

EcoYogadventures Itinerary/ Tour Menu

Sunday, March 12: Travel to San Jose, Costa Rica, Stay at hotel near SJO Airport

Please provide your flight itinerary to ecoyogadventures@gmail.com

Once you arrive at San Jose airport, you will be picked up and taken to a boutique hotel nearby the airport. Transport costs from airport to hotel are included. More information about this hotel TBD. In the evening, we will all gather and have a mixer at the hotel... celebrate that we have arrived! Meals will not be included on this day.

Monday, March 13: Travel to San Gerardo de Rivas, El Pelicano Lodge

After breakfast at the hotel, we will be picked up on a private tour bus and will begin our journey to El Pelicano Lodge in the Talamanca mountain region. We will have a stop around lunch time in a location TBD. Lunch cost not included this day.

Once we arrive to the lodge, we will have time to explore the region before our first yoga session and dinner. Enjoy some of the local offerings such as a secret orchid garden, or visit nearby bakery, and enjoy regional wine and cheese. During your stay at the lodge, all meal costs are included.

Tuesday, March 14: Cloudbridge Reserve Hike, travel to Vista Ballena

We will start the day with Sunrise Yoga. After yoga we will have breakfast, then go on a hike in Cloudbridge Reserve. After the tour, we will get back on the bus and travel to the Pacific Coast.

Cloudbridge Reserve Tour: This is a 3-4 hour hike along a river trail past two huge waterfalls, spotting birds and other wildlife, while learning about this special cloud forest and the reforestation work that has evolved over the last several decades. Along this hike, we will have the rare and special opportunity to spot the resplendent quetzal during their nesting season.

After our hike, we will return to the lodge to gather our belongings and then head to Vista Ballena, in Ballena Bay where we will arrive before sunset yoga on the platform overlooking the coast.

**While staying at Vista Ballena, please indicate if you would like to book a:*

- 1 hour spa service

Wednesday, March 15: Customize Your Day—Marino Ballena National Park & Beach

On our first full day on the Pacific coast, we will explore Marino Ballena National Park, which is one of the best national parks in Costa Rica for beaches. Marino Ballena National Park has one of the most unique features, a beach shaped like a whale's tail, formed by the union of 2 separate beaches. This national park was created for the sole purpose of protecting the humpback whale migration, the Whale's Tail is a spectacular masterpiece of Mother Nature. Swim, stand up paddle, surface snorkel, walk, lounge. We will provide additional day tour adventures to customize your experience, such as surf lessons or bird watching, so stay tuned!

Thursday, March 16: Nauyaca Waterfalls, Restorative Yoga

This day is going to be full in beauty. We will focus on nourishment, hydration, mindful movement, breathwork, endurance, restoration, meditation, and deep intention. We will start with Sunrise Yoga,

then after breakfast we will head out and hike to the Nauyaca Waterfalls. Hidden deep within the forests of Costa Rica's South Pacific, the Nauyaca Waterfalls consist of two amazing falls. This all-day excursion includes entrance fees to park, transportation, lunch, guide, and snacks. In the afternoon, after we return, we will have a pranayama and meditation session. After dinner, we will hold a deep restorative yoga practice, incorporating Thai yoga techniques.

Friday, March 17: Customize Your Day—Optional day trip to Manuel Antonio Park

After morning yoga you can stay at Vista Ballena and enjoy the pool or get a massage, or you can join us for another EcoYogadventure at Manuel Antonio Park, one of the most beautiful and bio-diverse areas in the world, where the diversity of wildlife in this park is unequaled. Manuel Antonio contains a charming combination of the rain forest, beaches, and coral reefs. These beaches are lined with lush forest, and the snorkeling is excellent, too. The forest is home to sloths, iguanas, rare and adorable squirrel monkeys, white faced monkeys, and millions of colorful crabs. This day adventure is not included in the retreat cost. Admission fees to get into the park is \$20. Guided tours are \$75. Snorkeling adventures and more will be priced and info is TBD.

Saturday, March 18: Last Morning at the Lodge; Travel back to Hotel near SJO Airport, stop at Manuel Antonio

After morning yoga and breakfast, we will pack up, board our private tour bus again, and head back towards the hotel nearby the airport, driving along the coast this time and stopping at Manuel Antonio for lunch. We will then come back to a boutique hotel nearby the airport, where you will be able to rest and prepare yourself for your pickup the next day to San Jose Airport. Lunch and dinner are not included in cost, as we will be choosing from different eateries.

Sunday, March 19: Your Journey Home

Breakfast is provided at hotel. You will be picked up and transported to San Jose airport at an arranged time. From there, it is your journey back home.