



# Yoga Landing

## YOGA LANDING RETREAT

*Osa Peninsula, Costa Rica - April 4-11, 2020*

### About Encanta La Vida:

If you're looking for a beautiful and tropical retreat setting in a remote location of Costa Rica, look no further. This lodge provides unique guest rooms, a soft salt water pool, a monkey bar, and a two-story Yoga deck, made from rainforest hardwood. The Yoga deck overlooks Pan Dulce Bay where the sounds of the jungle and the waves rolling in set the perfect backdrop for a serene and nature-inspired Yoga experience. Encanta La Vida is a simple blend of quality service, fantastic food, beautiful accommodations and a unique location to make you feel at home in the jungle. Your experience at this retreat will be enlightening and powerfully restorative both on and off the Yoga mat.

### About the Area:

Cabo Matapalo is known as the epicenter for flora and fauna in the area and is abundant with wildlife, pristine beaches, warm turquoise waters, and that laid back Pura Vida vibe that Costa Rica is known for. Our lodge will be nestled between the mountains and beaches of Cabo Matapalo where the secondary forest meets the primary forest and the jungle meets the ocean. There are three beaches within easy walking distance of the lodge, and two waterfalls within hiking distance. Here you will also find easy access to Corcovado National Park, the crown jewel of Costa Rica's National Park system. Our lodge's location makes it the perfect base camp for all the local adventures, or the perfect hideaway for those wishing to enjoy the peace and quiet of the area.

### The Food:

The meals at our lodge will be healthy, delicious, creatively designed, and beautifully presented. Their chefs use the freshest local herbs, products and fish, preparing creative menus tailored specifically to our needs as a group. The kitchen is prepared to cater to vegetarians, vegans, gluten-free diets, and more.

### Spa + Massage Services:

The spa at Encanta La Vida is located on the first floor of the Yoga deck and just steps away from the ocean. They work with talented massage therapists and locally-made products to provide healing services for the group. Their massage menu offers relaxing to therapeutic styles of massage, Thai-yoga massage, and spa treatments.

### The Schedule:

- Friday Night Celebration + Social
- Saturday Night Opening Circle + Practice
  
- Daily Schedule:
  - 7-8:30am Practice
  - 8:30am-9:30am Breakfast
  - 9:30am-12pm Workshop
  - 12pm Lunch + Free Time
  - 4:30-6pm Workshop/Lecture
  - 6-7:15pm Practice
  - 7:30pm Dinner

\*\*Please know that this schedule is open to change and is just a general idea of what our days will look like for the 300HR immersion + Yoga practices.

### Pricing Breakdown:

For this retreat, you can choose which path you'd like to take. You can either participate in the full 300HR immersion, participate in parts of the immersion (A La Carte), or choose the "no-yoga" option. See below for more information about pricing in each of those tiers.

- 300HR Immersion - this option gains you 80hrs towards your 300HR Training
  - Multiple Occupancy (Shared Room):
    - Queen Bed: \$2,155
    - Twin Bed/Shared Queen: \$2,085
  - Single Occupancy (Private Room): \$2,463
  
- A La Carte - this option will secure your room and accommodations for the retreat. You can pick and choose which Yoga practices and workshops you would like to attend. You will sign in for each of those as the retreat progresses and you'll be charged accordingly

at the end of the trip (\$25 a practice, \$25 a workshop)

- Multiple Occupancy (Shared Room):
  - Queen Bed: \$1,155
  - Twin Bed/Shared Queen: \$1,085
- Single Occupancy (Private Room): \$1,463
  
- No Yoga - this option is best for family and friends who would like to join you but do not practice Yoga.
  - Multiple Occupancy (Shared Room):
    - Queen Bed: \$1,155
    - Twin Bed/Shared Queen: \$1,085
  - Single Occupancy (Private Room): \$1,463

A \$450 non-refundable deposit is due at the time of registration to secure your spot. The rest of your full balance for accommodations is due by January 4th, 2020. If you want to set up a personal payment plan, we can accept installments of your payments before the January 4th date. Please know that as rooms fill up, your options might change. The prices list here only include your room and food the entire trip, they do not include your airfare or transportation to the resort.

Please know that each room has its own private bathroom, patio, rocking chairs and/or hammocks.

#### Transportation:

You will make your own flight + transportation arrangements from Chattanooga → San Jose → Osa Peninsula. Please know that the retreat center offers shuttle rides between the airport and the lodge. Shuttle rides are \$55/each.