

YOGA LANDING RETREAT

Osa Peninsula, Costa Rica - April 7-8, 2023

About Boca Sombrero:

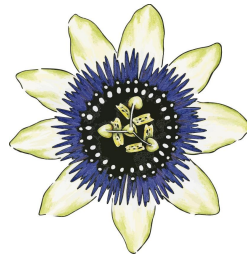
Boca Sombrero is an exclusive ocean front paradise embedded in the amazing rainforest settings of Costa Rica's Osa Peninsula. Yoga practice has a long tradition on the Osa Peninsula, and Boca Sombrero's stunning new yoga deck is situated about 50 feet from the beach.

About the Osa Peninsula:

"The pristine rainforests and rugged natural beauty of the Osa Peninsula make this region one of the most beautiful areas in Costa Rica. Declared 'one of the most biologically intense places on earth' by National Geographic Magazine, the Osa Peninsula has become the premier eco-tourism destination in the country. The Osa Peninsula is a secluded nature wonderland, playing home to many of the country's rare and endangered animal and bird species, including squirrel monkeys, jaguars, and other forest cats. With a large chunk of the peninsula forming the Corcovado National Park, this area has the single largest expanse of a lowland tropical rainforest in Central America and is one of the tallest rainforests in the world. The area hosts more than 375 bird species, a fourth of Costa Rica's tree species and more than 4000-5000 vascular plant species, many of which are found nowhere else on earth. The rainforest is made up of 700 tree species — the greatest diversity of tree species in all of Central America."

The Food:

Three meals per day will be prepared by Boca Sombrero's highly trained chefs and kitchen staff. They provide a blend of delicious and healthy cuisine that is sourced from local farmers. All meals are included, and the cuisine is light and delicious with an emphasis on fresh produce. Throughout the day coffee, tea, juice and fruits are also available. The daily meal plan generally includes a selection of fruits, granola, and yogurt before the morning yoga class, a big brunch afterwards, a light lunch and a buffet dinner. The kitchen is prepared to accommodate dietary restrictions.



Schedule:

We will have a yoga practice and meditation each morning and night, and workshops or group immersion activities during the day. We will send out a more detailed schedule one month away from the trip.

If you are a part of the 300hr immersion, you can count up to 75hrs towards your training from this one week retreat. There will be plenty of breaks worked into the schedule to allow for free time and exploration as well.

Pricing Breakdown:

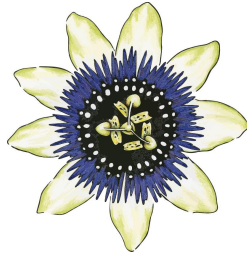
Accommodation	Occupancy	Price per person <small>**does NOT include transportation</small>
House	Single	\$3,415
	Double	\$2,400
	Multiple (3 or more)	\$2,050
Tent Platforms	Single	\$2,155
	Double	\$1,840

A \$400 non-refundable deposit is due at the time of registration to secure your spot. Your next payment is due November 1, 2022. The rest of your full balance is due February 1, 2023. Please know that as rooms fill up, your options might change, as accommodations are first come first serve. The prices listed here include your room, food the entire trip, unlimited yoga, workshops, built in group adventures, administrative fees, and taxes. They do not include your airfare or transportation to the resort.

Transportation:

You will fly into San Jose. If you book your flight to Puerto Jimenez directly after arrival, you can walk from the San Jose airport to the domestic airport next door. Sansa and Nature Air are the two airlines in Costa Rica with several flights daily to Puerto Jimenez. The flight is about 45 minutes and costs approximately \$130 each way. You can book flights directly on their websites at: www.flysansa.com or www.natureair.com.

Nature Air has a terminal in the main international airport and Sansa's terminal is just one block away. Depending on the arrival time of your international flight, you may have to spend a night in Alajuela before catching a flight to Puerto Jimenez. Once in Puerto Jimenez, Boca Sombrero will arrange for a taxi to pick you up at the airport and bring you to the retreat. The cost for the taxi is \$30 for 1-2 people, and \$10 extra per additional person.



COVID-19

We will share info about Covid travel protocol closer to time as guidelines are continuing to change!

Once your application and deposit have been submitted we will send you a suggested packing list and any additional information you may need. If for any reason the trip does not take you will receive all of your investment back. If the trip is full, and you decide not to participate your money can be refunded back if someone else takes your space - in this scenario your deposit is non-refundable. Please email Ashley at manager@yogalanding.net with any questions.