



COSTA RICA

NOVEMBER 5-12, 2022

Adventure, Yoga and Service

ITINERARY

Day 1 – Saturday, November 5 (D)

Arrive in San Jose, Costa Rica and transfer to the charming historic Gran Hotel. Get settled in your new surroundings and explore the city until the Welcome Dinner at 6 p.m.

Accommodations:

The Gran Hotel, built in 1930, is a historic monument and the best location in the city. This charming hotel is located next to the National Theatre on one corner and the Pre-Colombian Gold Museum across the street. The hotel contains a casino in the lobby, a patio café noted for its marimba performances, fitness center, and piano bar.

Day 2 – Sunday, November 6 (B/L/D)

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.

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 before heading back down the mountain.

Before dinner from 5:30-6:30 p.m., you will receive a gentle and peaceful yoga 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.

Day 3 – Monday, November 7 (B/L/D)

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 Bribri Indian Reservation, one of Costa Rica's indigenous populations, for a chocolate making experience by the local women and indulge by tasting the efforts. The morning journey will continue on to the nearby Volio Waterfall. 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 swim, take pictures, relax and enjoy.

Return to Samasati to enjoy the remainder of the afternoon to explore the rainforest, swim, relax in a hammock, or indulge in a massage. Evening yoga will be offered followed by dinner.

Day 4 – Tuesday, November 8 (B/L/D)

After yoga and breakfast, we will travel Punta Uva, claimed to be one of the best beaches in the area. The group will return to Samasati for lunch and time to get ready for the afternoon activities.

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.

A gentle yoga class will be offered prior to dinner.

Day 5 – Wednesday November 9 (B/L/D)

Following yoga and breakfast, you have a choice between two excursions. You can either head out for a Canopy Adventure or horseback riding.

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 for lunch and the beautiful view of the Caribbean from the open-air restaurant followed by free time for a swim in the pool, massage, or lounge in a hammock.

This evening 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.

Day 6 – Thursday, November 10 (B/L/D)

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, take a swim, relax in the Jacuzzi, take a nap or read in your hammock.

Enjoy yoga and a releasing fire ceremony prior to our special farewell dinner at Samasati.

Day 7 – Friday, November 11 (B/L/D)

After yoga and a leisurely breakfast, we will transfer mid-morning to San Jose and check-in at the Gran Hotel 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*)



Our Farewell Dinner will support a local restaurant where you will be able to enjoy your last evening with your new-found friends.

Day 8 – Saturday, November 12 (B)

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/L/D = included Breakfast, Lunch, Dinner

REGISTRATION DETAILS

Inclusions:

- Five night accommodations – private bungalows at Samasati
- Two nights at the historical Gran Hotel in San Jose
- Airport Transfers
- In-country transportation
- All meals at Samasati Nature Retreat
- Welcome and Farewell Dinners in San Jose
- Breakfast at the Gran Hotel
- Beach time at Punta Uva
- Dinner with a local family
- Nine yoga sessions at Samasati
- Cahuita National Park
- Waterfall Excursion
- Chocolate Experience on the Bribri Indian Reservation
- Zip-lining Adventure or Horseback Riding
- Coordination of all volunteer activities
- Services of Trip Leaders

Note: *Additional destination information will be sent to each participant no later than 75 days prior to departure. This information will include packing tips and also items or supplies needed at our girls' center.*

Prices:

- Deposit: \$500 upon booking
- Final payment due 75 days prior to departure
- Double Per Person: \$1499 Bungalow
- Triple Per Person: \$1399 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) and \$99 river rafting adventure
- Personal expenses like massages and alcoholic beverages

- Travel insurance (highly recommended and may be required by Costa Rica government during Covid restrictions)

Documents Needed: *Passport*

Trip Leaders: Sally Bassett and Maryjane Sweet

Operated by Peace through Yoga Foundation



CALL OR EMAIL TO REGISTER

Contact our Travel Manager, Susie Morwick, at (317) 544-8391
or susie@peacethroughyoga.org.