



Exclusive Wellness Retreat

Costa Rica ♦ July 16-23, 2021
Tabacón Thermal Resort & Spa



What's Included?

Daily Yoga exclusive to Yoga House Naples group led by Gus Komninos!

- ♦ 7 nights in an Orchid Room at the Tabacón Thermal Resort & Spa
- ♦ Full breakfast daily
- ♦ Welcome Dinner
- ♦ Farewell Dinner
- ♦ \$75 Spa credit per room, per stay
- ♦ Unlimited Entrance to the Hot Springs during the stay
- ♦ Private Costa Rican Cooking Lesson & Dinner
- ♦ Private transfers to and from San Jose Airport
- ♦ Private La Fortuna Waterfalls & Private Hanging Bridges Tour with lunch
- ♦ Horseback Riding, River Tubing & Hot Springs at the Springs Resort with lunch
- ♦ Zip Line Tour
- ♦ Exclusive access to Shangri-La Gardens adult's only hideaway

Double Occupancy
\$4,500

Single Occupancy
\$5,800

20% deposit required to secure your spot on this spectacular experience. Initial deposit includes \$250 non-refundable fee.
30% of balance due as second deposit by 03/30/2021. Final payment due 05/05/2021.

Prices are per person and based on a minimum number of participants. Prices are subject to availability and may change at any time. Airfare is additional. Travel protection is available and highly recommended. Other restrictions apply.

For reservations and additional information please contact Lisa Spiller

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Friday · July 16th, 2021 - Friday · July 23rd, 2021

Yoga House Wellness Retreat

Friday · July 16th	Transfer · Private Transfer Tabacon Thermal Resort and Spa (7 nights) Welcome Dinner
Saturday · July 17th	"Yoga and Wellness Program with Gus Komninos" Day at Leisure with Yoga and Wellness program provided by Gus
Sunday · July 18th	"Yoga and Wellness Program with Gus Komninos" Authentic Costa Rican Cooking Class to get acquainted with traditional Costa Rican Cuisine with Chef Dinner included
Monday · July 19th	"Yoga and Wellness Program with Gus Komninos" Private Rain Forest Hike, waterfall, lunch and hanging bridges half day tour
Tuesday · July 20th	"Yoga and Wellness Program with Gus Komninos" Club Rio Multi - Adventure including hot springs, lunch, hiking trails, river pools and choice of 2 activities
Wednesday · July 21st	"Yoga and Wellness Program with Gus Komninos" Day at Leisure with Yoga and Wellness program provided by Gus
Thursday · July 22nd	"Yoga and Wellness Program with Gus Komninos" Rainforest Sky Tram Zip Line Tour - one of Costa Rica's highlights! Half-day tour Farewell Dinner

Friday · July 16th

Transfer · Private Transfer

Departing

San Jose Intl Airport

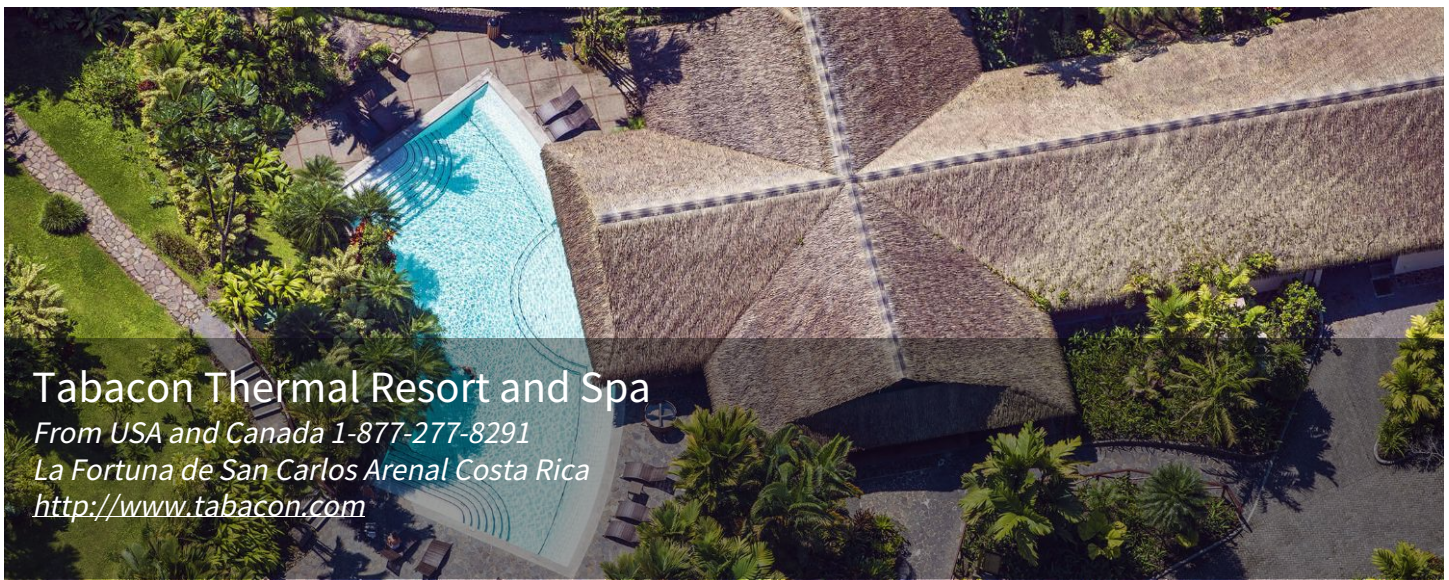
Arriving

Arenal

Notes

- Private Transfer San Jose (SJO) Intl. Airport - Arenal.

Arrive at the San Jose International Airport on a flight TBD (not included). Upon clearing immigration and customs, exit the airport and meet your driver who will be waiting for you. Start the 2 ½ hour drive to the Arenal Region. Enjoy the drive up the northern mountains of the Central Valley, then down towards the flatlands of San Carlos. Arrive and check into your hotel.



Tabacon Thermal Resort and Spa

From USA and Canada 1-877-277-8291

La Fortuna de San Carlos Arenal Costa Rica

<http://www.tabacon.com>

Jul 16 · 3:00 PM

Check-in

Jul 23 · 12:00 PM

Check-out

7 nights

Duration

Tabacon Thermal Resort and Spa is located in Costa Rica's northern region, 10 minutes from La Fortuna de San Carlos, at the base of the majestic Arenal Volcano. This Carbon Neutral Resort and 5 out of 5 leaves in the Costa Rica Sustainability Program is a true tropical paradise of nature, wellness, adventure and relaxation. Tabacon provides luxurious accommodations, services and amenities in a natural lush setting. The resort's unique hot thermal mineral springs emerge directly from the volcano, cascading to form waterfalls, streams, tranquil pools and ponds, surrounded by lavish tropical gardens, averaging temperatures of 100 degrees F (about 40 degrees C). This luxuriant and beautiful paradise is nestled in primary rain forest. Adventurous guests can choose from a wide selection of excursions, like white-water rafting, waterfall rappelling or canyoning, exciting canopy tours and zip lines, rain forest sky treks and hikes on suspended bridges, nature cruises and hiking to the volcano and visiting La Fortuna Waterfall. The Spa at Tabacon - Costa Rica's most awarded - offers a singular spa experience all treatments are rendered in outdoor bungalows.

Amenities

Signature Amenities:

- Costa Rican Breakfast for two daily at Los Tucanes Restaurant
- \$75 Spa Coupon per room, per stay (Not combinable, no cash value if not redeem in full. (Restrictions apply)
- Unlimited entrance to the hot springs resort during the stay
- Exclusive access to Shangri-La Gardens adult's only hideaway (18 years and older+)
- Two Cocktails of the day at Arenal Pool Bar

The following amenities are subject to availability at the time of check-in:

- Upgrade
- Early Check-In
- Late Check-Out

Room Selection

Category

Orchid Room

Room Description

- Orchid Room - Breakfast & Hot Springs Included. Relax in the inviting ambience of our spacious Orchid Rooms. They are furnished with colorful décor including a two queen beds and side table. The rooms are equipped with high-speed wireless Internet, Cable TV, and air conditioning system. Tropical sounds and colors of the rainforest will be part of your experience during your stay in our Orchid Rooms.

Notes

- Tabacon Thermal Resort & Spa.

Is a member of the Leading Hotels of the World, the Leading Spas of the World and recognized by both Spa Finder's Readers' Choice Awards and Travel & Leisure, it's the most renowned hot springs spa. This 102-room property offers luxurious accommodations and friendly service in a quaint, tropical environment. It is the ideal location to engage in the many adventure tours and nature activities in the region then end the day back at the hot springs. The resort's also a favorite among honeymoon couples, featuring the romantic Gala Dinner set in a bungalow in the gardens. Your room rate includes daily entrance to the hot springs.

Welcome Dinner

Saturday · July 17th

"Yoga and Wellness Program with Gus Komninos"

"Yoga and Wellness Program with Gus Komninos"

Day at Leisure with Yoga and Wellness program provided by Gus

Day at your leisure to enjoy the Hot Springs and the Spa!

Sunday · July 18th

"Yoga and Wellness Program with Gus Komninos"

"Yoga and Wellness Program with Gus Komninos"



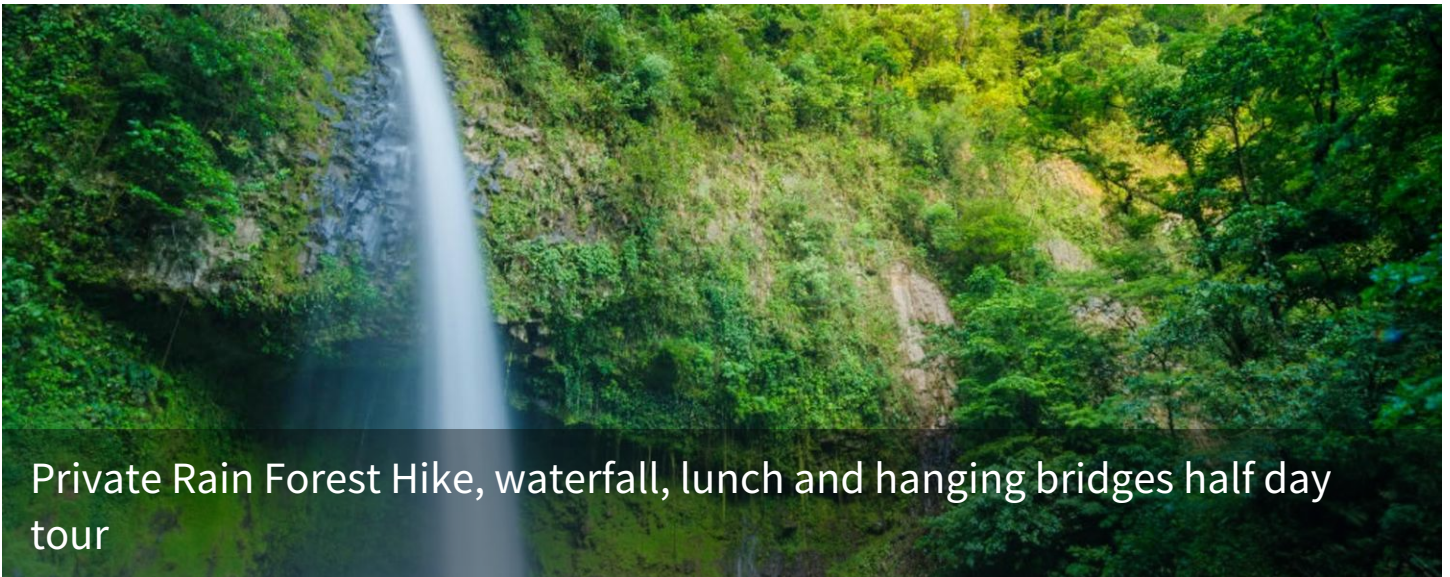
Authentic Costa Rican Cooking Class to get acquainted with traditional Costa Rican Cuisine with Chef Dinner included

- Private Cooking Lesson. Chef Paniagua invites you into his home to share four generations of traditional recipes with a modern touch. Rice, beans, roots, fresh fruits/vegetables and naturally fed protein sources are the backbone of this country. Spend the afternoon exploring these staples in the typical family kitchen and bring home new skills to create your own Costa Rican feast. End this special experience with a meal at the chef's table.

Monday · July 19th

"Yoga and Wellness Program with Gus Komninos"

"Yoga and Wellness Program with Gus Komninos"



Private Rain Forest Hike, waterfall, lunch and hanging bridges half day tour

- Private La Fortuna Waterfall Tour by Car & Private Hanging Bridges Tour with Lunch. Board the van for the 25 minutes transfer to the La Fortuna Waterfall, you will arrive at the upper part of the falls, from here you will contemplate the 230 foot waterfalls. Then, you will begin your hike down into a beautiful trail a hanging bridge, with handrails through a wonderful rain forest until you reach the cascading pool. Here you might consider going swimming into these cold waters or rest on the several rock outcroppings found along the river banks. While relaxing yourselves in this place, you are welcomed to enjoy the surrounding tropical rain forest which provides a breathtaking natural setting with the majestic waterfalls on the background. After your visit to the La Fortuna Waterfall National Park, enjoy lunch in town. After lunch, continue to enjoy the Mistico Hanging Bridges

property. This guide tour will allow you enjoy the amazing flora and fauna of the rainforest enjoying it from the ground, from the middle of the forest and above the canopy of the trees via a set of amazing hanging bridges.

Includes: Transportation, entrance fee, bilingual guide and bottle of water & lunch.

What to bring: Comfortable clothing, hiking boots or tennis shoes, swimsuit, binoculars, camera, sunscreen, insect repellent, raincoat.

Tuesday · July 20th

"Yoga and Wellness Program with Gus Komninos"

"Yoga and Wellness Program with Gus Komninos"



Club Rio Multi - Adventure including hot springs, lunch, hiking trails, river pools and choice of 2 activities

- Club Rio - Multi-Adventure Package. Your Club Rio Multi-Adventure Package includes Hot Springs, an authentic Costa Rican Lunch, Hiking Trails, River Pools and your choice of 2 of the following Activities:

River Tubbing

The special tubes are designed to run small rivers and are equipped with handles and protective bottoms. The splashing-fun tubing course is about 800 meters long, but you can choose to run just the lower section which is about 180 meters and remain along the open viewing area, to make you feel more comfortable. They provide life jackets and helmets Please bring water shoes with a secure heel strap or you can rent them from us for \$4 a pair.

Inflatable River Kayaking

The beautiful Arenal River winds its way through the Arenal Canyon offering spectacular views of lush tropical scenery and wildlife. The certified river guides will lead you through the class II rapids of the river, leaving you with wet cloths and smiling faces. At the end of the adventure you will have a chance to relax in the natural hot springs and visit the jungle cats preserve with a guide. They provide life jackets and helmets.

Climbing Wall

15 meters high climbing wall offers different routes of various difficulty levels, as well as rappelling. The special design and the materials used to construct this latest addition to the Club Rio Outdoor Center gives you the closest feeling to natural rock that you can get from an artificial structure. Come develop your physical capacity along with your mental strength, all while having an adrenaline-filled fun. They provide harnesses, helmets and climbing shoes. No prior experience is necessary.

Wildlife Sanctuary Animals

The Wildlife Sanctuary Tour, in conjunction with the MINAE (Ministry of the Environment and Energy) operate a preserve for Costa Rican wildlife that has either been confiscated from poachers or donated by other private preserves or individuals.

Horseback

Enjoy an easy ride that takes you through the forest, across a river, and along a country road with spectacular views of the volcano and the San Carlos plains. You will have the chance to observe native wildlife their natural habitat, as well as a glimpse into the typical way of life of local farmers. This tour is perfect for all levels of riders

Includes: Hot Springs entrance fee, lunch, Hiking Trails, River Pools, along with your choice of 2 of the following Activities: Inflatable Kayaking River Tubing Horseback Riding Guided Nature Tour Climbing Wall Wildlife Sanctuary.

What to bring: Comfortable clothes, hiking or tennis shoes, extra clothes, swimsuit, sandals, towel, sunscreen, insect repellent, camera.

Wednesday · July 21st

"Yoga and Wellness Program with Gus Komninos"

"Yoga and Wellness Program with Gus Komninos"

Day at Leisure with Yoga and Wellness program provided by Gus

Notes

Enjoy the day at your leisure or try one or more of the many available activities the region offers. Optional Activities in Arenal /Arenal Lake

- Relax at the country's top hot springs resorts featuring breath-taking volcano views and lush tropical gardens. Some of Costa Rica's top spas and therapists make Arenal their home. (The hot springs are included for those staying at Tabacón Grand Spa Thermal Resort, The Springs Resort & Spa or Arenal Kioro)
- Go rafting on the Sarapiquí River. The river has Class II, III and IV rafting for adventure aficionados and Floating Safari Class I & II rafting for slower paced, nature lovers. Both are excellent tours featuring amazing scenery, interesting wildlife and thrilling adventure.
- Try canyoning, one of the country's top adventure activities. Rappel down four walls, including three waterfalls, inside the rainforest - truly an unforgettable experience!
- For nature and kayaking lovers, the Arenal Lake offers the opportunity to experience a memorable kayaking outing with the possibility to spot interesting wildlife in their natural habitat. • Tour the forest from the Hanging Bridges Tour. This is an impressive hike in the rainforest over a series of suspension bridges. View various types of flora and fauna at differing heights - from the ground to well above the canopy. What a way to see the jungle! If you plan to enjoy the sky trek, make it a full day and add the hike in the sky walk suspended bridges.
- Experience the thrill of zip lining through the canopy of the rainforest on the Sky Trek or the Ecoglide with Tarzan Swing, two of Costa Rica's most popular tours. Enjoy the rain forest from this unique vantage point and get a real adrenaline rush!
- Take a Volcano Hike in the Arenal National Park where you will learn all about the Arenal Volcano and its history.
- Extreme adventure fans will thrive during a visit to the Venado Caves. Spend 1½ to 2 hours on a guided visit, climbing walls, sliding through mud-holes, hiking in underground rivers, and exploring these unique caves. Your clothes are likely to be ruined, but the adventure makes it worth it.
- Mountain bike on an old dirt road and take in view of the volcano, lake Arenal, and rainforest. Beginner, intermediate and advanced options available.
- Enjoy a "Floating Safari" tour through the Cano Negro Wildlife Refuge. This area is considered to be of the best sites on the continent for bird watching; Caño Negro is also home to a number of other animals such as sloths, three types of monkeys, caimans, lizards, bats, and a myriad variety of flora native to the wetlands.
- Asis Project: Take part of this wonderful educational experience, learn and see Costa Rican wildlife up-close.

Thursday · July 22nd

"Yoga and Wellness Program with Gus Komninos"

"Yoga and Wellness Program with Gus Komninos"



Rainforest Sky Tram Zip Line Tour - one of Costa Rica's highlights! Half-day tour

• Sky Tram / Sky Trek (zip line) Tour. At a time TBD, the staff from Sky Adventures will pick you up at the lobby of the hotel to start your Sky Tram / Sky Trek Tour. Board the Aerial Tram for the 10-minute ride through the rainforest to reach the first platform. Enjoy magnificent views of the volcano and the Arenal Lake on your back. Embark on one of Costa Rica's top canopy adventures as you glide down 7 zip lines for a total of over 2 miles of cables.

Includes: Bilingual guide and entrance fee.

What to bring: Comfortable clothes, camera, binoculars, insect repellent, rain gear during rainy days.

Farewell Dinner

Friday · July 23rd

Transfer · Private Transfer

Departing
Arenal

Arriving
San Jose Intl Airport

Notes

- Private Transfer Private Transfer Arenal - San Jose (SJO) Intl. Airport. At a time TBD, check out of the hotel and board the van to start the 4 hour drive to the Tamarindo / Flamingo / Conchal area. Arrive to the San Jose International Airport on time to check into your flight back home.