Day 4 Tuesday-March 6 early morning mini yoga, **B** then discovery yoga intensive. This is a day of waterfall wonders, Picnic **L** and afternoon waterfall hike, cool off and be inspired by this tropical paradise. Play with solarized botanical prints as we share the healthy secrets of tropical plants with then, settle into a Bamboo forest walk about and Sumi Ink Meditation. We will experiment with painting and perspective in the forest...) then quiet Sunset Meditation on the beach or poolside. Celebratory **D** at El Sabor Espanol... ummmm ummm You will be amazed and your taste buds



very happy.. https://www.tripadvisor.com/Restaurant_Review-g635755-d3811853-Reviews-Sabor_Espanol



Day 5 Wednesday-March 7 Yoga at Platform or Beach. B then prepare to leave for Hacienda Baru, just about 1 hour N along the coast. Here's an afternoon to swim in the pool, laze away the afternoon, meander the beach or fly with the Tocan's on their amazing Zip and Tree Top tour. I do need to make reservations for the afternoon Flight of the Tocan so If that sings to your adventurous side, let me know so I can book numbers. This option is not a part of the trip, but if the group wants to waive or trade a different eco-tour we are able to be flexible.

Day 6 Thursday March 8 rise and shine morning to yourself, Prepare to leave after B for jungle hotspring and new driving tour of CR. We will stay overnight at Termales de Bosque! Wow, an amazing place to experience, relax, soak and take in a new view of Costa Rica. We will cover a lot of Costa Rica long the way so enjoy the views and stops as we search out our next amazing destination reservaciones@termalesdelbosque.com

Day 7 Friday March 9 Gentle Yoga stretch, bird walkabout and one last dip and then we leave after an early L for our final hotel accommodations nearer the airport for ease in airport shuttle and homeward activities. Buena Vista Hotel offer sclose comfort and a way to relax, reflect and take in the weeks experience. <http://hotelbuenavistacr.com>

Day 8 Saturday March 10 fly away home to welcome spring unless you are staying for **Costa Rica Adventures March 16-24** Ask about special **Two for One Costa Rica** Experience and special rates and places to see! You're in Country you might as well enjoy it! **Find Yourself in The World, Take it all in and BE!**

“When you find peace within yourself, you become the kind of person who can live at peace with others” Peace Pilgrim

