



# Yoga @ Nature Retreat / Luna Lodge

Friday, March 3rd thru Sunday, March 11th, 2017

## Schedule

Our retreat at Luna Lodge is an opportunity to immerse yourself in nature, yoga and meditation. Daily meditation and yoga are included, but are only suggested. The retreat is designed to bring vitality and peace to your life from the inside out. The time to explore is yours.

<b>Fri 3/03</b>	11:00 – 11pm 6:30pm – until	Guest arrival: check in to your hotel in San Jose Group meet for Dinner @Posada Canal Grande Hotel
<b>Sat 3/04</b>	6:30 am 8:00am 9:00 am 10:45am 9am - 12noon 12:30pm -1:30pm 4:00pm - 6:00pm 6:00pm - 6:30pm 7:00pm - until 9:00pm - 9:30pm	1st pick up at Hotel: to Tobias Bolanos Airport for Flight to Osa Flight #1 departs San Jose to Carate 2nd pick up at Hotel: to Tobias Bolanos Airport for Flight to Osa Flight #2 departs San Jose to Carate Guests arrive and settle in a Luna Lodge Lunch Gentle Flow Yoga w/ Ariel and Evalena Appetizer in Main Lodge Dinner Stargazer Meditation on Yoga Platform
<b>Sun 3/05 thru Friday 3/10</b>	4:30am - 6am 6:15am – 6:45 7am - 8:30am 8:30am – 9:30am 9:30am - 4:30pm 12:30-1:30  4:30 – 6:00pm 6:00pm - 6:30pm 7:00pm - until 9:00pm - 9:30pm	<b>Typical Day Schedule</b> Coffee/tea available in Lodge Meditation (Yoga Platform) Evalena Yoga Blend (Yoga Platform)w/ *Ariel Breakfast Free time to explore Lunch (packed lunch is available for take out, just let kitchen know night before and they will have it ready for you to take along) Gentle Flow & Restore Yoga w/ *Evalena Appetizers in Main Lodge Dinner Stargazer Meditation on Yoga Platform
<b>Sat 3/11</b>	4:30am - 6am 6:15am – 6:45 7am - 8:30am  8:30am – 9:30am  8:00am 10:45am	Coffee/tea available in Lodge Meditation (Yoga Platform) Evalena Yoga Blend (Yoga Platform)w/ *Evalena (for those students leaving on 10:45 flights) Breakfast  Flights #1 departs Carate to San Jose Flights #2 departs Carate to San Jose

\* Ariel and Evalena will alternate teaching yoga classes. 1st and last group classes will be taught tandem.



# *Yoga @ Nature Retreat / Luna Lodge*

Saturday, March 4th thru Sunday, March 11th, 2017

## *Important Information*

Here is some important information about Luna Lodge. We are in the middle of the rain forest and in one of the most bio-diverse places left on this planet.

### **What to bring to Luna Lodge**

- Shirts-cotton or light synthetic- short-sleeve and long-sleeve
- Pants-cotton or light synthetic (jeans are not recommended)
- Yoga clothes
- Shorts- You will usually prefer shorts over pants
- Shoes- water sandals and tennis shoes or hiking boots
- Socks- bring a few pairs in case they get wet
- Underwear
- Swimsuit, Hat/Bandana
- Flashlight- (Head Lamp if available )
- Bug spray- (organic if possible )
- Sunscreen-(organic if possible )
- Binoculars
- Water bottles
- Daypack
- Camera
- Toiletries (fully biodegradable)
- Sarong or light covering
- \* Mats are available to use

### **Money**

You do not necessarily need to change money in San Jose since we accept US dollars. We also accept Visa and Master card. We do not accept checks except only for reservation deposits within the United States.

### **Internal Flights**

Flying from San Jose to anywhere in Costa Rica, remember that there is a **25 pound** baggage limit on all domestic flights

### **At Luna Lodge**

#### **Water**

We have incredible water to drink that comes right from our own spring. We also do sell bottled water as well.

## *Important Information continued*

### **Phone/Internet**

Luna Lodge has telephone service, but there is no cellular phone access here at Luna Lodge. We are the only telephone within 42 kilometers. Our telephone here is our business phone so it is quite busy. We charge \$.50 for local calls per minute and \$1.25 for international calls to the USA or Canada per minute direct and generally more for other countries. You are welcome to use it, we just charge it to your room and you pay at the end of your stay.

We have an internet connected computer that is available starting at 7:00am to 9:00pm and it is for free. It is a gift that we are able to use internet here in the middle of the rain forest.

Wi-Fi is available from 2:00pm to 6:00pm.

If you do not need to use your apparatus please disconnect it because it freezes our whole system if everyone is on it at the same time.

It is nice to disconnect here in the middle of the rain forest.

### **Energy**

The energy source is hydro-electric and solar. It is 110 volts so people from North America do not need an adapter for their camera.

We discourage bringing hairdryers, but if you absolutely need to bring one, they do not need an adapter. Please ask us about using them and use them with caution.

### **Tours and Activities**

We are planning on taking a guided tour/hike to Corcovado National Park.

\$65 additional pp

We will plan for Wednesday The time depends on the weather sometimes we leave at 6:00am and return around 2:00pm but, now because it has been so hot we are leaving at 10:00pm and coming back at 5:00pm.

Many other tours are available. We will get that information upon arrival.

### **Local Hiking & Beach**

There are local waterfalls to visit, hiking trails on our property, and the beach is a leisurely 30-45 minute walk away. We can arrange a pick up at the beach for an additional cost of \$3 per person each way.

### **Complete Spa Center**

Our range of treatments available includes deep-tissue massage, Shiatsu and bio-energetic massage and Reiki. Beauty treatments include mud wraps, facials and exfoliating back scrubs. Please note these treatments vary depending on the therapists available.

### **Gift Shop at the Lodge**

The gift shop offers not only necessities and souvineers, but also an interesting array of boutique items selected from international artisans.