

Costa Rica Yoga & Nature Retreat *with Erin Smith*

April 2-9, 2011

AmaTierra Retreat & Wellness Center

www.amatierra.com

What is included:

- 7 nights lodging
- Three organic, delicious meals served daily, buffet style
- Daily Vinyasa, Restorative Asana, & Meditation in an open air pavilion overlooking the Costa Rican mountains
- Airport Transfers
- Zip Line Trip in the Turubari Tropical Park
- A Day at Esterillas Oeste Beach
- Plenty of time to enliven your body, relax your mind, and renew your spirit

Accommodations & Pricing

- *\$Double* room, meals, and yoga ... \$1,450 per person
- *\$Single* room, meals, and yoga \$1,700 per person

Space is limited and a deposit is required to hold your spot; an initial deposit of \$300 due at the time of booking. 50% of total due by February, 2011 and full balance is due March 1, 2011.

To reserve your spot for this amazing week of yoga and relaxation, contact Erin at

theOMplace@bellsouth.net

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Frequently Asked Questions

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These things are available but not included in the price:

- Airfare
- Alcohol
- Massages & Wellness treatments
- Other excursions

How expensive is air fare?

As of summer 2010, flights were about \$400-500. (What a bargain!)

Do I make my own flight reservations?

Yes. A van from AmaTierra will pick up a group around noon and also later that afternoon. We'll coordinate pick up with our arrival times.

Where is the retreat?

[AmaTierra](#) is a life-enhancing guest facility nestled on 8 acres in the Costa Rican mountains 1 hour west of the capital city of San Jose and 1 hour north of the Central Pacific Beaches.

What are the accommodations like?

Feel at home cradled by nature amidst the mango trees and sounds of the living forest in your simple, elegant suite. Allow yourself to truly relax in the comfort and peace of the mountains that Costa Rica is famous for. Tastefully designed with unique decor to allow you to enjoy the serenity of your surroundings, each Suite comes with its own Jacuzzi tub, private terrace and garden with outdoor seating. Hardwood furniture and a ceiling made of teak bring the ambiance of the forest into your room.

Do I need to bring yoga props?

The beautiful open air pavilion at AmaTierra is fully equipped.

What is a typical day like?

- Breakfast
- Seated Meditation (30 min.)
- Slow Flow Yoga (90 min.)
- Down Time
- Lunch
- Down Time
- Yoga Flow (90 min.)
- Dinner & Group Fun

What's Down Time?

- Day trips to nearby attractions including the beach and Turubari Park which features guided rainforest tours and the best canopy (zipline) in Costa Rica.
- Choose a movie from a satisfying library of DVD's with players in all rooms.
- A hike to the stream or the pochote tree forest where you might just see a colorful toucan, an iridescent mot-mot or any one of several species of birds for birdwatching.
- A visit to nearby San Pablo, a tiny town typical of the "campo", the real Costa Rica, where you might see prancing "pasatrote" horses, a caballero herding his cows or a "futbol" match in the town square. Or visit Puriscal, a more bustling town with its market and traditional town square.
- A dip in the pool and lounging with a good book.
- Give yourself time for reflection, meditation, and to just be still and renew yourself in nature.
- Special salsa dance fiestas and musical evenings.
- If you sing, play piano or guitar we have both and you can join us in a jam session that happens frequently at AmaTierra.

Do I need a passport to travel to Costa Rica?

Yes, you need a U.S. passport valid for at least 60 days after your arrival in Costa Rica. Please note that the State Department strongly recommends that every citizen travel on a valid U.S. passport even when the country of destination requires lesser documentation.

Do I need to know Spanish?

The official language of Costa Rica is Spanish. The yoga classes will be led in English (Sanskrit is hard enough without muddying the waters).

How's the weather?

Good news! Leave the sweaters in the closet. April is generally HOT in Costa Rica and the beach might be sweltering when we go! But AmaTierra's, elevation, at 2000 feet, creates an ideal climate which stays between 62-84 degrees year round.

I want to know more!

Really, words cannot do this place justice! Visit www.amatierra.com to see photos of this amazing place!