

“Revitalize Your Spirit” Yoga Adventure Retreat

COSTA RICA

Nov. 29th to December 07th, 2019

Price US\$2,350.00 P.P.D

(Based on a minimum of 12 passengers traveling together)

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

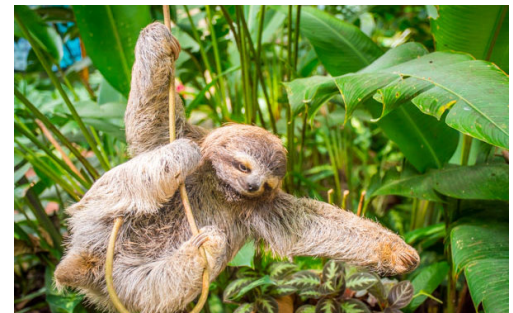
During your 9D/8N yoga adventure retreat you will experience the powerful healing fusion of yoga and active excursions in the natural beauty of one of the most biologically diverse places on the planet, an eco-friendly rainforest resort set on the Caribbean sea, that allows relaxation and reflection, as well as group connection.

What's included:

- Private land transfers within Costa Rica
- 2 Night accommodations in La Fortuna at Tabacon Grand Spa Resort (5*). Dbl std room.
- Breakfast - Lunch & Dinner
- In La Fortuna Arenal: Arenal Volcano Hiking Tour-Hanging Bridges Tour
- 5 Night accommodation in Cahuita at The Goddess Garden. Std room.
- Three delicious meals per day, including a variety of vegetarian fare as well as chicken or fish
- One hour Complementary Massage
- A guided hike through the National Park of Cahuita
- Canopy Tour
- Rafting OR Kayaking Tour
- 1 Night accommodation in Heredia at Adventure Inn. Breakfast included
- Yoga Classes (1Hr) on Specified days

Not Included

- International Flight
- Any activity or meal not specified in the itinerary
- Tips or hotel expenses



For more information call or email
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For more information call
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This retreat will be led by Shannon Leavitt the founder of Yoyalift®. 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.

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