

# Itinerary

## ***Tuesday December 27<sup>th</sup>.***

You will meet our group at the international terminal in Chicago O'Hare at noon (Flight leaves at 2:30pm). We will be flying Avianca (Central American airline) so we will have a quick stop in El Salvador (50 min). We'll get to San Jose at around 9:30 pm, I will meet you at the airport (I will be flying on an earlier date to get some shopping and things for the retreat), and there you guys will meet Henry our driver. Henry has been our driver for past retreats and is a great guy. That night we'll have the option to go to dinner or straight to the hotel. Our first night we are staying at Hotel Villa Zurqui <http://www.hotelvillazurqui.com> in the mountains north of the capital city. It might be a little chilly so don't forget to pack some warm clothes.



Hotel Villa Zurqui

## ***Wednesday December 28<sup>th</sup>***

After breakfast at the hotel we will drive to the Atlantic coast in our luxury tour bus. The drive is about 3.5 hrs. The drive is very nice, we will cross the impressive Braulio Carrillo National park <http://costa-rica-guide.com/nature/national-parks/braulio-carrillo/>, a huge area of mountains covered in old growth forest that resemble the movie Jurassic park, and after that the

lowlands of the Caribbean coast. Once we get to the lowlands we'll stop to explore one of the fruit stands on the side of the road, the best places to find a huge variety of tropical fruits. We will also stop at a bank so we can exchange money at a much better rate than the airport\*\*.



Braulio Carrillo National Park

Around noon we will arrive in Puerto Viejo, here you will have some free time to explore the town, a destination for surfers, hippies, world travelers, and as a preferred place for many expats to settle down when living in Costa Rica, the town exudes an eclectic vibe.



Playa Negra, Puerto Viejo, Limon

After a couple of hours in town we will go to our houses, Fruta de Pan and La Limona, wonderful Caribbean style

homes. You will have time to settle down and maybe take a walk along or a dip in the ocean right in front of the house. We will then reconnect at the house in the late afternoon/early evening for yoga.



Beach in front of the house

### ***December 28<sup>th</sup>-January 2<sup>nd</sup>:***

During this time our stay will be outside of the town of Puerto Viejo, in our rental homes Fruta de Pan and La Limona. The town is located close enough that we can make daily stops for you to go there and check it out. The 2 houses are side-by-side, along the beach where the jungle meets the sand and reef. The area is very nice, you can take walks along the beach and discover many things at different hours of the day. We will have shared accommodations for most guests (couples have their own room, others will share a room with a roommate). There is spacious patio and upper balcony space to sit out and enjoy yourself and company. There will be refreshments, juice, and tea available around the clock, and Costa Rican coffee in the morning. We will be preparing fresh, fun, and creative dishes together as a group (participate as little or as often as you like).

### **Yoga**

You will enjoy 1-2 daily yoga sessions, meditation experiences and mindfulness walks at our home and surrounding area. We will practice yoga in the common area of Fruta de Pan. Yoga will be open to all levels and instruction will come from a therapeutic, thoughtful approach and guide you through levels of expansion that you would like to work at.

Please pack your own mat, a block, and a blanket. You may even want to bring a journal. *We can do an order of props, including blankets, mats, and blocks from a wholesaler for you as a special order. If you are interested in ordering, please let Chenoa and Sarah know and we'll get an order together.*

### **Daily Adventures**

#### Gandoca Manzanillo National Wildlife Refuge

There we will hike one of the trails of the park to see this beautiful rainforest, observe some animals and have some fun.



Gandoca Manzanillo National refuge

#### La Ceiba Primary Forest Release Site in Punta Uva.

Just 3 miles from the house and the Jaguar Rescue Center, in the heart of the primary forest of the Caribbean is where La Ceiba has been lovingly built and maintained. Encar and Sandro

acquired the 49-hectare property several years ago, and it is now used as the release point for animals to be reintroduced to their natural habitat after their stay at the Jaguar Rescue Center.

The jungle truly comes alive at night, and on this magical 2 hour hike led by a professional guide, you will see and hear nocturnal animals that stay hidden during the day. The sights and sounds of the jungle at night will surely be something you'll never forget!

#### Waterfall hike

We will enjoy a nice hike in the forest that leads to a beautiful waterfall with a refreshing pool underneath.



Group 2014 at Volio waterfall

#### Bribri Indigenous Reserve

The Bribri territory is an excellent way to spend the day experiencing the richness of the Pre-Columbian culture of Costa Rica in a cultural, anthropological, and natural immersion. The Bribri have lived off the cocoa plant that they still know so much about. Here we will see how the women of the tribe create organic chocolate, and the traditional uses of cocoa, cinnamon, and other medicinal plants for natural remedies.

#### ***Optional Experiences:***

##### Jaguar Rescue Center Tour\*

Before the evening of the night hike in Punta Uva, we can take you to the Jaguar Rescue Center, which is a temporary or permanent home for ill, injured and orphaned animals. With a focus on birds, reptiles, amphibians and small primates, the JRC provides veterinary services, round-the-clock care and comfort to animals that would otherwise be unable to survive in the rainforest or the sea of the Caribbean. Touring the site is a great way you can support their daily effort to rescue, rehabilitate and protect the wild animals of Costa Rica and at the same time an unforgettable experience and unique chance to get a close look and learn about of their special guests.

##### New Year's Eve

This will be your "free day" and you will have your choice of any activities you may wish to participate in. We will offer yoga session and meals at the house, and you are welcome to stay at the house, hang on the beach, or create your own adventure, which may include:

Surf lessons or board rental\*

Massage\*

Chocolate Tour\*

Horseback Riding\*

Rafting/Kayaking tours\*



Surfing at salsa brava, Puerto Viejo



*\*Any activity with a \* means this activity is not included in the retreat cost. We can help arrange the transportation and contact the guides for these adventures, and it is possible that we can help arrange a group rate.*

### **Dining experiences**

The day we arrive in Puerto Viejo we will stop in town for you to walk around and grab a bite to eat. There are many options of places to have lunch.

Most meals will be prepared at the house and we can find a way to accommodate to any dietary restrictions you may have. We will have juicing and fresh food options to help support your rejuvenation while here in the tropics.

We are in the works to plan an evening of dinner shared with some of our friends from Jaguar Rescue Center.

We will also have dinner another evening at Maxi's, which is in the town of Manzanillo. It is now a fun tradition for our group to enjoy an evening out with great food and great company.



Maxi, home of the best lobster in town

### **More fun!**

We will be ringing in the New Year together in the happiest place on

earth, so it's sure to be a fun celebration. We'll be sure to partake in some fun traditions that Costa Ricans do for good luck in the coming year!

There are more sweet surprises and celebrations that we are manifesting...



Drinking chocolate from the local forest of Talamanca

### **January 3<sup>rd</sup>**

After our yoga session and breakfast we will pack journey back towards the city. We will stay at Hotel Aeropuerto <http://www.airporthotelcostarica.com> a close distance from the international airport, that night we will go out for an authentic Costa Rican dinner.



Hotel aeropuerto, San Jose

### **Wednesday January 4<sup>th</sup>**

We'll leave Costa Rica at 5:40am and will be back in O'Hare at 12:40 pm, perfect time to skip Chicago's rush traffic!