



RAIN FOREST & YOGA—COSTA RICA

A Proposal From Armelle Fée, Your *Travel Planner Extraordinaire*

What Is Included:

- 7 Nights
- All Meals + Water, Tea, Coffee
- Daily Yoga Class
- \$250 Spa Credit
- Airport Transfers

Dates: Feb 2021

Price: From **USD \$2,415** pp (Jungle Room; Dble Occ.)

USD \$2,544 pp (Queen Bungalow; Dble Occ.)

Fair Rate 90

A Yoga Retreat In A Tropical Forest

If the **song of the rain forest** calls your name, join **Destination Wellness** on a **rejuvenating yoga retreat** in Costa Rica's unique **Nosara Jungle!**



Enjoy a **unforgettable** 7-night adventure towards **peace, balance and rejuvenation** in a beautiful wellness center located amongst gorgeous gardens, yet only a few minutes from the Pacific Ocean, where sand and waves await you, for long walks, a swim and surf lessons if you want to challenge yourself –optional*).

Live what locals call **Pura Vida** (a relaxed, life-loving attitude) in **environmentally friendly surroundings** designed around **nature**, served by an attentive and locally-hired staff. Note that the grounds are smoke-free.

Q: What will my room be like?

A: From the **jungle** room to the **bungalow** room**, your lodgings will include air conditioning, free Wi-Fi, Egyptian cotton sheets (canopy bed in some rooms*), a balcony or patio, and a rainfall shower! Walk past **soothing fountains** and **waterfalls** to reach your room for a **well-deserved rest after an amazing day!**

Q: What activities will I be able to participate in?

A: Our group will enjoy a **daily yoga class**, which will help deepen our practice. **Six yoga shalas** offer stunning **360-degree views** and **fresh ocean air!** The Pacific Ocean with its invigorating waves is a five minute walk along a **serene jungle path**. **Two salt-water pools** offer calmer waters. Choose among sensational spa treatments using your **\$250 spa credit**. If you seek adventure, you may join a variety of active tours, (optional*) such as canopy zip-lining, birding & kayaking, waterfall hiking, horseback riding, ATV riding, or visit a wildlife refuge. You can even take surfing lessons! Do as much or as little as you want! **Your vacation, your call!**

Q: Tell me about meals on the property

A: Fuel your body with hot and refreshing cold soups, an excellent buffet of veggies and salads as well as organic chicken, fish and vegan options. All meals are created with **fresh, healthy** and often **local ingredients**, harvested from nature and aimed at **stimulating individual well-being**. Enjoy tropical and delicious natural cocktails at the **juice bar**.

*Book directly at the resort

**Upgrades available



Jungle, Ocean and Yoga Retreat in Costa Rica

What Is Not Included:

- Optional Excursions
- Expenses of a Personal Nature
- Alcoholic Beverages
- Insurance (Available at Booking: *Cancel For Any Reason Policy* Recommended)
- Room Upgrades Available