



# PEACE THROUGH YOGA FOUNDATION

## COSTA RICA: YOGA, SERVICE, AND ADVENTURE RETREAT

February 23-March 2, 2019

TRIP LEADERS: Meghan Tolhurst, MA, E-RYT 200 and Ryan Tolhurst BA, E-RYT 200

### Day 1 (Saturday, February 23)

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 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. It was the residence of two past Presidential families. The historical Hotel Don Carlos' warmth and charm graciously awaits you. Enjoy Costa Rica's finest works of art 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, February 24)

After breakfast, the group will depart at 8:15 a.m. for Samasati Nature Retreat near Puerto Viejo. We will pass through the chilly heights of Braulio Carriollo 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 to Puerto Viejo.



We will arrive in time for lunch. The food is gourmet vegetarian and each meal is a treat. A gentle yoga class will be offered every evening from 5:15-6:30 p.m. followed by 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, February 25)

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, February 26)

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 Yue is a women's group initiative organized in 1994 in the Carbon 1 community. As banana and vegetable growers, they started developing alternative activities that allowed them to improve their standard of living while being 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, February 27)

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 to go horseback riding on the beach. Well-trained horses and an expert guide will accompany you on 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, February 28)

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 sunbathe.

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, March 1)

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 a 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, March 2)

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

### Prices

Double Per Person: \$1299 Bungalow

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

### 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
- 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

### 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

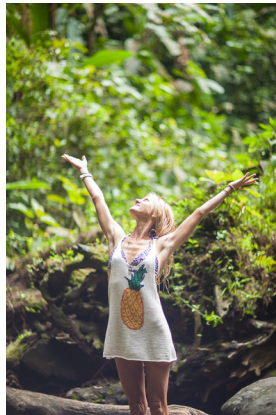
Passport

## Reservations

To guarantee your space, call our Reservation Manager, Susie Morwick at 317-544-8391 or email to [susie@peacethroughyoga.org](mailto:susie@peacethroughyoga.org). A \$500 deposit is needed to hold your space and the balance is due 90 days prior to departure.

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

## Trip Leaders



### **Meghan Tolhurst, M.A. Literacy Education and E-RYT-20, Ayurvedic Yoga Massage Therapist**

Meghan is an educator and an explorer. She began practicing yoga almost 20 years ago and has been teaching for more than 10. She became interested in yoga because of the way the practice connects the body to the mind and the heart. Her classes combine her passion for empowerment through conscious connection and living a sustainable life with purpose. Her style is fluid whether in the studio or on a paddleboard, anchored by the foundations of alignment and pranayama. While she practices asana daily, she believes the true practice begins when we step off the mat.

A lover of language, Meghan has a Master's Degree in Literacy Education with a specialization in English as a Second Language. She is a writer, published in *Elephant Journal*, *Yoga Trade*, and *Sri Lanka Travel Magazine*. She is the previous program facilitator and current board member for Peace through Yoga Foundation.

She is most at home near salt water or holding a suitcase. Subsequently, she has lived and taught extensively in North Carolina, South Africa, and Costa Rica. She has co-led workshops in both Nicaragua and Aruba. Her most influential teachers include: Ashley Ludman, Kristin Cooper-Guluk, Melanie Castleman, Susana Harwood Rubin, Adriana Leiva, and Ancel Mitchell.



**Ryan Tolhurst, B.A. Anatomy Physiology, E-RYT 200**

Ryan was first drawn to the practice of yoga over 18 years ago while earning his degree in biomechanics and kinesiology at the University of Richmond. He has always balanced between the world of athletics and academics. Ryan was a member of the football team during his time at Richmond and went on to play professionally for the Carolina Panthers.

Ryan is a graduate of the Wilmington Yoga Center teacher training program. He has studied under Noelle Whittington, Tamal Dodge, and Jason Crandell. He continues to pursue his study in anatomy and physiology extensively. Ryan leads workshops and training modules internationally on the human body and its connection with yoga.

Off the mat, Ryan is a board member of Peace through Yoga Foundation through which focuses to enrich, educate, and empower girls in rural areas. Ryan works directly with the Girls for Success Project, an afterschool education and empowerment program for girls in the rural communities of Carbón and Hone Creek, Costa Rica.

Using a mindful approach to the body, Ryan hopes that students develop a connection to their practice so that it might be a foundational tool in their daily lives.

Meghan and Ryan were married in October 2017 and lived in Costa Rica close to two years. They both look forward to sharing with you this special country, culture, and people they have come to love.



