

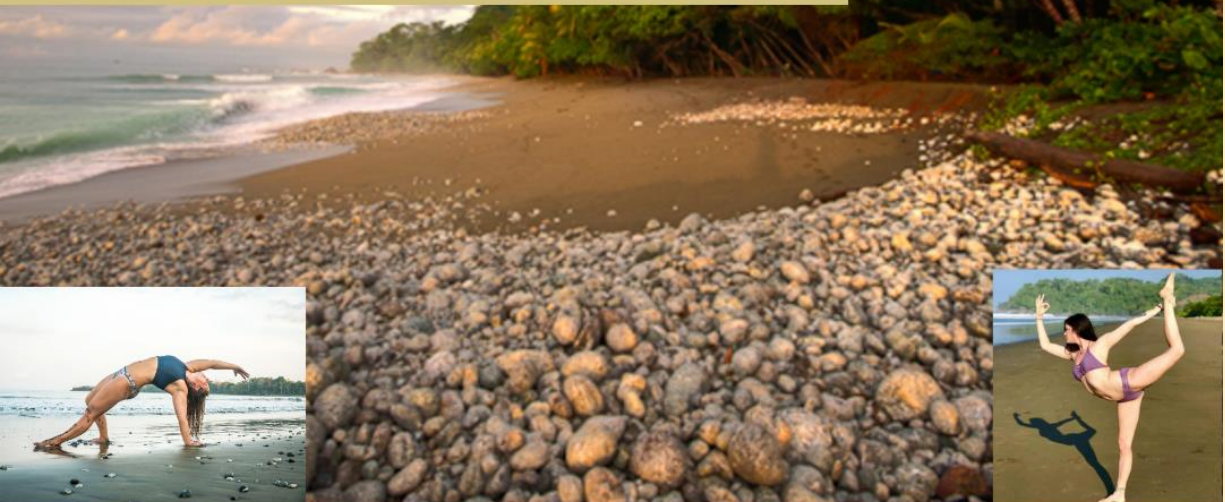
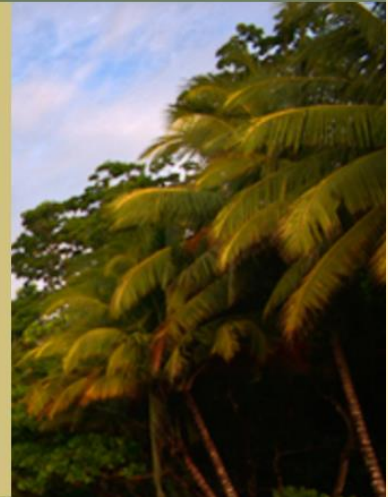


Meet your NEW self in the jungle in the NEW year 2023!

Yoga & Adventure Retreat in Costa Rica with Audrey & Holly

January 9-14, 2023

Get out of our comfort-zone & get in touch with your true-self in a sacred like-minded community of women.



****4 spots still available**

Pricing:

Standard cabina (multi-occupancy) \$2,200

Superior cabina (multi-occupancy) \$2,400

Beach nest (single-occupancy) \$2,400

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***\$500 deposit required to reserve your spot**

Description

Audrey & Holly's yoga & adventure retreat is all about getting out of your comfort zone and getting in touch with your true self—where the jungle meets the sea. During this once-in-a-lifetime experience, you will have the opportunity to find community with like-minded women in a sacred space while also being completely immersed in the culture of Costa Rica with fun exploratory adventures.

Throughout the retreat, you will have the opportunity to deepen your yoga practice, make lifelong friends and come out of the jungle with a new sense of self!



Included in Pricing

Transportation:

- Small jet plane flight to Southern Costa Rica from Juan Santamaría International Airport (San Jose, CR)
- Private shuttle to Nature Lodge

Accommodation:

- Eco Nature Lodge with open jungle shala & walking distance from the beach
- 2 styles of Cabinas: Standard vs. Superior with mosquito netting, 100% cotton sheets & plenty of pillows, towels & biodegradable soaps.

Local Fresh Meals:

- breakfast
- brunch/snacks
- dinner

Itinerary:

- 2 daily yoga classes: morning & evening
- daily adventures: hiking to waterfalls & local farms, surfing, kayaking, bird watching & free time
- journal prompts, women circles, bonfires, tarot card readings & more



Audrey & Holly's Yoga & Adventure Costa Rica Retreat Itinerary January 9-14th, 2023

Day 1 ~ Jan 9
Sansa flight from SJO to PJM
Shuttle from PJM to Ojo Del Mar
Check in
Get settled and meet room mates
Yoga in the Jungle Shala 3-4
Welcome ceremony on beach 4-6
Dinner 6:30pm-7:30pm

Day 2 ~ Jan 10
Light breakfast and coffee 7am
Yoga in the shala 7:30-8:30am
Free time 8:30-10am
Brunch 10-11am
Guided waterfall hike/local farm tour
Snack 3pm
Yoga In the shala 4-5pm
Beach sunset
Dinner 6:30pm

Day 3 ~ Jan 11
Light breakfast and coffee 7am
Sunrise yoga on the beach 7:30-8:30am
Free time 8:30-10am
Brunch 10-11am
Surf lessons
Snack 3pm
Yoga In the shala 4-5pm
Beach sunset
Dinner 6:30pm

Day 4 ~ Jan 12
Light breakfast and coffee 7am
Yoga in the shala 7:30-8:30am
Free time 8:30-10am
Brunch 10-11am
Bird watching
Snack 3pm
Kayaking sunset excursion 4-6pm
Dinner 6:30pm



Day 5 ~ Jan 13
Light breakfast and coffee 7am
Yoga in the shala 7:30-8:30pm
Free time 8:30-10am
Brunch 10-11am
Free afternoon/optional activities for additional cost
Snack 3pm
Yoga on the beach 4-5pm
Bonfire on the beach 5-6:30pm
Dinner 6:30pm
Night out/salsa dancing

Day 6 ~ Jan 14
Light breakfast and coffee 7am
Yoga in shala 7:30-8:30am
Closing ceremony in the shala 8:30-9:30am
Brunch 10-11am
Check out & shuttle to PJ Airport

*Schedule subject to change

*If you would like to sign up for an additional activity now, please choose between the following and let us know prior to your final deposit.

Optional Additional Activities:

- Tree climbing/canopying (\$70)
- Horseback Riding (\$70)

