

Yoga, Adventure, and Service Retreat

November 14-21, 2020

Trip Leaders and Yoga Teachers:

Sally Bassett and Lily Kessler

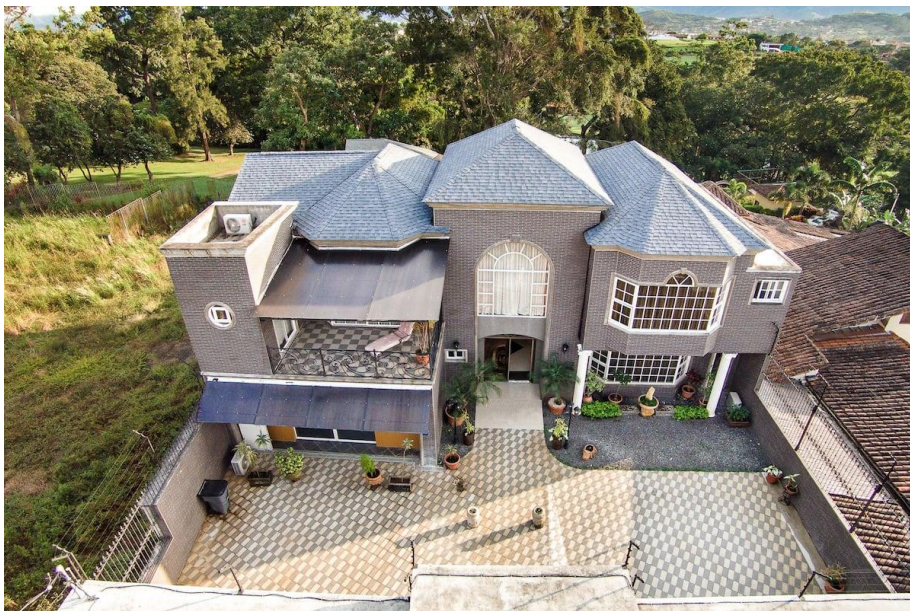
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Day 1 – Saturday, November 14

Arrive in San Jose, Costa Rica and transfer to the quaint boutique hotel, Alameda Cariari. Get settled in your new surroundings until the Welcome Dinner at 6 p.m. at the hotel's restaurant. (D)

Accommodations:

Alameda Cariari Boutique Hotel is located near the airport and next to a golf course. An outdoor pool, garden, a library, and rooms with WiFi, refrigerators, and flat-screen TV's will be available during our first and last night of the trip.



Day 2 – Sunday, November 15

After breakfast the group will depart 8:15 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 to Puerto Viejo.

We will arrive in time for lunch. The food is gourmet vegetarian and each meal is a treat. At 3:00 p.m. the girls from our Girls for Success Center will join us at Samasati for several fun activities and cake before heading back down the mountain.

A gentle yoga class will be offered every evening from 5:30-6:45 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 being. (B/L/D)

Day 3 – Monday, November 16

After a slow flow vinyasa yoga with an intention set for each class from 6:30-7:45 a.m., you can enjoy a lovely breakfast on the terrace. The group will then head out for a morning excursion to the Volio Waterfall. The waterfall is located within the Bribri Indian Reservation. There is a moderate hike to reach the waterfall, which is located in the Talamancan forests. The hike has several river crossings and the opportunity to view many different species of flora and fauna. Once you arrive to the refreshing blue/green waters, we will hike, swim, take pictures, relax and enjoy.

After our morning hike, 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 an hour stop in the town of Puerto Viejo to shop. Evening yoga will be offered followed by dinner. (B/L/D)

Day 4 – Tuesday, November 17

After yoga and breakfast, join Sally on a *Mindful Outdoor Experience* exploring the trails at the nature retreat. The experience includes walking with awareness, noticing sensations in relationship to the land and elements, as well as what we call “nature mediation.” It will conclude with a group share and tea followed by lunch.

The afternoon will be spent at our Girls for Success Center 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. The idea is to share some of your own unique experiences while perhaps helping inspire the girls to continue with education and exploration. We encourage interaction and co-creation over gift giving. Please give the gift of your time and passions.

Yoga will include healing vibrational sound during our gentle yoga class this evening. (B/L/D)

Day 5 – Wednesday November 18

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. You will have the opportunity to hike the flat seven kilometers to the point, swim, sunbath, and/or spend time in the small town of Cahuita shopping.

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 or a Reiki treatment with Lily, take a swim, relax in the Jacuzzi, take a nap or read in a hammock.

You will have the opportunity to dine in the home of one of the students from the Girls for Success Project as an alternative to having dinner at Samasati. Dinner with the families is an opportunity to see real Costa Rican life, speak Spanish, and make lifelong friends. Our past retreat guests say it was one of the highlights of the trip and creates lasting authentic connections. (B/L/D)

Day 6 – Thursday, November 19

Following yoga and breakfast, you have two choices. You can either head out for a Canopy Adventure or a Chocolate Forest Experience.

Canopy Tour

The tour takes place over-looking the jungle where you will zip from tree to tree. There are 13 stations where you will enjoy approximately two hours of zip lining and walking in between several of the platforms. It's an adventure that should be on everyone's bucket list for at least once in life. Return to Samasati in time for lunch.

A Chocolate Forest Experience Chocolate lovers, nature enthusiasts, and those looking to learn more about Costa Rica's rich history of cacao will indulge in this experience. It begins with a guided hiking tour through varied areas of their cacao farm, from the jungle to the forest and managed cacao restoration zones. Then, of course, enjoy a chocolate tasting with amazing ocean views.

Return to Samasait for lunch and the beautiful view of the Caribbean from the open-air restaurant followed by free time for a swim in the pool, Reiki with Lily or lounge in a hammock.

Enjoy yoga and a releasing fire ceremony prior to our special farewell dinner at Samasati. (B/L/D)

Day 7 – Friday, November 20

After yoga and a leisurely breakfast, we will transfer mid-morning to San Jose and check-in at the Alameda again.

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. National Geographic has named it one of the top ten river rafting trips in the world. \$99 per person

A Farewell Dinner is scheduled at 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, November 21

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. 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:

- Five night accommodations – private bungalows at Samasati
- Two nights at the boutique Alameda Cariari in San Jose

- Airport Transfers
- In-country transportation
- All meals at Samasati Nature Retreat
- Welcome and Farewell Dinners in San Jose
- Breakfast at Alameda Cariari
- Beach time at Punta Uva
- Dinner with a local family
- Nine yoga sessions at Samasati
- Cahuita National Park
- Waterfall Excursion
- Zip-lining Adventure or Chocolate Forest Experience
- A Mindful Outdoor Experience
- Coordination of all volunteer activities
- Services of Trip Leaders

Note: Additional destination information will be send to each participant no later than 60 days prior to departure. This information will including packing tips and also items or supplies needed at our girls' center.

Prices:

Double Per Person: \$1399 Bungalow

Triple Per Person: \$1299 Triple Bungalow (two story bungalow with three beds)

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*

To guarantee your space, call our Reservation Manager, Susie Morwick at 317-544-8391 or email to susie@peacethroughyoga.org. A \$500 deposit is needed to hold your space and the balance is due 90 days prior to departure. We highly recommend travel insurance which Susie can also confirm for you.

Trip Leaders



Sally Bassett

Sally' enthusiasm toward life as well as her creative and spiritual approach to yoga have been key to her success. Sally has been an adjunct professor at Butler University the last seven years, teaching yoga basics and philosophy, and co-founded a program, "yoga and Spirituality" at Christian Theological Center. She also teaches at Blooming Life Yoga in the village of Zionsville, IN. Sally owned two studios for 12 years before selling in 2014.

Sally is the founder of Peace through Yoga Foundation, a non-profit where the mission is to make an impact through transformational yoga and service. After traveling to over 120 countries, Sally was inspired to open an International Center for Girls in the heart of the Costa Rican rainforest area. Week-long retreats are offered there to include yoga, adventure, and service. Sally completed her doctorate degree at Purdue University in tourism with the emphasis on international humanitarian work. Sally is also the author of "*Yoga through Christ: via the Eight Limbs of Yoga*".



Lily Kessler

Lily Kessler, Ed.S., E-RYT 500 Founder of Blooming Life Yoga Studio + School, The Energy Codes Master Trainer®, B.E.S.T. and Spiritual B.E.S.T. Practitioner®, Reiki Master, certified in Relax & Renew®, YoKid®, Laughter Yoga, and is lead trainer of Dr. Sue Morter's BodyAwake Yoga™ and BLY's 200hour and 300-hour training programs. Lily leads yogic cultural adventures to India, Peru, and Costa Rica. Lily is also the author of *The History & Art of Living Yoga: Humanity's Quest for Nourishment*.

OPERATED BY:



Peace through Yoga Foundation

Supporting Girls for Success

