

# Yoga & Adventure Costa Rica Retreat with Audrey & Holly

*January 9-14, 2023*

**Meet your NEW self in the NEW year!**



This all-inclusive retreat is all about getting out of your comfort zone and in touch with your true self. 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 life long friends and come out of the jungle with a new sense of self.

## **Pricing**

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

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

Beach nest (Single occupancy) \$2,400

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



### **What's included:**

- Transportation from San Jose airport to Puerto Jimenez and then a shuttle to the eco-lodge
- 5-night accommodation in a beautiful eco-lodge just steps from the beach
- Daily yoga classes held in the yoga shala surrounded by nature
- 4 nutrient dense meals offered daily using fresh, local produce
- Daily adventures including surf lessons, sunset kayaking, bird watching, waterfall hikes and more



### **Where are we staying?**

The Osa peninsula is one of the most remote regions in Costa Rica located in the south west part of the country with the Pacific Ocean to 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.

Ojo Del Mar is a beautiful 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 & biodegradable soaps.

## Schedule

### Day 1

You will arrive to the Sansa airport at (time TBA) to catch your flight in a small jet plane to Puerto Jimenez. You will then take the shuttle ride from the airport to Ojo Del Mar (45mins). Before departing Puerto Jimenez, there will be time available to purchase any items you may need from the store, as there will not be a store local to the eco-lodge.

Upon arrival, Holly and Audrey will be there to meet you and show you your room.

Once settled into your room, resting and meeting your roommates is encouraged.

Yoga class from 4-5 will be offered in the yoga shala to help stretch and move the body after traveling.

Welcome dinner at 6:30.

### Day 2

Light breakfast (yogurt, fruit, granola) and coffee served at 7am. An energizing yoga class in the shala 7:30-8:30. Free time to relax, journal, self-practice. 10am a nutritious brunch will be served followed by a tour of a local farm and then, a guided hike through the jungle to a waterfall to cool off. Snack served at 3pm. Evening yoga class in the shala from 4-5 followed by sunset viewing on the beach. Dinner 6:30.

### Day 3

Light breakfast and coffee served at 7am. Sunrise yoga class on the beach 7:30-8:30. Free time to relax, journal, self-practice. 10 am brunch is served followed by surf lessons/beach time. Snack served at 3pm. Relaxing yoga class in the shala 4-5. Dinner 6:30.

### Day 4

Light breakfast and coffee served at 7am. Yoga in the shala 7:30-8:30. Free time to relax, journal, self practice. 10 am brunch followed by bird watching to witness some of the most beautiful birds in the world in their natural habitat. Snack at 3pm. Kayaking excursion during sunset 4-6pm. Dinner 6:30.

### Day 5

Light breakfast and coffee served at 7am. Yoga in shala 7:30-8:30. Free time to relax, journal, self practice. 10am brunch is served. Afternoon free with adventure excursions available at additional costs. Snack at 3pm. Yoga on the beach 4-5pm followed by a bonfire on the beach to watch the sunset. Dinner 6:30. Following dinner we will go to a local spot for a girls night out to salsa dance, listen to music and enjoy our last night together (drinks and snacks sold separate)

### Day 6

Light breakfast and coffee 7am followed by our final yoga class in the shala from 7:30-8:30. Closing ceremony will be held in the shala directly after class to take in everything we have experienced during our retreat and to share space together one last time before departing. Brunch at 10 am. Gather belongings and check out, taking a shuttle back to the airport to catch the sansa flight to SJO.

## Meet your retreat leaders



**Audrey**

As a yoga teacher, my main goal is to lead others down the long path of self-discovery that yoga provides. Whether you want to move your body, reach spiritual growth, or something else, I know you'll benefit from my practice. Since 2010 I've regularly practiced yoga, and having the chance to share all that I've learned along the way with students through my practice fills me with joy.

Something I know for sure is that everyone could use more yoga in their lives.

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 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, because that is honestly all that matters to me. 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 living off-grid, adventuring around off-the-beaten path expeditions of Costa Rica.



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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 certificate. After coming back to the states I began teaching immediately and have taught hundreds of classes since. I fell in love with sharing this practice.

Yoga has taught me to slow down, 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, two year old daughter and Lucy Lou, our Australian Shepherd. I also enjoy traveling, hiking, a good book and chocolate.





Contact information

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