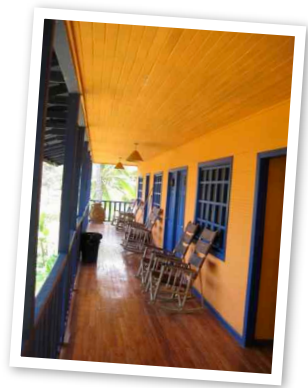




Montezuma, Costa Rica Beach & Rainforest Yoga & Eco-Adventure Retreat

January 24-31, 2009

An adventure up the west coast of Costa Rica led Global Soul Adventure's founder to the charming village of Montezuma in early 2008... her plans to stay for a few days quickly turned into a week and then led her to not want to leave this unique paradise along the southwestern tip of Península de Nicoya. Montezuma is situated along a coastline where you can easily hike from beach to beach to choose your ideal chill/swim/surf spot, meander into the rainforest to submerge yourself below a waterfall, or snorkel offshore in luscious turquoise waters. Marvel in the fact that you can walk to and from the center of town within minutes of sitting on your bungalow porch admiring the howler monkeys tasting the mangos, or simply watching sunset. You will find a place to just relax, let go, and breathe... breathing in the fresh ocean air.



Saturday, January 24th

Our retreat begins in San Jose, Costa Rica. We will meet in the city (picking you up from the airport or meeting at a designated location) and will all transfer as a group to Montezuma -- which includes a one-hour ferry ride that is a highlight itself with favorable weather! We'll settle into our lodging, Los Mangos, beginning with a fun & interactive opportunity to learn a little spanish from the locals. We'll then have our opening circle, and dine seaside afterwards with an award-winning dinner. The option to walk into town for more nightlife, or join others in the pool at Los Mangos will most likely prove inviting for the night owls in our group.



Sunday, January 25th

Rise with the sun if you like for a seaside meditation or a walk along the coast... we'll gather for morning yoga in the open-air pavilion and then enjoy a healthy & delicious breakfast, followed by a hike to the waterfall. After a swim at the waterfall we'll come back for an open afternoon... you can take to more activities (such as hiking along the coast, or swimming,) or simply relax under the mango trees or at the beach. In the late afternoon, early evening, we'll have out first cultural exchange with the local community - school students culture and language presentation - followed by sunset yoga and dinner.



Monday, January 26th

Another day in paradise! Following a similar morning routine (meditation/walk, yoga and breakfast) we'll head out for our eco-adventure... snorkeling with the tropical fish and visiting the favorite offshore island, Isla Tortuga. You can chill on the beach or learn how a typical fish BBQ is prepared for lunch! After bathing ourselves in the delicious sun, we'll have our late afternoon open for more chill time or activity - your preference. All of this will be followed by another yummy yoga session, and dinner.

Tuesday, January 27th

Are you becoming accustomed to peaceful mornings, open-air yoga, delightfully healthy food, and getting to know the community yet??? We'll follow a similar morning schedule, and then bring in our new adventure -- horseback riding, where we will travel along a mountain trail to a new destination of exploration. Upon returning we'll have a chance to relax & swim, or make a jaunt into town to chill or shop. We will regather for a restorative yoga session, before joining the local community for a new cultural exchange - a cooking class and dinner party. This evening may very well turn into a community dance exchange too... we'll see!



Wednesday, January 28th

More wonderful sunrise tranquility, yoga, and meals... on this day we will depart for a bike and hike journey through Cabo Blanco National Park. We will return with an open afternoon for you to enjoy yourself and explore as you wish - you can shop, sleep, play... whatever! We will regather the group and head to Malpais, for a sunset boat journey... to enjoy some surfing (if you like - lessons will be available,) or snorkeling over a volcano under the sea... and quite possibly some yoga on the beach!!! We'll return to Montezuma for dinner.



Thursday, January 29th

Following our routine morning schedule (of delicious meditation, yoga and breakfast), we will have an opportunity to lend a helping hand to the local community by planting trees with the local students. Our afternoon eco-adventure will take us to Piedra Colorada, a Historical Landmark where we can enjoy natural face masks and aquatic massages... in another piece of paradise. We will return with time for our evening yoga session and dinner... and a final night out in town, if you like!

Friday, January 30th

During our final morning in Montezuma, we will practice yoga and have a closing circle, prior to breakfast and departure. On this day we will return to the San Jose vicinity, and spend our final evening in Alajuela - a smaller city 15 minutes from San Jose. Dependent upon our timing with ground transportation and flights, we will visit the markets and village square here in the evening and/or Saturday morning.

Saturday, January 31st

Possible morning markets visit in Alajuela. Group departures mid-day.

2009 Retreat Pricing

Shared 2-Person Bungalow **\$2140 / \$2030, by November 10, 2008**

Private Bungalow **\$2455 / \$2330, by November 10, 2008**

2-Person Regular Room **\$1930 / \$1835, by November 10, 2008**

Your 8-day / 7-night retreat includes:

- All guiding
- Translation
- Daily yoga (usually 2x/day)
- Daily eco-adventure(s)
- Special events
- Activities
- All internal transportation (within Costa Rica along with the group)
- All meals (mostly organic and healthy food)
- Lodging 6 nights in Montezuma (in the lovely bungalows or rooms of Hotel Los Mangos) + 1 night in Alajuela
- Cultural exchanges / community experiences

You are responsible for the purchase of your international flight, as well as any alcoholic beverages you consume during the week. Your retreat price will cover the rest!!!

Registration & Payment: www.globalsouladventures.com/payment.html

20% deposit due to confirm your registration

50% payment due by Nov. 24, 2008

100% payment due by Dec. 24, 2008

Please read our Booking Conditions online (www.globalsouladventures.com), located on the bottom of each page)... you will need to sign that you agree to these terms, and sign a participant waiver.

You will receive all pertinent trip information, including a packing list once you are registered.

Please contact us with any questions, or for assistance with your registration: info@globalsouladventures.com / +1-518-632-4741

We look forward to having you travel with us in Costa Rica!



Would you like to add to your Central American journey?

Link your trips!

Global Soul Adventures will be leading a yoga and eco-adventure retreat in Copán Ruinas and Roatan Island, Honduras the week before Costa Rica. You may view details of this other exceptional journey at: www.globalsouladventures.com/oursoul.html

We would love to have you join us for both weeks, and should you decide to do so, we will gladly take 10% off of your trip cost, for each trip. ...And, if you choose to register for both prior to October 30, 2008, we will give you an additional 10% off one of the trips as our way of thanking you for registering early.

Please feel free to contact us with any questions!

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