



Nanda
JOURNEYS



Wellness Rejuvenation Journey

FOR MIND, BODY & SPIRIT

COSTA RICA

5 Nights / 6 Days

November 3 - 8, 2018

\$3,499 (Based on double occupancy, includes flights)

Meg Sylvester Meg Sylvester is a heart-centered Health & Wellbeing Coach who specializes in holistic health, mindset, and soul-aligning practices. Join her in Costa Rica as she guides you on a beautiful journey to tap into vitality and tune into your inner-wisdom. Explore the beaches and jungle of this beautiful country as you voyage into holistic health and soulful practices. Get ready to release your blocks to well-being and merge back into soul alignment!

BOOK NOW: 888.747.7501

HIGHLIGHTS

Mind, Body, Spirit Focus

- ✓ Oceanside Intention Setting Ritual guiding you to connect to what you truly desire
- ✓ Realign your various energy centers as you navigate the world’s largest labyrinth
- ✓ Fresh, nutritious locally sourced food
- ✓ Daily yoga & meditation

Optional coaching with Meg (extra cost)

- ✓ **Soul Alignment Session** - Explore energetic blocks keeping you from experiencing your highest self. As an intuitive, Meg will use Oracle Cards and Affirmation Cards to channel guidance to uncover the root causes of these beliefs and help you build a path to overcome.
- ✓ **Private Coaching Option 1** - includes a welcome packet to help you get crystal clear on your journey goals, two virtual intensive coaching sessions before and after the retreat (75 min each) to get crystal clear on your goals and to help you integrate new healthy lifestyle habits into your life.
- ✓ **Private Coaching Option 2** - all above plus private coaching session with Meg during the trip. Leave with an action plan and a deeper understanding of what’s been standing in your way AND what you truly desire.

Costa Rica Highlights

- ✓ Soak in relaxing volcanic hot springs
- ✓ Zip line/canopy tour across canyons, rivers and gorges
- ✓ Free time to rejuvenate mind, body and spirit at a beach side spa resort
- ✓ Visit and help staff at an animal sanctuary

Community Connections

- ✓ You will have an opportunity to visit with families in the small community of Bagaces. Spend time cooking, dancing, learning crafts and creating new friends as you immerse yourself in village life.



INCLUDED IN THE JOURNEY	NOT INCLUDED
All transportation and activities outlined in the itinerary	Personal expenses at the hotel
Daily yoga & meditation	Additional spa and massage treatments not specified
Group transfers to and from the international airport	Meals not specified
International air to and from Liberia, Costa Rica (gateway city set tentatively out of Houston, Texas)	Passport renewal or issuance
Local English speaking guide	Domestic flight to gateway city
Most meals and tips	Departure taxes where applicable



A note from Meg

One of my favorite things about Costa Rica is the lifestyle which is perfectly represented in the phrase you will hear repeated by the locals "Pura Vida". On my last trip to Costa Rica, I was in a small, local coffee shop and saw a sign that made me fall in love even more with the phrase. It read; "Pura Vida: Pure Life. To live a peaceful, simple, uncluttered life with a deep appreciation for nature, family, and friends. A real living that reflects happiness, well-being, and satisfaction."

Being immersed in the Pura Vida lifestyle is my intention for you as you join me on this beautiful journey. Enjoy an off-the-grid, wholesome connection to nature and yourself as we explore the beaches and jungle of this beautiful country.

We can get so caught up in routines and a lifestyle that doesn't serve us. We forget who we are and what truly makes us happy. We get so tightly wired that we forget to unwind and take it back to the basics.

This journey is about the undoing of all of that. It's about the undoing of learned behaviors and patterns that sabotage our happiness, health and wellbeing. It is my intention to help you to merge your mind, body and soul into alignment.

Through a focus on simple, healthy food, mind-body practices, and immersing ourselves in nature, I hope that you leave this trip feeling recharged and rejuvenated with a revived appreciation for your true self and the power you have within.

Every day, you will have the opportunity to participate in a meditation session or a soul-centered class with me. I will empower you with tools and perceptions to help you transform old habits and beliefs into a new way of being. Pura Vida!

Meg

DAY-BY-DAY ITINERARY

DAY 1

Fly to Costa Rica

Bagaces, Guanacaste

Overnight: Rio Perdido

Included meals: Dinner



Fly from Huston and arrive in Liberia, Costa Rica.

Meet your local guide and transfer to Rio Perdido your tranquil home for the next three nights. More than just your average resort Rio Perdido offers a great environment for those seeking a combination of peace and adventure. Rio Perdido is the ideal environment for you to re-engage with your own personal wellbeing and spiritual self. The natural thermal-water ponds enhance and complement your experience.

Rio Perdido is located in northern Costa Rica flanked on either side by two deep canyons. One is completely vertical carrying cool waters, and the other has several thermo-mineral hot springs, a perfect location for a transformative and rejuvenating experience.

The ever-present breezes, the crisp light, the sounds of the surrounding forest... peace and tranquility in abundance. A welcome dinner will be served this evening.

Unwind and recharge with Meg and your local yoga teachers as you immerse yourself in daily meditations, yoga, and personal self-reflection. This is your time to release your blocks to well-being and merge back into soul alignment. Costa Rica has the unique ability to make one feel instantly relaxed, re-energized and in touch with nature.

DAY 2

Yoga & Intention Setting

Bagaces, Guanacaste

Overnight: Rio Perdido

Included meals: Breakfast, Lunch



Imagine your body slowly awakening to the sounds of the forest and the gently flowing river along whose banks you will participate in yoga class this morning.

Following class, a nutritious and healthy breakfast will be served daily. At Rio Perdido they don't believe in simply ordering suppliers hundreds of miles away. They buy produce from local people and local farms. Their food and beverage team were born and raised in the local area of San Bernardo and are excited to introduce you to fresh Costa Rican cuisine.

A guided hike has been arranged for you today to the Mesa Norte panoramic outlook. The total distance is 3.5 km, out and back. The walk begins with a soft ascent through the woods, takes you to an uncovered trail and then to a steeper climb for the last 250m (800 feet), before you get to the small, flat mesa. From the top, you can see all the Guanacaste volcanoes, including the Miravalles, the Rincon de la Vieja, and the Tenorio.

Because of the complete absence of artificial illumination, this is also an amazing place to stargaze and to appreciate 360 degrees of undisturbed nature under the moonlight.

DAY-BY-DAY ITINERARY

DAY 2 | CONTINUED

For the remainder of the day you may choose to relax and unwind, laze in your own patio hammock, read or meditate by the river, meander and enjoy the forest listening and watching for the abundant flora and fauna or explore the thermal hot springs, a signature feature at Rio Perdido.



The 150-foot, thermo-mineral gorge, which draws energy from deep magma flows, will cast its spell on anyone who descends to its magical waters for the first time. It's a completely natural and inspiring setting, unlike any other place on the planet. Along the riverbed, there are 8 registered springs, from which over 4000 gallons of hot water emanate every minute. As a result of spring water mixing with the hot water flow, there are dozens of soothing pools, of varying temperatures, that are absolutely perfect for prolonged bathing.



There are additional self-guided hikes including a short and easy walk to the Yurro Waterfall, a trail circuit and a series of bridges, including a 200ft hanging bridge that connects the hotel to the reserve. Or simply take a short walk from your bungalow and in minutes, you may spot unique species of mammals, reptiles, insects, and amphibians.

Dinner is on your own (individual expense) this evening. The menu at Rio Perdido has been artfully created by local chefs who farm many of their own herbs, vegetables and fruits using sustainable practices right on the property.

Tonight, join Meg for an optional guided meditation and reflection session. Surrounded by moonlight and mother nature, prepare to embark on a journey inward. The meditation will be followed by an opportunity to process and prepare for what's to come through a journaling session. Meg will guide you with journaling prompts to empty the contents of your mind and prepare for dream-state.



DAY-BY-DAY ITINERARY

DAY 3

Canyoning Adventure

Bagaces, Guanacaste

Overnight: *Rio Perdido*

Included meals: *Breakfast, Lunch*

Enjoy your morning yoga session and breakfast and fuel up for an adventurous day exploring the canyon.

While Costa Rica has dozens of "canopy tours," with hundreds of zip-lines, Río Perdido has truly innovated to create a Canyon Adventure. Under the guidance of renowned adventure designers, they have created a sequence that will please and surprise you. The Río Blanco canyon is the main stage for this invigorating cable-based adventure, which includes:



15 platforms: 6 of them are rock-based, 9 are suspended on the canyon walls; a pendulum cable; a 50ft "Tarzan swing"; a 90ft challenge bridge; 4 via ferratas with lengths varying from 15 to over 30ft; 5 zip lines with lengths varying from 260 to over 800ft

In the afternoon, return to the hotel and enjoy a volcanic mud bath, visit the spa (own expense) or simply relax and reflect on your morning's achievements. Meg will also be available for Soul Alignment Sessions.

DAY 4

Beach Time

Playa Potrero, Costa Rica

Overnight: *Bahia Del Sol*

Included meals: *Breakfast, Lunch*



Enjoy your yoga class and a delicious breakfast. Afterwards, continue to the local village community of Bagaces with your private guide and driver.

At Nanda Journeys, we believe that the true essence of travel is found in meeting with others, exploring new cultures and creating bonds of friendship that will stay with you long after you return home. Spend time cooking, dancing, learning crafts and creating new friends as you immerse yourself in village life.

As we travel onward toward the beach, visit the wild cat refuge known as "Los Pumas". Dedicated to the protection of wildlife in Costa Rica, the refuge gives home to dozens of different species including some wild cats such as pumas and jaguars, as well as deer, toucans, and monkeys.

Continue on to Playa Potrero where we will stay for two nights at the Bahia del Sol Hotel. The hotel is located just a few steps from the tranquil waters of Potrero Beach, one of the safest beaches on the Pacific Coast.

DAY-BY-DAY ITINERARY



DAY 5

Healing Center – working title for day

Playa Potrero, Guanacaste,
Costa Rica

Overnight: Bahia del Sol Hotel

Included meals: Breakfast, Lunch,
Dinner

Enjoy another morning at leisure after breakfast and yoga.

Later today you have been invited to visit **La Senda** for dinner and exploration.

This magical place could have once been, according to researchers, an indigenous sanctuary. Researchers found various energy centers, and so a labyrinth was built to amplify the power of those centers. This labyrinth is the largest in the world; it measures more than 2.5 acres and the path is about two miles long. Without a doubt it is the only labyrinth in the world that claims two centers, a feminine and a masculine, united in the Vesica Piscis, the point where creation happens.

Traveling through the labyrinth can serve various purposes. You can walk it just for fun or for physical exercise. It can be journeyed for health reasons; by walking it, the biochemistry of the body is readjusted. You may even use it to find a purpose in your life (vision quest) or to go deeper within yourself as part of a meditation to create awareness.



Both centers are ideal spots to have a yoga classes. It is a holistic experience; the labyrinth works on your body, mind and spirit.

The owners of La Senda have invited you to a delicious dinner at their house, made with organic products. Share your experiences from the labyrinth and the entire trip with your fellow travelers during your farewell dinner

DAY 6

Return Home

Included meals:
Breakfast

Say goodbye to Costa Rica and all of your new *Tica's* and *Tico's*! Your driver will accompany you to Liberia International Airport.

ACCOMODATIONS

📍 Bagaces, Guanacaste

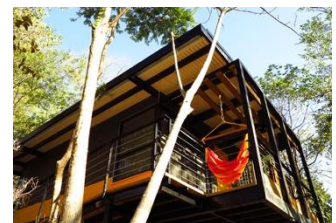
Rio Perdido

Provincia de Guanacaste, Bagaces, Costa Rica

Telephone: +506 2740-1051

<http://www.rioperdido.com>

Rio Perdido is a 600-acre private reserve. It has 20 private bungalows and while the feel of each bungalow is distinct, all of them offer the same features and amenities. Each bungalow is 36m² (400sq ft.) and features a cozy bedroom, private bathroom and an elevated terrace with a hammock. Each room features two twin beds or a king size bed, day sofa, coffee maker, mini bar, flat screen smart TV with premium IP channel feed, hair dryer, free Wi-Fi, new-generation high-efficiency air conditioning, safe.



📍 Playa Potrero, Guanacaste

Bahia Sol

Playa Potrero, Guanacaste, Costa Rica

Telephone: +506 2654-5339

<http://www.bahiadelsohotel.com>

The sunny province of Guanacaste in Costa Rica's North Pacific hosts the unique, exclusive and romantic Bahía del Sol Beach front and boutique hotel, located just a few steps from the tranquil waters of Potrero Beach, one of the safest beaches of the Pacific Coast. Each room features two full size beds or a queen size bed, coffee maker, mini bar, cable TV, hair dryer, free Wi-Fi, air conditioning, electronic safe, hammocks in the corridor with garden view.

