



Yoga Costa Rica



SEE Turtles partners with tour companies to personally connect you to wildlife for an unforgettable and inspiring adventure. Join us and you will directly support community-based conservation of critically endangered leatherback sea turtles. SEE Turtles trips provide a key source of alternative income in local economies to offset poaching and generate funds that expand conservation efforts. This unique adventure offered by EcoTeach combines the basics of yoga in the morning and the thrill of witnessing giant sea turtles nesting at night. The cost of the tour includes a donation to sea turtle conservation efforts in Costa Rica.

Price: \$1,675 per person (double occupancy)
Includes yoga lessons, guide, transport, lodging, food, and activities, does not include airfare to Costa Rica .

SATURDAY, JUNE 13th – San Jose

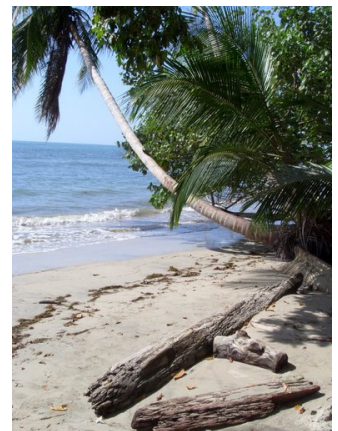
A bus from the airport spirits us to the [La Rosa de America](#), a relaxing retreat just outside of San Jose. This charming hotel will provide a restful night's sleep before an early yoga class in the garden.

SUNDAY, JUNE 14th – Puerto Viejo de Talamanca

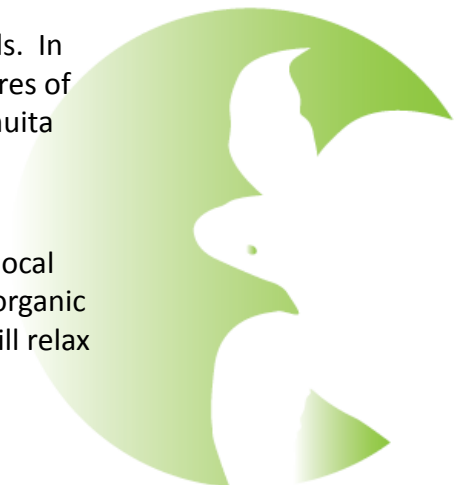
In the morning, we will have our first lesson in Hatha Yoga. As we make our way toward the Caribbean, we visit a beautiful butterfly farm. After lunch, it's a drive to the South Caribbean town of Puerto Viejo for three nights at Samasati Nature Retreat, one of Costa Rica's most recognized eco-hotels. In the afternoon, we have a moment to relax and enjoy the hotel's 250 acres of protected tropical rain forest. This evening, we take a short walk in Cahuita National Park to spy nesting leatherbacks.

MONDAY, JUNE 15th – Amubri Indigenous Reserve

Sunday, we visit the Amubri indigenous village for a lesson in yoga and local culture with Amburi children . There is also a visit to the community's organic chocolate plantation to sample some yummy chocolate. Tonight, we will relax and get to bed early.



www.seeturtles.org





Highlights:

- Basic yoga lessons
- Sea turtle nesting beaches
- Dolphin watching
- Rainforest hikes
- Organic farms
- Indigenous reserves
- Butterfly farm

TUESDAY, JUNE 16th – Gandoca Manzanillo Wildlife Refuge

After a morning yoga lesson, we drive to Manzanillo to hit the beach and explore the waters of the Gandoca-Manzanillo Wildlife Refuge, looking for dolphins along the way. We will visit Gandoca to learn how WIDECAS Latin America is protecting one of the country's most important leatherback beaches and have a chance to support an innovative recycling program. When we return to Manzanillo, we will have dinner at world famous Maxi's Restaurant.

WEDNESDAY, JUNE 17th – Coffee Tour and Cloud Forest

Another late-morning yoga lesson prepares us for a trip into the mountains and a visit the Sol Colibri Organic Coffee Farm. We sample delicious coffee and learn how coffee farmers protect birds and grow organic coffee at the same time! Our home for the night is the tranquil Trogon Lodge.

THURSDAY, JUNE 18th – Cerro de la Muerte Cloud Forest

By now, you will know several yoga poses by heart and begin to feel the real joy of yoga. After breakfast, we hike into the wondrous cloud forest for a chance to glimpse the resplendent quetzal, one of the world's most beautiful and endangered birds. The afternoon is free to relax or wander the hotel's gardens.

FRIDAY, JUNE 19th – Cloud Forest and San Jose

After our final yoga lesson, we walk to the nearby Savegre River or relax in the hotel. On our way back to San Jose, we will hike into Seeley's organic farm for an unforgettable lunch. Spend the afternoon by the pool or go souvenir shopping. The evening brings a goodbye dinner and a good rest-up for the journey home.

SATURDAY, JUNE 20th - Depart for USA

Today, we will bid *adios* and return home with new memories, understanding and photos—and the knowledge that our visit has helped save endangered sea turtles.

SEE Turtles

The goal of SEE Turtles is to connect travelers with sea turtle conservation sites that will most benefit from the visit and provide an authentic wildlife-viewing experience. SEE Turtles does this by partnering with leading tour operators to offer unforgettable experiences that directly benefit sea turtles. SEE Turtles works with companies that have proven high quality service to organize tours and logistics, resulting in the most enjoyable experience possible.

EcoTeach

EcoTeach is dedicated to providing travel experiences that combine education with conservation, and recreation with cultural awareness. Since 1994, more than 5,000 students, individuals and families have traveled with EcoTeach to experience the culture and natural wonders of Costa Rica. From the personal care you'll receive from our staff, to the hospitality you'll enjoy with our Costa Rican staff and friends, and to the warm friendships you'll develop with our guides and bus drivers – you'll sense a special kinship based on a strong commitment to the ideals of cultural exchange and ecological conservation. www.ecoteach.com

For more information:

Visit www.seeturtles.org or email brad@seeturtles.org