### **SoulShineTimeRetreat**

**PRESENTS** 



April 28th-May 3rd, 2020





SoulShine Studio's **Jennifer Borenius** 

# Body. Mind. Spirit DESTINATION: COSTA RICA



## Costa Rica's Pacuare Lodge

Secluded, eco-focused treehouse retreat that's perfectly at home in its natural state nestled deep within a lush rainforest park 2 ½ hours from San Jose.

Prepare to disconnect (rooms are electricity-free) on the banks of one of the world's most scenic, white-water wonders, the Pacuare River of Costa Rica. This unparalleled location, with its vibrant nature, offers a scenic backdrop to adventure & wellness.

Simple, yet sophisticated, the indigenous Cabécar-inspired architecture, pristine rainforest, farm-to-table exquisite cuisine, and luxurious, well-appointed accommodations come together to offer an experience like no other. The adventure will begin with the arrival to this luxury lodge by white water raft. Then, each day will include an adventure such as canopy tours, canyoning, and hiking.

**Jennifer Borenius of SoulShine Studios** will lead Yoga practice twice daily in various locations, Each day will also include various adventure activities, and excursions.









## our price guide

Double Occupancy: \$3,100

## flights we recommend

departure: 5:03pm arrival: 8:15pm United Airlines/UA1222 **EWR-SJO** 

United Airlines/UA1079S SJO-EWR departure: 7:45am arrival: 3:01pm

#### side note

#### Space is limited.

Please note that prices are not guaranteed until booked or ticketed.

Your passport must be valid for at least six months after your scheduled return when traveling internationally.

Please check www.travel.state.gov for any validity/visa requirements for the country or countries that you will be visiting.

We strongly suggest you take out trip insurance.

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### the inclusions

- 2 nights accomodations in San Jose at Grano de Oro based on double occupancy
- Welcome dinner at Grano de Oro
- Pick-up in San José and transfer to the Pacuare Lodge with bilingual guide;
   Costa Rican breakfast en route
- Arrival to Pacuare Lodge via White-Water River Rafting trip (rapids Class II & III)
- 3 nights/4 days double occupancy accommodation in a river suite at Pacuare Lodge
- Daily a la carte breakfast, lunch & dinner served at Nairi Awari Restaurant and/or Tabacón Patio
- 8 experiences included during your stay:
   Canopy Tour, Tropical Canyoning Tour, Bird-Watching, Cabécar Indigenous Hike,
   Ancient Trail & Hidden Waterfall Hike, Sustainability Tour, Rural Experience & The Loop
- Drop off back at San José with bilingual guide (at regular hours)



International Flights | Alcohol | Spa Treatments

### Reserve your Retreat

heather.kaiman@classictravel.com

JENNIFER ANDERSON HEATHER KAIMAN 917.741.7409 732.239.0587