

Elements in Motion

March 22 - 29, 2019

YOGA IN COSTA RICA



DATE	FLIGHT	DEPARTURE	TIME	ARRIVAL	TIME
Fri. March 22, 2019	AC 160	Edmonton	06:00	Toronto	11:40
Fri. March 22, 2019	AC 1806	Toronto	16:40	San Jose	19:50
Fri. March 29, 2019	AC 1807	San Jose	08:10	Toronto	15:20
Fri. March 29, 2019	AC 175	Toronto	20:55	Edmonton	23:18

HOTELS (or similar)

<u>CITY & HOTEL</u>	<u>DATES</u>	<u>ADDRESS & PHONE</u>	<u>WEBSITE</u>
Alajuela Country Inn and Suites	1 night March 22	Sobre Autopista General Canas, Ciudad Cariari, Heredia Province Tel: +506 223 922 72	www.countryinns.com
Sarapiqui Selva Verde Lodge	1 night March 23	7 Kms De Puerto Viejo De Sarapiqui (Chilamate, S.) Tel: +506 276 118 00	www.selvaverde.com
Arenal La Pradera Lodge	2 nights March 24 & 25	142, Provincia de Alajuela, San Carlos, La Fortuna Tel: +506 247 995 97	www.lapraderadelarenal.com
Bejuco Bejuco Hotel	2 nights March 26 & 27	1601, Provincia de Puntarenas, Playa Bejuco, Esterillos Tel: +506 277 920 00	www.hotelplayabejuco.com
Alajuela Country Inn and Suites	1 night March 28	Sobre Autopista General Canas, Ciudad Cariari, Heredia Province Tel: +506 223 922 72	www.countryinns.com

GUIDE(S)

<u>NAME</u>	<u>TELEPHONE</u>
TBA	TBA

TRAVEL YOUR WORLD INTERNATIONAL LTD.

Alberta mailing address: 76 South Park Drive • Leduc, AB • T9E 4X8 • T: 780 739 2245
Ontario mailing address: 11 - 139 Guigues Avenue • Ottawa ON • K1N 5J1 • T: 613 513 9463
tours@tyw.ca • TICO Registration #50023987 • www.tyw.ca