

Spirit Tours

JOURNEYS OF THE SOUL



Costa Rican Adventure

Join us for a Spiritual journey and adventure in the stunning, natural beauty of Costa Rica

With Yoga Teacher William Abel and (Spirit Tours) We will enjoy daily meditation and yoga with adventures such as soaking in Tabacon Hot Springs, hiking across suspension bridges and zip lining above the forest canopy.

February 24TH TO March 2nd 2016

\$2489.00 per person for 8 days and 7 nights

Day 1

Tour begins at the El Mangroove <http://www.elmangroove.net/> boutique hotel located in Bahia Papagayo, on the Pacific Ocean, only 20 minutes from touch down to sand, it's the closest resort to any international airport in Costa Rica. Spanning for 17 acres and embracing 150 meters of beach front, it's also ideally located at only 15 minutes from the artsy and bustling town of El Coco.

85 bohemian-chic suites are nestled amongst mangrove and beach front forest. A hotel inspired on barefoot luxury, it's straight up laid-back and down-right cool. Perfect mixes of wood and water alongside contemporary linear architecture, natural furnishings and subtle splashes of color make it evident that true indulgence is actually found in simplicity.

Included:

- ❖ Transportation from the airport to the hotel
- ❖ Welcome Dinner



Day 2

Start the morning with yoga and meditation. After breakfast, there will be time to enjoy the beach and resort or visit the nearby town of Playa del Coco, a fishing village where you can find restaurants and supermarkets. At 9:00 a.m. we will offer an optional snorkel trip



to a nearby reef and isolated beach. For those not snorkeling we will offer a optional trip to the beach at Club Playa in Coco Beach for lunch. That evening, dinner will be on your own either in town or at the hotel.

Included:

- ❖ 7:30 a.m. to 8:30am Morning Yoga and Meditation
- ❖ 8:30 a.m. to 9:30am Breakfast
- ❖ 9:30am Optional snorkel trip or Free time to relax on the beach or explore Playa del Coco

Not included:

- ❖ Lunch and Dinner
- ❖ Optional Snorkel Trip

Day 3

Start the morning with yoga and meditation. Today, after breakfast is a free day to enjoy the beach at the hotel or go shopping in town and have lunch at Club Playa. The evening is also free to choose a restaurant in town or dine at the hotel



Included:

- ❖ 7:30 a.m. to 8:30am Morning Yoga and Meditation
- ❖ 8:30 a.m. to 9:30am Breakfast
- ❖ 9:30am Optional snorkel trip or Free time to relax on the beach or explore Playa del Coco

Not included:

- ❖ Lunch and Dinner
- ❖ Optional Snorkel Trip

Day 4

Start the morning with yoga and meditation. After breakfast, we will board our bus for a 4-hour scenic ride to Volcano Arenal National Park and its exceptionally rich biodiversity. On the way we will stop for lunch at Rincon Corobici, a beautiful restaurant by a rushing river. We will then continue on to the Lost Iguana Resort (www.lostiguanaresort.com), an upscale retreat nestled gently in the rain forest. Enjoy your coffee on your private balcony while viewing the majestic and still active Arenal Volcano. More than 100 species of mammals, 350 different species of birds, and a large variety of amphibians and reptiles live in the nearby national park. That evening, we will have a welcome dinner at the Lost Iguana.



Included:

- ❖ 7:30 a.m. to 8:30am Morning Yoga and Meditation
- ❖ 8:30 a.m. to 9:30a.m Breakfast
- ❖ 11:00 a.m. Bus to Arenal
- ❖ 12:30 p.m. Lunch at Rio Corobici
- ❖ 6:30 p.m. Welcome Dinner at Lost Iguana Resort

Day 5

Start the morning with yoga and meditation with William in the Lost Iguana Yoga pavilion. After breakfast, we will bus to the Tabacon Hot Springs, one of the most beautiful places you will ever see, with acres of tropical gardens, a great climate, and the soothing hot water.

The Tabacon River begins inside Arenal Volcano. The magma heats the water to 101 degrees, which then flows through the base of the volcano down about 3/4 mile to Tabacon Hot Springs. From here the river splits into several smaller rivers, joining with cool water from a different river to make dozens of pools of varying temperatures, shapes, and sizes. These rivers meander through acres of



verdant tropical gardens and create a magical atmosphere.

Guests wishing to enjoy the therapeutic qualities of these waters can choose from 10 pools offering different options. Temperatures range from 23 to 40° C (73 to 104° F). (You may wish to choose a spa treatment at the Iskandria Spa located in the Tabacon Resort or feel free just to hang out at the springs all day or return to the hotel. We will be offering a Temazcul, an optional sweat lodge hosted by a Native American Healer.

Included:

- ❖ 7:30 a.m. to 8:30am Morning Yoga and Meditation
- ❖ 8:30 a.m. to 9:30 a.m. Breakfast
- ❖ 11:00 a.m. Bus to Tabacon Hot Springs
- ❖ Lunch at Hot Springs

Not included:

- ❖ Optional Spa Treatment at Hot Springs
- ❖ Dinner

Day 6

Start the early morning with visit to the Hanging Bridges with a silent meditation walk. The hanging bridges consists of fixed bridges, ranging in length between 8 and 22 meters, and hanging bridges, built with the latest techniques and designed with an eye for both beauty and safety. All the bridges are made of galvanized steel and high-strength aluminum.



You will be able to experience the rain forest from three different perspectives: from the ground like a jaguar, from the midst of the canopy like a white faced monkey, and from the air like an eagle. The trails, covering a distance of about 3.1 kilometers, are right inside the forest.



The afternoon is dedicated to time on your own. Free time to enjoy the trails at the Lost Iguana or visit the Spa. There are also optional tour offered to a waterfall rappell or walk.

Included:

- ❖ 6:30 a.m. to 7:30 a.m. Breakfast
- ❖ 7:30a.m 10:00am Hanging Bridges

Not Included:

- ❖ Lunch
- ❖ 1:00 p. m Optional Tours Waterfall Rappel or Walk
- ❖ Spa at Lost Iguana
- ❖ Dinner

Day 7

Start the morning with yoga and meditation with William in the Lost Iguana Yoga pavilion and after breakfast, you will have time to enjoy the Lost Iguana Resort, hike the trails, visit the spa, or swim in the pool.

After lunch, we will take a beautiful short drive along the base of Arenal Volcano to the Sky Tram. Here you will board one of the open gondolas and fly quietly and slowly through the canopies of the rainforest near the Arenal Volcano. You can observe life in the canopies from a different angle. This tram has the best technology available. On top, there is a spacious observation deck with chairs where you can spend as much time as you like observing the volcano, Lake Arenal and surrounding mountains, and the rainforests. For your return trip, you can choose one of the following:



- Ride down with the Sky Tram
- Or choose the exciting Sky Trek (Zip Line) option—a Canopy Tour with high quality cables running from mountain to mountain, zigzagging back to the base.

Included:

- ❖ 7:30 a.m. to 8:30am Morning Yoga and Meditation
- ❖ 8:30 a.m. to 9:30 a.m. Breakfast
- ❖ 11:00 a.m. Sky Tram/Zip Line
- ❖ 7:00 p. m. Farewell dinner

Not Included:

- ❖ Lunch

Day 8

For our last morning in Costa Rica, we will rise early for our breakfast and take the 2½ hour journey to San Jose for our return flight back to the USA.

Included:

- ❖ 6:30 a.m. to 7:30 a.m. Breakfast

Tour Includes
7 Nights Luxury Hotels
Daily Breakfast
Guide Services provided by Jim Cramer
Daily Meditation and Yoga with William Abel
Tabacon Hot Springs
Sky Tram / Zip Line
Hanging Bridges Tour
3 Dinners
2 Lunches

Optional Tours offered include: Snorkel Trip, Danus Eco Center, La Fortuna Waterfall, and an Ultimate Waterfall Adventure

Use of Mini-van for Group or Individual
(based on availability)

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\$2489.00

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