

## 2011 Yoga, Nature and Adventure Retreat Dates

- We are currently planning new dates for this trip in 2012. Email [info@peakbeings.com](mailto:info@peakbeings.com) to be notified when we finalize our dates.

Experience true sustainable travel through Costa Rica's breathtaking natural attractions, while taking priceless time to rejuvenate your body, mind and soul through yoga. Immersing yourself in your yoga practice and nature, while also having time to take in as much adventure as you like.



Your travel will be guided by a local expert and certified yoga teacher who will support you and advise you at all times, to assure that your vacation is an authentic, healthy, relaxing and magical experience! They will be teaching the daily yoga sessions and also making sure you are safely transported from location to location so you are able to relax and enjoy your time away.

Let us take care of all the logistics! Our retreats include all yoga classes, transportation, hotel accommodation, most meals and some activities, while also allowing you the free time you deserve. Let us help you book your own adventure experience as you have always dreamed it!

Whether you are a yogi, a nature lover, or just simply looking for a relaxing experience, we will have an amazing and fun time together! We welcome everyone to join our journey through one of the most biologically diverse countries in the world. Check out our Costa Rica Yoga Retreat video from this retreat.

Allow yourself the opportunity to travel with professional local guides and certified yoga teachers.

Smile and let the light shine within you!

*Namaste and Pura Vida*



## DESCRIPTION

The **Costa Rica Yoga, Nature and Adventure Retreat** (9 Days/8 Nights) will take you from the city to a peaceful nature sanctuary on the exotic tropical Caribbean coast where you can wake up to the sounds of the surrounding rainforest and hike to the nearby waterfalls. Located near the small beach town of Puerto Viejo where you can enjoy the beach, go snorkeling, take a surf lesson, ride a bike, go horseback riding or bird watching or visit one of the local wildlife reserves. After 4 unforgettable days at

### **Samasati Nature Retreat**

we will head to Lake Arenal (La Fortuna) to witness one of Costa Rica's active volcanoes staying at

### **Rancho Margot**

, a majestic self sustainable community filled we find nature and peace on the shores of the lake.

In the Arenal Area you will be able to observe the majesty of a perfect coned volcano. The Arenal area is known as the “adventure capital” of Costa Rica. You can choose from activities like whitewater rafting, hiking, horseback riding, waterfalls, rappelling, kayaking and many others. There are also nature reserves and butterfly farms where you can see the vast biodiversity that Costa Rica has to offer. Please check our FAQ page or email [info@peakbeings](mailto:info@peakbeings) with questions.

## **ITINERARY**

### **Day 1: SAN JOSE – Hotel 1492**

Arrival Day to San Jose, Costa Rica. Free day, no activities planned. Check out San Jose downtown, shopping centers, museums and restaurants. (Night meeting) (No meals included, enjoy some traditional Casado!)

### **Day 2: Caribbean Coast – Samasati Yoga Retreat & Nature Lodge**

Breakfast in San Jose, van pickup early morning and private transfer to the Caribbean Coast (approx. 4 hours). Upon arrival at Samasati Yoga Retreat & Nature Lodge: Lunch and free afternoon to explore the area and enjoy of the lodge facilities. Evening Yoga Session and Dinner. (Breakfast + Vegetarian Lunch, and Dinner included)

### **Day 3: Caribbean Coast – Samasati Yoga Retreat & Nature Lodge**

Morning Yoga Session, Breakfast, free morning for Optional Activities in the area, Lunch, free afternoon for Optional Activities, Evening Yoga Session and Dinner. (Vegetarian Breakfast, Lunch, and Dinner included)

### **Day 4: Caribbean Coast – Samasati Yoga Retreat & Nature Lodge**

Morning Yoga Session, Breakfast, free morning for Optional Activities in the area, Lunch, free afternoon for Optional Activities, Evening Yoga Session and Dinner. (Vegetarian Breakfast, Lunch, and Dinner included)

**Day 5: Arenal/La Fortuna Area – Rancho Margot Lodge**

Morning Yoga Session, Breakfast, Private Van transfer to La Fortuna/Arenal (approx. 5 hours). Upon arrival to La Fortuna and Rancho Margot: Lunch, free afternoon for Optional Activities and to enjoy the lodge facilities. Dinner and then an evening visit to the Arenal Hot Springs & Spa! (give your body a break and some love!). (Vegetarian Breakfast, Lunch, Dinner + Hot Springs included)

**Day 6: Arenal/La Fortuna Area – Rancho Margot Lodge**

Morning Yoga Session, Breakfast, free day for Optional Adventure Activities in the area, Lunch, Evening Yoga Session and Dinner. (Vegetarian Breakfast, Lunch, and Dinner included)

**Day 7: Arenal/La Fortuna Area – Rancho Margot Lodge**

Morning Yoga Session, Breakfast, free day for Optional Adventure Activities in the area, Lunch, Evening Yoga Session and Dinner. (Vegetarian Breakfast, Lunch, and Dinner included)

**Day 8: San Jose – Hotel 1492**

Morning Yoga Session, Breakfast (included) Private Van transfer to San Jose, Hotel Don Carlos (approx. 4 hrs). Free afternoon and evening to relax and prepare for your return back Home! (Breakfast only included)

**Day 9: Departure Day!**

Breakfast and then off to the airport to catch your flight. Have a safe flight and PURA VIDA!!! (Breakfast included).

**Package Includes:**

- 9 Days/8 Nights
- Experienced Tour Leader and Yoga Instructor
- Retreat Transportation (Private vans), (Airport pick-up/drop-off not included in price, but can be arranged)
- All Yoga Sessions with a Certified Yoga Alliance Instructor
- Meals included as noted above (8 breakfast, 6 lunches, 6 dinners)
- 2 Nights Accommodation in San Jose
- 3 Nights Accommodation on the Caribbean Coast at Samasati Lodge. (All organic and vegetarian meals)

- 3 Nights Accommodation in Arenal/La Fortuna area at Rancho Margot. (All organic and vegetarian meals)
- Entrance to Arenal Hot Springs & Spa at La Fortuna & Included Ranch tour at Rancho Margot.

**Note: Flight to San Jose, Airport Transfers and Optional Activities not included.**  
Approximate prices for airport transfers and optional activities may be provided upon request. [Click here to check flight prices \(Airport Code: SJO\)](#)

## Rates

Guest/Bunk House - Price per person Double Occupancy: \$1,250  
Guest/Bunk House - Price per person Single Occupancy: \$1,375

Bungalow - Price per person Double Occupancy: \$1,475  
Bungalow - Price per person Single Occupancy: \$1,800

**\*\* Bring a Friend and Save \$100 off your Retreat \*\***



\*\* Payment plans are also available. Email [info@peakbeings.com](mailto:info@peakbeings.com) \*\*

Email [info@peakbeings.com](mailto:info@peakbeings.com) with questions or to register

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