

JUNGLE HIDEAWAY YOGA RETREAT
Tierra De Suenos Retreat and Wellness Center
Playa Chiquita, Costa Rica
Retreat Facilitator: Mark Dunlop
November 16-23, 2019

COST: To reserve your spot.

FOR EARLY BIRD: A deposit of \$500CDN (per person) is required.

FOR EARLY BIRD: A payment of \$1000CDN (per person) is required by March 1, 2019

Any remaining cost of the retreat is due by Aug. 1st, 2019

*****Payment of \$1300(CDN) becomes non-refundable 60 days before the event.*****

Early Bird: December 1, 2018 – March 1, 2019

Single occupancy: 1800\$ (CDN)

or

Bring a friend: 3200\$ Price of 2 people

Post Early Bird: March 2, 2019 – October 1, 2019 (Payment due in full to reserve your spot)

Single occupancy: 2000\$ (CDN)

or

Bring a friend: 3600\$ Price of 2 people

Flights and shuttles are a separate cost.

Make sure your flights arrive by 12 pm or earlier at SJO airport which will allow you to arrive at Tierra de Suenos by dinner. Retreats start at dinner time on the first day and end after breakfast on the last day.

MEALS

Special arrangements for non-vegetarian, raw or vegan, snacks, desserts or special dietary concerns can be arranged and may include an additional cost. We do serve dessert at our welcome dinner on the first night and the celebration dinner on the last or second to last night.

Coffee, tea and drinking water are always included and available. Fresh juices are served with each meal. Alcohol is allowed on site but not served or provided. A local grocery store is a 2-min walk away.

ACCOMODATIONS:

The bungalows are in a rustic setting and have no air conditioning. However, each room has fans and lots of ventilation. Each bungalow has its own shower and bathroom.

WiFi is present only in the main lodge.

5 standard bungalows can hold 2 people each in their own beds - each bungalow consists of a hand-carved queen-sized bed and an additional single-sized bed.

2 family-sized bungalows with an upstairs and a downstairs that can hold 4 people each.

THE YOGA PRACTICE

There will be 2 daily yoga practices, suitable for all levels (*tailored to the group*).

- The practice will have a strong focus on developing mobility and building energy for vitality.
- The workshops will depend on the group and interest. Anything from handstands to restorative practices and health and wellness. (i.e. Nutrition, and what it means to live a holistic lifestyle)

Please contact Holisticonomad@hotmail.com for further information or to send payment transfers.

Full information pack will be sent to you once your deposit has been received.