

Elements in Motion

March 22 - 29, 2019

YOGA IN COSTA RICA



** Please note: This day to day itinerary is subject to final changes.*

Day 1 Friday, March 22, 2019

International flight to San Jose, Costa Rica

D

19:50 Welcome to San Jose! Board your private coach to be transferred to your hotel. That evening enjoy your first taste of wonderful Costa Rican cuisine!

~ Dinner and overnight at the Country Inn and Suites in Alajuela



Day 2 Saturday, March 23, 2019

Sarapiquí

BLD

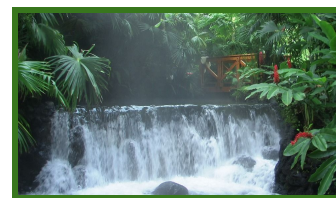
~ Morning Yoga

~ Lunch in a local restaurant

~ La Paz Waterfall - La Paz, is considered to be one of the best Eco parks in Costa Rica. With **five waterfalls**, cloud forest and a rain forest, hiking trails, an aviary plus so much more.

~ Transportation to Sarapiquí

Surrounded by **lush vegetation** and banana plantations, Sarapiquí is situated at the junction of two major rivers. Once a small town, it is now becoming a very popular spot for the adventurist travellers. Dinner and overnight at the Selva Verde Lodge



Day 3 Sunday, March 24, 2019

Arenal

BLD

~ Morning Yoga

~ Lunch

~ Chocolate Tour - Your tour will be led by a trained guide across the long **suspension bridge** to a former cacao-growing plot. During your hike you will learn about the natural and cultural history of the cacao tree. Observe how the **cacao fruit** is transformed into chocolate and hear about the harvest and drying, while the story of the pre and post colonial chocolate is told. Needless to say, you will then have the opportunity to taste the many kinds of chocolate, which will be prepared in the traditional way ... the nectar of the gods! Dinner and overnight at the La Pradera Lodge



Day 4 Monday, March 25, 2019

Arenal / Don Juan

BLD

~ Morning Yoga

~ Costa Rica is regarded as a world leader for **ecotourism and conservation policies**. This morning you will spend time at the **Don Juan Organic Farm**. Here you will see fruits and plants like cacao and sugarcane. You will learn how an organic farm works, then pick the same fruits and vegetables that will be used to create your wonderful lunch. Dinner and overnight at the La Pradera Lodge

Day 5 Tuesday, March 26, 2019

Bejuco

BLD

~ Arenal Lake and Kayak Tour

After breakfast continue on to **Lake Arenal**. Situated at the base of the active Arenal Volcano, this lake is Costa Rica's largest lake. On this **kayak adventure** you may be able to see different species of birds like the "Flycatcher" "Kingfisher", "Great Blue Heron" and "Anhinga" and possibly hear and see Howler monkeys. Lunch in a local restaurant ~ Yoga

Transfer to Bejuco Beach, where the jungle meets the Pacific Ocean. Dinner and overnight at the Bejuco Hotel



Day 6 Wednesday, March 27, 2019

Bejuco

BLD

~ Manuel Antonio is **the jewel of the Pacific Coast** that is home to one of the top beaches in the world located within Manuel Antonio National Park with its varied fauna, 109 species of mammals and 184 of birds. Lunch in a local restaurant

~ Yoga Class. Dinner and overnight at the Bejuco Hotel

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

