



Spring Equinox Align + Shine | Costa Rica

Retreat Agenda

Remember, all activities are optional. No pressure to do it all.

Thursday is travel day!

Arrive at SJO + take the complimentary shuttle to your hotel.

Please check in with Tracy upon arrival. 216-440-7410.

Friday:

Arrange for the hotel shuttle to have you at SJO for the 8AM meeting time.

We will depart SJO at 8AM. The drive to Selva Armonia is 3.5-4 hours and one stop is planned. There will be bathrooms, snacks + souvenirs.

Lunch will be served at Selva Armonia at 1:00 PM.

After getting settled in your room, please enjoy the pool.

We will meet prior on the yoga shala prior to dinner for an opening meditation.

Following dinner, we will enjoy a yin yoga practice + meditation.

The evening ends with a Cacao Ceremony lead by local teachers.

STUDIO 108: BODY | MIND | SOUL

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Saturday:

Coffee + Tea will be available at 6:30am {daily}

There will be a Kundalini Yoga Sadhana offered at 6:45 {daily}

Vinyasa Yoga on the Shala at 8:00 {daily}

Breakfast will be served at 9AM {daily}

There will be a tour of the gardens offered in the morning.

Lunch will be at noon.

In the afternoon we will plant trees + hang out at Playa Hermosa (the beach!) We will enjoy the sunset before returning for dinner.

After dinner, we will gather on the shala for a meditation + yoga nidra.

Sunday:

After breakfast, we will leave the retreat center for the trail head.

We will hike to a Secret Waterfall for a picnic lunch.

When we return, we will enjoy time at the pool {did you try the smoothies?}

There will be a local artisan leading Boruca Mask Painting.

Dinner will be served at 6pm.

The day ends with a Boruca Bon Fire Circle.

Monday:

After breakfast, we will go to the Wildlife Sanctuary.

We will picnic lunch and return to Selva Armonia for an afternoon at the pool.

After dinner, we will enjoy yin yoga on the shala.

Tuesday:

After yoga + breakfast, a quiet morning is offered.

Following lunch, we will go to the Blue Clay Beach or (if requested) ziplining.

Our final evening will include a meditation and an ecstatic dance party lead by local teachers.

Wednesday:

Breakfast will be offered at 7:30. The shuttle for SJO will depart at 8am.

You will be at SJO airport by noon for return flights.