



# YOGA RETREAT

# DISCOVER

# Costa Rica

MARCH 2 - 9, 2024

Join us for an unforgettable weeklong Yoga Retreat in Costa Rica. Immerse yourself in the natural beauty and tranquility of this tropical paradise as you indulge in the perfect blend of relaxation and adventure.

BOOK NOW

[www.twisteddogyoga.com](http://www.twisteddogyoga.com)

# ACCOMMODATION



We'll be staying in a luxury private Estate which is positioned in an exclusive area dominating one of the highest points in Manuel Antonio. Surrounded by dramatic 360-degree views of the sweeping Pacific coastline, majestic mountain ranges and palm plantations, our villa is a lavish sanctuary of peace and privacy perched at the top of a gated community with 24-hour security. The 8-suite estate along with 9 bathrooms is over 13,000 square feet of luxurious villa.

Every feature of the villa and property have been impeccably designed with the interior decorated by a famous firm from the US with a "tropical contemporary" look throughout. Hand selected local and international artwork adorns the walls and some of the finest of materials decorate the rest. The home has also been featured in Latino magazine, a premium architectural magazine.

There are floor to ceiling sliding glass doors that can be completely opened to let in the fresh ocean breezes. Every bedroom has its own terrace to see the extraordinary Costa Rican sunsets and the gorgeous mountainous backdrop of this beautiful region.



# ACCOMMODATION



The entire house is outfitted with air conditioning and ceiling fans to keep you cool on the warmest days.

A large kitchen in the center of the house serves as the perfect indoor gathering space and is equipped with granite countertops, cabinetry from Italy and top of the line stainless steel appliances. Adjacent to the kitchen is a spacious living area, a comfortable space for rest, relaxation or watching your favorite program on the large plasma TV. There are also flat screen TV's on all three floors.

There is plenty of room to relax on the bottom level which includes a second living room, outside covered bar and spacious BBQ area. This is located right next to the beautiful private pool and garden area overlooking the majestic Pacific Ocean.

The property comes with a Gourmet Chef who will be preparing 2 meals per day (breakfast and dinner). He purchases only the freshest ingredients from local vendors, butchers and fisherman.

# LOCATION



Manuel Antonio is in the Central Pacific region of Costa Rica. It is one of the most popular tourist destinations in Costa Rica due to its beautiful beaches and rich wildlife. Manuel Antonio area stretches from the town of Quepos and then along a 6 km serpentine road uphill and back down to the beautiful Playa Espadilla and the entrance to the Manuel Antonio National Park.

Wildlife is everywhere! You won't want to miss the monkeys swinging through the trees in the afternoons or the spectacular sunsets which can be seen from our villa atop the mountain.



# DETAILS



Fly into San Jose Airport (SJO)



Airport transfer to Villa (2.5 hours)



Included activities and daily excursions

- Daily yoga.
- Hike through Manuel Antonio National Park and enjoy the stunning beauty and diverse wildlife.
- Tour the Damas Mangrove, boating through the lazy canals alongside the extraordinary wildlife in its natural habitat.
- Experience a traditional cooking class in a local Costa Rican farm, learning about specialty coffees, sugarcane and medicinal plants.
- Sail on a sunset cruise with the dolphins and snorkel with the tropical reef fish in the calm Pacific waters.
- Other options to choose from: hiking, birdwatching, horse riding, soaking in hot springs, exploring the many local waterfalls, ziplining through the jungle.
- Relax by the pool or take an 8-minute ride to one of many beautiful Costa Rican beaches.



# ITINERARY



## Day 1

Arrive and get settled in. Dinner will be prepared by our in-house gourmet chef and we'll have a meet and greet, getting to know one another. We'll end the evening with a nice gentle yoga session.



## Day 2

Daily yoga (am or pm)  
Breakfast at villa  
Damas Mangrove Boat or Kayak Tour (lunch included)  
Dinner at villa



## Day 3

Daily yoga (am or pm)  
Breakfast at villa  
Manuel Antonio Nature Guided Hike (lunch not included)  
Explore the park (beaches, hiking, bird watching)  
Return to villa at your leisure  
Dinner at villa



# ITINERARY



## Day 4

Daily yoga (am or pm)  
Breakfast at villa  
Traditional Cooking Class (lunch included)  
Free afternoon  
Dinner at villa



## Day 5

Daily yoga (am or pm)  
Breakfast at villa  
Free morning  
Lunch at villa  
Sunset Cruise (dinner included)



## Day 6

Daily yoga (am or pm)  
Breakfast at villa  
Excursion options:  
Rainmaker Tour ~ early morning bird watching (lunch not included)  
Nauyaca Waterfall Tour (lunch included) \*additional \$20  
Waterfall Buggy Tour (lunch included)  
Free afternoon  
Dinner at villa



## Day 7

Daily yoga (am or pm)  
Breakfast at villa  
Excursion options:  
Beach Day (lunch not included)  
Hot Springs (lunch included)  
Ziplining (lunch included)  
Horse Riding Tour (lunch included)  
Dinner at villa



## Day 8

Breakfast at villa  
Departure via shared airport transport

### Excursion Add-ons (price does not include tax)

Coastal Hiking Tour | \$85  
Jungle Night Tour | \$75  
Chocolate, Coffee + Spice Tour | \$85  
Massage | price varies

# ROOMS + PRICING

1x  **\$2,750**  
Single, based on double occupancy (own bed)  
Perfect for solo travelers or friends traveling together (shared room); 2 Twin beds w/ mountain views, private bathroom and private balcony.



1x  **\$2,850**  
Single, based on double occupancy (own bed)  
Perfect for solo travelers or friends traveling together (shared room); apartment style with a living room, 1 bedroom with Queen bed and comfortable Daybed w/ ocean and mountain views, ensuite bathroom and private balcony.

1x  **\$2,850**  
Single, based on double occupancy (shared bed)  
Perfect for couples; Grand master King bed w/ ocean and mountain views, ensuite bathroom and private balcony.



2x  **\$2,850**  
Single, based on double occupancy (shared bed)  
Perfect for couples; King bed w/ ocean views, ensuite bathroom, jacuzzi and private balcony. For a private room, please add Single Supplement.

1x  **\$3,200**  
Single, based on single occupancy (private room)  
For those who prefer a private room; Queen bed w/ mountain views, private bathroom and private balcony.



2x  **\$3,250**  
Single, based on single occupancy (private room)  
For those who prefer a private room; Queen bed w/ mountain views, ensuite bathroom and private balcony.

Prices listed are per person, based on double or single occupancy.

# INCLUSIONS

## What's included:

- 7-night Luxury Villa Accommodations
- Shared airport transfer
- Daily gourmet chef-prepared meals (breakfast and dinner, exceptions listed in itinerary)
- Nightly wine with dinner at the villa
- Daily excursions\*\*
- 1 Manduka Travel yoga mat (you will receive upon arrival)
- Daily yoga classes

\*\*some tours in the itinerary may change due to availability.



## What's NOT included:

- Airfare
- Trip insurance
- Private airport transfer
- 1-3 lunches (depending on selected excursions)
- Extra add-on excursions
- Local transport not included with tours
- Tips (housekeeping, chef, tour guides, concierge, airport transport)
- Alcoholic beverages

**For questions, please contact Tracy at  
860-603-2387  
twisteddogyoga@gmail.com**



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# PAYMENTS, CANCELLATION POLICY + TRIP INSURANCE

## Payments

A non-refundable deposit of \$500 is due upon booking. The remaining amount will be due in two installments, 50% due December 1, 2023 and 50% due January 1, 2024.

Schedule:

Upon booking: \$500 security deposit

December 1, 2023: 50%

January 1, 2024: 50%

To confirm your reservation, you must submit your completed and signed Retreat Agreement and Liability Release.

## Cancellation Policy

All payments are non-refundable. If you need to leave the retreat early there are no refunds or pro-rating of days. We understand there are things in life beyond our control, therefore Trip/Travel Insurance is compulsory.

## Trip/Travel Insurance

Trip/Travel Insurance is required to participate in our Retreat. Should something unexpected happen, this will provide you with the confidence that your trip will be covered.

You must send proof of your Trip/Travel Insurance within 14 days after booking your reservation. We highly recommend "Cancel for Any Reason" provision be added to your policy, as well as ensuring COVID is covered as an illness.

To help in your selection of Trip/Travel Insurance, please follow the below link to request multiple quotes. It's simple to do and requires you to provide little information.

[Trip/Travel Insurance Quotes](#)



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