



JOURNEY OF PURPOSE AND DISCOVERY - COSTA RICA



Pura Vida! Join us in Costa Rica for an active and educational family adventure. Visit local families and learn about local life in Costa Rica; hike and swim in pristine waterfalls; zip-line high above the magical rainforest; learn about sustainable farming, organic cooking and responsible recycling programs; participate in daily, family friendly yoga classes and wellness workshops and make new friends as you explore glorious Costa Rica!

Active Adventure, Cultural Immersion & Community Connections

- Soar high above the rainforest on a **zip-line** and observe the majesty of the **Arenal Volcano and lake**. Listen and look out for **howler monkeys, toucans** and a variety of other wildlife living among the treetops.
- Visit with families in the **small community of Juanilama**. Spend time cooking, dancing, learning crafts and creating new friends as you immerse yourself in village life.
- Meet with the staff of a **Wildlife Sanctuary** and learn about the extensive flora and fauna of Costa Rica.
- At Rancho Margot, learn about **sustainable farming, composting, creative recycling, self-sufficiency**, building community and many other sustainability-driven practices.
- Visit **Manuel Antonio National Park** and explore the white sand beaches and evergreen tropical rainforests; participate in **surfing lessons** and explore the **mangroves by boat**.

Journey Leader: **Cyrelle McDonald**

Cyrelle McDonald is a certified Ayurvedic yoga practitioner and a certified natural foods chef. She has been teaching hands-on culinary classes for youth since 2009. Her focus is on using mostly plant-based foods and using local, organic, whole foods. She is very passionate about helping others to lead happy, healthy lifestyle by making them feel excited and empowered about their lives.

Arenal & Manuel Antonio

Dates: June 16-22, 2019

\$3,899 (includes flights)

\$3,499 (Child age 13-18, sharing with 2 adults)

\$2,499 (Child age 6-12, sharing with 2 adults)



Why Nanda Journeys?
Travel for people with purpose and passion. Our journeys are transformational.

Ready to go?
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