

**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.



***Early Bird Special: \$1,800**

Book by June 2022 to secure your discounted spot!

CONTACT US

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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 |
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| 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 |
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| 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)

