

"Revitalize Your Spirit" Yoga Adventure Retreat

COSTA RICA

May 11-18, 2019

Starting at US\$2,150.00

Per person/Double occupancy

Are you ready to nourish your spirit and revitalize your life? Then join us for a **Yogalift®** Wellness vacation in stunning **Costa Rica**.

During your **8D/7N** yoga adventure retreat you will experience the powerful healing fusion of yoga and other spiritual practices, active excursions in the natural beauty of one of the most biologically diverse places on the planet, an eco-friendly rainforest resort set on the Pacific ocean and reachable only by boat, inspired farm to table cuisine, and time for both solo relaxation and reflection, as well as group connection.



For more information call or email André at

651.771.5666

info@timetravelsinc.com

What's included:

- Private land transfers within Costa Rica*
- 2 Night accommodations in San Jose.
- Welcome Dinner and Show + 16 meals
- 5 Night accommodation in a Rainforest Lodge
- Two Daily Yoga Classes
- 3 Guided Adventure Activities.
- Unlimited Self-Guided Hiking on Lodge Preserve Trails & Sustainability Tour
- Unlimited Use of Kayaks, Snorkeling and Fishing equipment.
- Local flight SJO/PJM/SJO (Price subject to change anytime)
- Transfer Hotel to Juan Santamaria International Airport

This retreat will be led by **Shannon Leavitt** the founder of Yogalift®. Shannon is a certified personal trainer, health coach and yoga instructor, and a licensed dietitian. An avid traveler and perennial student of the spiritual path, she believes that Intentional, mindful travel - retreats, pilgrimages, journeys, and even regular vacations- have immense potential to rejuvenate and to inspire.



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"We are committed to providing excursions that blend inspiring spiritual practices with extraordinary travel. Trips that are authentic, enriching, and fun."