

# Yoga & Adventure Retreat with Audrey & Holly

January 22-27, 2024

**Connect with your Inner-Child & Awaken your Soul!**



This all-inclusive retreat is a time to connect to your body & mind through yoga and connect with your inner child through adventure. During this once-in-a-lifetime experience, you will have the opportunity to find community with like-minded women in a sacred space, where the jungle meets the sea. You will be completely immersed in Costa Rican culture with daily adventures, authentic Costa Rican cuisine and being surrounded by wildlife. This retreat will give you the opportunity to deepen your yoga practice, make lifelong friends and come out of the jungle with a new connection to yourself, your inner child and nature.

## **Pricing**

\$2,000 – Early Bird

\$2,200 – General Pricing

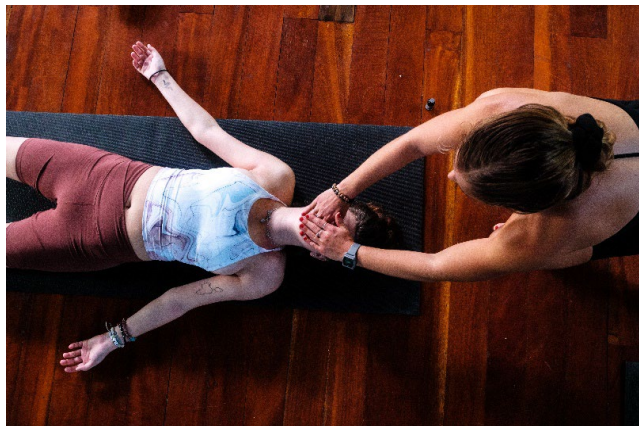
**\*\$500 deposit (venmo- aabshire90@gmail.com) required to reserve your spot**

**Early bird pricing ends June 1<sup>st</sup>, 2023**

**Final Payments due October 24<sup>th</sup>, 2023**

## What's included:

- Flight from San Jose Airport to Puerto Jimenez and shuttle to Ojo Del Mar
- 5-night accommodation in an off grid eco lodge steps from the beach
- 3 nutrient dense meals daily using fresh, local produce
- Daily yoga classes
- Daily adventures including surf lessons, tree climbing, kayaking, river bathing and more
- Body and mind healing practices including journaling, dancing and a beach front massage
- Cacao Ceremony (optional-additional fee)
- Birth chart and tarot card readings
- Organic elixir and mushroom powder offering



## NOT INCLUDED:

- International Flight to San Jose, Costa Rica
- Cash for extra activities, vendor shopping, tipping, etc.
- Additional beverages including alcohol
- Additional travel including lodging by airport night before or after if needed

## Where are we staying?



The Osa peninsula is one of the most remote regions in Costa Rica located in the southwest part of the country with the Pacific Ocean to the west and the Golfo Dulce to the east. Named by the National Geographics as “the most biologically intense place on earth” the Osa Peninsula is a true jewel of land, water, and life with 2.5% of Earth’s biodiversity.

Ojo Del Mar is a beautiful off grid eco-lodge located in the Osa peninsula built with sustainability and nature in mind. Surrounded by the jungle and only steps from beach you are as close to nature as possible. Each bed has mosquito netting, 100% cotton sheets, plenty of pillows, towels and biodegradable soaps. Please keep in mind that Ojo Del Mar is very secluded, off grid and you are basically sleeping outdoors. This gives you the opportunity to fully immerse yourself in nature.



## Schedule

### Day 1

- You will arrive at the Sansa airport (time TBD) to catch your domestic flight to Puerto Jimenez. You will then take the shuttle ride from the airport to Ojo Del Mar (45mins).
- Welcome ceremony
- Dinner
- Bonfire

### Day 2

- Morning Yoga
- Breakfast
- Surf Lessons
- Lunch
- Free time
- Restorative Yoga, Meditation & Journaling
- Dinner

### Day 3

- Morning Yoga
- Breakfast
- Tree Climbing
- Lunch
- Free Time
- Embrace your Shadow Workshop
- Dinner

### Day 4

- Morning Yoga
- River Bathing
- Lunch
- Free Time
- Holistic Healing Workshop
- Dinner
- Cacao Ceremony

### Day 5

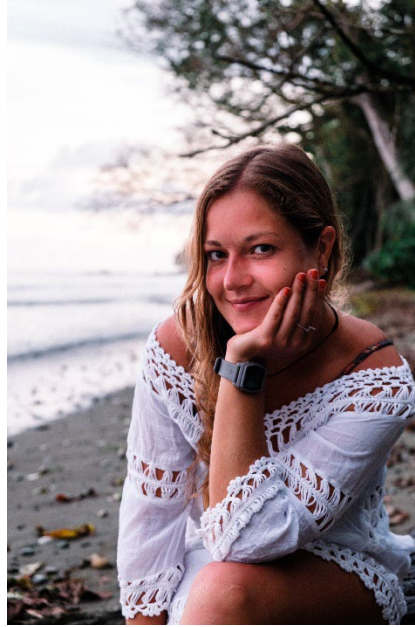
- Morning Yoga
- Kayaking
- Lunch
- Free time & opportunity for one-on-one yoga session
- Local Vendor Shopping
- Dinner
- Night out dancing at Martina's

### Day 6

- Breakfast
- Closing Ceremony
- Pack up belongings and head to Puerto Jimenez for Sansa flight (time TBD) back to San Jose.

**\*\*PLEASE NOTE: SCHEDULE IS SUBJECT TO CHANGE\*\***

## Meet your retreat facilitators

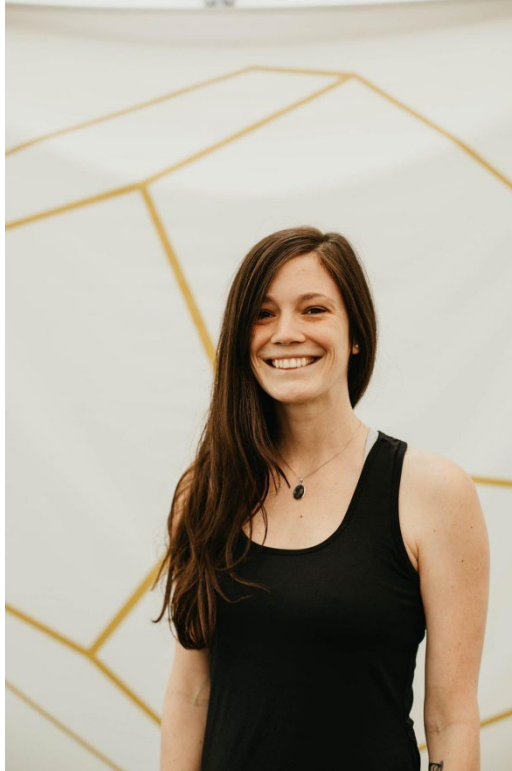


**Audrey**

As a yoga teacher, my main goal is to guide others down the long path of self-discovery that yoga provides. Whether you want to move your body, reach spiritual growth, or find truth, I know you'll benefit from this practice. Since 2010 I've regularly practiced yoga, and having the chance to share all that I've learned along the way with students throughout my trainings and practice fills me with joy. I've always struggled with trying to control my life and my future. Yoga has significantly helped me both physically and mentally in being in the present moment - where we should ideally be at all times. I truly believe that the power of being in the present moment, consciously aware of what I'm thinking and how I'm feeling, has solved a lot of my problems. The importance of daily practice with the body and mind connection is astronomical. Ensuring to set aside time in my day for meditation, pranayama (breathing exercises), and flowing through asanas is the most important time of my day. This is when I can genuinely connect with myself, mainly my body, because that is honestly what matters. The closer I can get to my True Self, the happier I am as a human being. If you can't find me on the mat, I'll be adventuring around off-the-beaten path expeditions as a digital nomad or surfing in Costa Rica.



**AUDVENTURISM**  
HOLISTIC TRAVEL & WELLNESS



## Holly

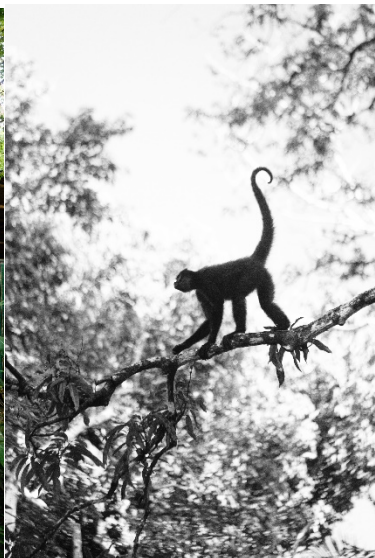
My yoga practice began in 2013 while I was seeking new forms of exercise and quickly learned that yoga is so much more than just a movement practice. I believe yoga is practiced on and off the mat. In 2019 I attended a 3-week immersive yoga teacher training in Uvita, Costa Rica and completed my 200 hour YTT certification. After coming back to the states I began teaching immediately and have taught hundreds of classes since. In 2022, I led my first yoga retreat in Costa Rica. Guiding a group of women through a life changing experience has left me with a whole new sense of purpose.

Yoga has taught me to slow down, find body awareness, a new love for nature, and a new relationship with myself. My hope is to show others how a yoga practice can transform your life, on and off the mat.

I currently teach classes in central Ohio and beyond. When I'm not teaching yoga I am spending time with my husband, our daughter and Lucy Lou, our Australian Shepherd.









Contact information

Audrey: [info@adventurism.com](mailto:info@adventurism.com)

Holly: [hollyward92@outlook.com](mailto:hollyward92@outlook.com)

