



Destination – Arenal | La Fortuna | Heredia

Jul 23 – July 30, 2016

Travel Day & Cultural Visits

Costa Rica is a country rich in flora and fauna. Travel with Nanda Journeys to the heart of the country and meet the locals, or Tico's, who are eager to share with you their unique culture and traditions. Your journey will include time on a fully sustainable Ranch where you will practice your yoga and, if you so choose, participant in a range of activities from harvesting to cooking.

No visit to Costa Rica is complete without a zip line adventure high above the canopy of the rainforest – do you dare?

Program Highlights

- 4 nights / 5 days Yoga and Costa Rica Ranch stay
- Relaxing hot springs
- Join local families in cultural activities such as dancing, cooking, crafts and more
- Zip line experience high above the Costa Rican rainforest
- Coffee plantation visit

Community Service Focus

- Visit with families in Juanilama and work alongside them in a rural school
- Spend a day cooking, dancing, learning crafts and creating new friends as you immerse yourself in village life

Yoga Focus

- Twice daily yoga sessions are conducted at Rancho Margot – several unique tranquil locations to soothe the mind, body and soul.

{Participation in the yoga activities is purely optional, not a yogi, no problem, there is much more to see and do}

Tour Price From:

\$2,795 - sharing twin room

\$450 – single supplement



For more information contact:

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