

Spring Equinox Align + Shine Yoga Retreat | COSTA RICA

March 15 – 20 | 2024

Studio 108 | Tracy Rhinehart, LLC

This is a six-day/five-night retreat to Uvita, Costa Rica that will take place from March 15 – 20, 2024.

Participants will have access to shuttle transportation between San Jose International Airport + Selva Armonia according to the following schedule:

- Friday, March 15th leaving SJO at 8AM.
- Wednesday, March 20th leaving SA at 8AM.

The drive from SJO to the retreat location is approximately 3 1/2 hours. The driver may provide stops along the way to see the views or visit the bathroom.

The retreat will be held at Selva Armonia located in Uvita, CR. Lodging varies by room and will be sold on a first-come-first-serve basis. Roommate requests will be honored.

The retreat includes lodging, meals, daily yoga practices on the yoga shala and daily activities + excursions. Transportation to planned excursions is also included. Smoothies + elixirs poolside are included.

Practices and activities are not required.

Activities are anticipated but not guaranteed. Should everything go as planned, participants will experience the following: A cacao ceremony, a bon fire, mask making, tour of property herb gardens, hike to the waterfall, visits to the beach, tree planting, visit to the wildlife sanctuary, time poolside with smoothies and evening celebrations on the yoga shala.

Meals will be provided from lunch on Friday, March 15th through breakfast on March 20th.

Food is vegan with eggs offered daily. Canned tuna + jerky sticks are welcome in your rooms but not in the dining room/lodge area. Please communicate any dietary needs you might have so that food services can thoughtfully be provided.

Alcohol is permitted but not provided.

Retreat payments are being managed by Selva Armonia. Payment plans are available. Note the refund policy on the booking page.

Please submit this signed Retreat Agreement + Terms/Conditions, the Studio 108 Waiver + the Selva Armonia Waiver by February 1st, 2024.

Thank you for your understanding as we strive to provide you with an experience that exceeds your expectations!

Signature

Date