

## ADVENTURE YOGA RETREAT AT RIOS TROPICALES LODGE

FEBRUARY 10<sup>TH</sup>- FEBRUARY 17<sup>TH</sup> 2018



RATES 2018

SINGLE \$1495 PER PERSON

DOUBLE \$1295 PER PERSON

PROMOTION: BOOK 2 FOR \$2200

For reservations and questions about this package please contact: Claudia Gallo  
[yoga@riostropicales.com](mailto:yoga@riostropicales.com)

A deposit of \$350 is necessary to reserve the space since there is a maximum group size of 12 people

“Tell your friends your interested in this retreat” ... by sharing





### **INCLUDES:**

- Airport pick ups from San Jose International Airport (Juan Santamaria)
- 2 nights at Hotel Rincon del Valle. Night of arrival and night before departure
- 5 nights with deluxe rooms at Rios Tropicales Lodge
- 7 breakfasts, 6 lunches, 5 dinners at the Lodge.
- 5 Happy hours (fruit punch or piña colada)
- Rafting the Pacuare river, class III-IV
- Bilingual guides
- Canopy (Zip-Line) tour
- Horseback riding tour
- Hikes to waterfalls around the Lodge Plant a tree day
- 2 Yoga sessions per day with Jodie Rufty at the Lodge
- Professional pictures of the time at the lodge and tours

### **NOT INCLUDED:**

- Dinner night of arrival and night before departure
- Optional tours (like rappelling)
- Guides and instructor's tips
- Alcoholic beverages and sodas
- Rafting pictures
- Airfare \*

### **SCHEDULE:**

#### **FEBRUARY 10TH ARRIVAL:**

- Airport Pick up and drop off at hotel. Dinner meet up optional
- FEBRUARY 11TH – SAMPLE SCHEDULE FOR RIOS TROPICALES LODGE DAY 1:
- 6 am- 7am: Hotel Pickup
- 9 am: Arrival to El Cairo, Rios Tropicales operation centre, Breakfast
- 10 am: Transfer to Pacuare River, Safety talk
- 11 am- 2 pm: Rafting down Pacuare River, cold lunch on the side of the river
- 2 pm: Arrival to Rios Tropicales Lodge
- 2 pm- 4:30 pm: Room assignments, rest/nap
- 4:30 pm- 6 pm: Yoga class or Meditation/Pranayama practice

- 6 pm: Happy hour
- 7 pm- 8 pm: Dinner
- 8 pm-10 pm: Free time, hangout, board games, Bed time

**FEBRUARY 12TH, 13TH, 14TH , 15TH – SAMPLE SCHEDULE FOR RIOS TROPICALES LODGE DAY 2,3,4,5:**

- 6 am-7 am: Fruits, tea, coffee
- 7 am- 8:30 am: Morning Flow Yoga class
- 8:30 am-9:30 am : Breakfast
- 10 am- 1 pm: Morning adventure! Day 2: Canopy/Zip Line, Day 3\*: Horse Back riding, Plant a tree & Butterfly farm, Day 4: Meditation and reflecting day , Day 5: Hike to Waterfalls (all activities are optional)
- 1 pm- 2 pm: Lunch
- 2 pm-4:30 pm: Free Time
- 4:30 pm- 6 pm: Yoga class or Meditation/Pranayama practice
- 6 pm: Happy hour
- 7 pm- 8 pm: Dinner
- 8 pm-10 pm: Free time, hangout, board games, Bed time
- \*(Day 3: We will have access to signal if you have bought a local sim card. Shorter yoga practice)

**FEBRUARY 16TH -SAMPLE SCHEDULE FOR RIOS TROPICALES LODGE DAY 6**

- 6 am-7 am: Fruits, tea, coffee
- 7 am- 8:30 am: Morning Flow class
- 8:30 am-9:30 am: Breakfast
- 9:30 am: Bring your luggage down for packing
- 10 am- 2 pm: Rafting down Pacuare River
- 2 pm- 4 pm: Arrival to El Cairo, Shower and farewell Lunch. Retreat closure, viewing of photo slides
- 4 pm- 6 pm: Back to San Jose
- 6 pm-7 pm: Arrival to Hotel in San Jose (If you need another destination let us know)
- February 17th – Departure Day 7
- Fly back to countries or go to the beach!- Airport transfer