

## **Eco Yoga Retreat in Costa Rica**

### **From June 17th to 22nd.**

#### **About this Workshop:**



This workshop is special to connect the essence of your soul, while receiving yoga balancing sessions and enjoying the qualities of the present moment. Each yoga Balancing Session is different everyday, connecting one specific intention that allows your body, mind and soul to return to its natural state of well being. Achieving wellness, harmony, and peace, you will feel the connection between your Breath and your Inner Self. Allow yourself to expand your conscience, by chanting, dancing, yoking, and healing your heart.

#### **Itinerary**

##### **Sunday, June 17th**

Depart San Jose and arrive to Tilajari Resort Hotel. Lunch and Introductory Briefing. Dinner and Aquatic Bodywork Demonstration with Natalia.



##### **Monday, June 18th**

Breakfast, morning session and time at leisure before lunch. Evening session from 4:00 pm to 5:30 pm. Then a well deserved visit to the world famous Arenal Volcano Hot Springs and dinner at their facilities.



##### **Tuesday, June 19th**

Similar to Monday except that during the night we will have a delightful presentation: Healing Music with Marianela.



### Wednesday, June 20th

This is the day to enjoy the surroundings! Choose from our selection of activities depending on your interests.  
Yoga only in the morning.  
Night at leisure for those of you who want to rest. For those who have a little bit more energy, it is possible to arrange a visit to town.

### Thursday, June 21st

Yoga in the morning and yoga in the afternoon.  
But tonight we will have a professional dance instructor teaching us how to Salsa Dance. This will be the last night of our Workshop.



### Friday, June 22nd

Breakfast and departure back to San Jose.  
Some of you will head directly to the airport, but some of you will spend more time in beautiful Costa Rica!

## Cost of the Workshop

**\$987** USD in double occupancy and **\$1190** USD in single occupancy.

### Note:

This is a high demand workshop.  
We recommend signing in as soon as possible in order to save your space.  
The retreat operates with a minimum of 10 participants only, and a maximum of 50.

## Retreat Includes

- 5 night accommodations (at Tilajari Resort 4 Star Hotel in the Arenal Volcano surroundings)
- 3 delicious meals per day (at the Hotel's Restaurant and other venues mentioned in the itinerary)
- 8 yoga sessions, movement classes and guided meditations (with Marianela and Natalia)
- A complimentary massage or therapy per person (\$60 Value)
- Roundtrip ground transfer to and from Juan Santamaria International Airport (SJO- Hotel Tilajari -SJO)
- A visit to the world famous Arenal Volcano Hot Springs
- 1 full day Eco-Adventure tour (pre-selected)



## **Presentors Bio**

### **Marianela Ortiz Salgado.**



Holistic Balance Instructor, Marianela has been involved in Healing and Yoga Balancing since the age of six, receiving the instructions from her father who is the first yoga practitioner in Costa Rica. Marianela has studied in different Schools between California and Costa Rica. She has been practicing Reiki, Shiatsu, Acupressure, Swedish massage, Breema, Yoga Assisted Stretching, Deep Tissue, Sound Healing Vibrations and Sufi Yoga for the last 15 years. In the last 4 years she has been working with healing music, incorporating soul chanting meditation in her yoga classes.

### **Natalia Chaverri.**



Holistic Balance Instructor, Natalia has been involved in bodywork, yoga and meditation since 1998. She studied at the GAIA Holistic Balance School in Costa Rica. She teaches yoga and meditation in different places at San Jose, including the Pura Vida Yoga Center.

Another field that Natalia has explored successfully is Aquatic Bodywork specializing in Watsu and Aquadinamics, connecting the healing energy of the water, and helping the body to return to its natural state of Well Being.

## **Contacts**

For additional information and reservations please contact Il Viaggio Travel central office:

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