



Photo by Kevin Dinkle

COSTA RICA

Blissworks YOGA Eco-Retreat

With **Tricia McAvoy E-RYT 500, FOUNDER AND OWNER**

July 28 – August 6th, 2018

Embark on a spiritual journey to scenic Costa Rica and delve deep into your personal yoga practice. During this Expeditionary Yoga Retreat, Tricia will guide you through yoga practices to deepen your understanding of the practice, and empower your practice using the natural wonders of Costa Rica to advance your path to self-knowledge. It is not important the level of poses that one achieves, but rather the attitude one cultivates wherever they find themselves. This journey is for any and all yogis who want to go deeper and more safely into everyday yoga practice.

PROGRAM HIGHLIGHTS

- Enjoy daily practice with Bliss-Inspired Yoga at the La Cusinga Yoga Center overlooking the Southern Pacific Coast
- Bliss-Inspired Yoga is an alignment-based asana practice with a heartfelt theme based in the Tantric tradition of yoga. We use postures, breathing techniques, mudras and meditation all while absorbing the sea breezes and captivating vista of the Southern Pacific Coast of Costa Rica
- Explore the private reserve in Uvita de Osa, Costa Rica. This rainforest lodge provides sweeping Pacific Ocean views, sandy beaches, natural pools, and the chance to experience the burgeoning forests and astonishing wildlife of the country's most famous ecosystem, Osa, Costa Rica

About Blissworks YOGA

The staff at New London's Blissworks Yoga & Healing Arts takes services to the next level, leaving you deeply renewed. We could all use a little less stress in our lives, and Blissworks Yoga & Healing Arts is a simple way to recharge and explore ourselves and our world.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

JULY 28 - SAN JOSÉ

Upon arrival at the airport in San José you will be met by your local guide and transferred to your hotel. This evening have an orientation to the program and dinner at the hotel. *Overnight at Country Inn and Suites. (D)*

JULY 29 - QUEPOS

Transfer from San Jose to Costa Rica's emerald Pacific Coast. En route, stop at the Tárcoles river for a crocodile river safari and introduction to the biodiversity of Costa Rica. Cruise along the waterway in search the large American crocodiles that call this river home. Explore the mangrove ecosystems and then have lunch at a nearby restaurant. Continue to Quepos in time to explore the beaches and enjoy the evening sunset. Dinner at Marlin Restaurant. *Overnight at San Bada Hotel. (BLD)*

JULY 30 - MANUEL ANTONIO / BAHIA BALLENA

Begin with a guided hike in Manuel Antonio National Park, famous for the rich rainforest diversity and white sand beaches. After the hike, enjoy lunch before continuing to travel south toward Bahia Ballena. La Cusinga Eco-Lodge, tucked away in a 600-acre private reserve with sweeping ocean views, sandy beaches, and natural pools. This location will serve as the back-drop to our Bliss Works Expeditionary Yoga Experience. This evening there will be a talk on the story of La Cusinga by the lodge owner, a history of the region and importance of this site and the work of eco-tourism and environmental well-being. *Overnight at La Cusinga Lodge (BLD)*

JULY 31 - AUGUST 4 - BAHIA BALLENA

This morning we will begin our retreat under the guidance of Bliss Works Yoga. Our retreat will include a mix of daily morning and evening yoga instruction combined with daily excursions as we enjoy the breathtaking grounds of La Cusinga.

The *Espíritu Salvaje Yoga Center* has an extraordinary view of Ballena (Whale) Bay and Uvita Point, surrounded by the Quebrada Grande Stream and rainforest of La Cusinga Lodge. The isolation and freedom from modern artificial audio/visual distractions is a desired location, as well as being next to the Parque Nacional Marino Ballena, the first whale environment preservation national park of Costa Rica. The goals for the Center include functional sustainability, environmental integrity, simplicity, technological and holistic appropriateness, beauty, and well-being. These goals are achieved by using building materials present in the farm (timber and rock), and by incorporating the four elements of air, water, earth, and fire to create a unique and inspirational atmosphere. The design of the Center adheres to the principles of sacred geometry and sacred architecture.

Optional Activities will be available throughout our journey, while we observe and explore the natural wonders of this most amazing private rainforest reserve and beaches. *Overnight at La Cusinga Eco Lodge. (BLD)*

OPTIONAL ACTIVITIES MAY INCLUDE:

In addition to the hundreds of acres of privately-owned primary and secondary forest, the eco-lodge borders the Ballena Marine National Park, one of only two nationally-protected marine zones in the whole country of Costa Rica. A plethora of activities are available for your adventure learning and immersion:

- SUP in Southern Pacific of Costa Rica
- Cowboy/Cowgirl for a Day – Horseback Riding
- Mangrove Tour Osa Costa Rica

- Guided Bird Watching Tour
- Surf with Locals
- Corcovado National Park
- Horseback Riding Tour
- Kayaking Expedition of the Mangroves
- Snorkeling Ballena Marine National Park
- Whale Watching Tour of Ballena Marine National Park
- Zip Line Tour "Flight of the Toucan"
- Nauyaca Waterfalls Tour
- Guided Hike of the Rainforest
- Caño Island of Osa Tour

*Optional activity cost range from \$25-\$100 and may require taxi services, many activities do include pick-up at La Cusinga Lodge.

AUGUST 5 - SAN JOSÉ

This morning transfer to San Jose, through the scenic Talamanca mountain range. Make a stop in Moravia for shopping, known particularly for the fine leather artistry. Enjoy a final farewell dinner at the hotel. *Overnight at Country Inn and Suites (BLD)*

AUGUST 6 - U.S.

Transfer to the airport for your international flight home. We hope your travels in Costa Rica not only offered you, personal growth through the Blissworks Yoga, but developed a greater understanding of the environments and peoples of Costa Rica. (B)

MEET YOUR INSTRUCTOR



Tricia McAvoy is the owner of Blissworks Yoga & Healing Arts, LLC, established in 2004. Tricia's classes range from challenging to slow and contemplative. She shares from everyday life experiences and relates them to the highest teachings of yoga. Tricia believes that yoga is an empowering practice that can help anyone advance on their path to self-knowledge. It is not important the level of poses that one achieves, but rather the attitude one cultivates wherever they find themselves.

PROGRAM PRICING

\$2,160 *(based on minimum of 23 participants)

Includes: All accommodations, meals, non-alcoholic beverages with meals, entrance fees and activities as listed in itinerary, private in-country transportation to and from Retreat Center. Tips/Gratuities for driver and guide *Pricing is based on minimum of 10 and may increase: if group size is below 23 participants, rate would be \$2340.00

Not included: International airfare (\$685.00 from Providence – Group Air), optional activities, items of a personal nature, or alcoholic beverages, tips for restaurant staff & maid service

THE FINE PRINT

Cost is based on double occupancy cabins (first come-first serve). A \$200 per person deposit and enrollment form is required to secure your space on the trip. This deposit is refundable until March 30, 2018 minus a \$100 cancellation fee. Final payments are due April 24, 2018; cancellations received after this date are not refundable. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174 or visit travelinsured.com. Holbrook Travel's agency number is 15849

FOR MORE INFORMATION OR TO ENROLL:

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