



## **Yoga and Adventure and Service Retreat**

**June 9-16, 2018**

**Trip Leaders/Yoga Teachers:** Chris Yovanovich, E-RYT 500 and  
Maryjane Behforouz, E-RYT-200

### **ITINERARY**

#### **Day 1 – Saturday, June 9, 2018**

Arrive in San Jose, Costa Rica and transfer to the 4-star hotel, Don Carlos, in the city. Get settled in your new surroundings until the Welcome Dinner at 6 p.m. on the hotel's restaurant, Café Amon. (D)

#### **Accommodations:**

Located in the oldest historical section of San José, the **'Four Star' Hotel Don Carlos** is a small, but significant part of Costa Rica's rich heritage. Once upon a time residence for two past Presidential families, the historical Hotel Don Carlos' warmth and charm, graciously awaits you. Enjoy Costa Rica's finest art works as you stroll through the gallery-like corridors and maze of quiet garden and fountain settings, restaurant and mini pool. Wander into Annemarie's Boutique and get lost within this unique world of local artistic creations in Costa Rica's #1 gift shop.



### **Day 2 – Sunday, June 10, 2018**

After breakfast the group will depart 8:15 a.m. for Samasati Nature Retreat near Puerto Viejo. We will pass through the chilly heights of Braulio Carriollo National Park, the steamy lowlands of Guapiles, the Caribbean port town of Limon, many banana plantations and then follow the palm fringed coastal road south by the beach of Cahuita and to Puerto Viejo.

We will arrive in time for lunch. The food is gourmet vegetarian and each meal is a treat. A gentle yoga class will be offered every evening from 5:15-6:30 p.m. followed by dinner in the open air restaurant.

The intention is to give a gentle and peaceful practice after a long day. The beautiful studio, the sounds of the rainforest and the gentle cueing will ease you into a rhythmic flow of meditative movement to transition to a blissful state of being. (B/L/D)

### **Day 3 – Monday, June 11, 2018**

After a slow flow vinyasa yoga class from 6:30-7:45 a.m. and breakfast, the group will head out for a morning excursion. At the Jaguar Animal Rescue Center you will have the opportunity to encounter monkeys and see a wide variety of animals up close. Sack lunches will be provided so you can enjoy a picnic on the beach. The beach at Punta Uva is claimed to be one of the best beaches in the area.

The group will return to Samasati after some beach time and a brief stop in the town of Puerto Viejo to shop. Yoga will be offered from 5:15-6:30 p.m. followed by dinner. (B/L/D)

#### **Day 4 – Tuesday, June 12, 2018**

After yoga and breakfast, we will transfer to Peace through Yoga Foundation's International Center for Girls. It is located in a rural area in the heart of the rainforest just minutes from Samasati.

The name of the property is called "El Yue". El Yüe is a women's group initiative organized since 1994 in the Carbon 1 Community. As banana and vegetables growers, they started developing alternative activities that could allow them to improve their standard of living and be eco-friendly. We will meet some of the women and participate in the process of making chocolate during our visit.

The afternoon will be spent with the children (ages 7-12) doing a variety of activities, including teaching English, reading books, doing a craft project, and implementing educational enrichment stations. We welcome any ideas based on your talents and interests. (B/L/D)

#### **Day 5 – Wednesday, June 13, 2018**

Following yoga and breakfast, the group will head out for the famous Canopy Tour where you will zip from tree to tree in the jungle. There are 13 stations where you will enjoy approximately two hours of zip lining and walking in between several of the platforms. Return to Samasati in time for lunch.

An alternative included excursion would be horseback riding at the beach. Well-trained horses and an expert guide will accompany you in this adventurous excursion. You, too, will be back in time for lunch.

You will have the opportunity to dine in a home of a local for family as an alternative to having dinner at Samasati. (B/L/D)

#### **Day 6 – Thursday, June 14, 2018**

After yoga and breakfast, we will have a morning adventure at the nearby Cahuita National Park. It is known for white sand, palm tree lined beaches, and crystal clear blue waters, which are ideal of swimming. You will also have the opportunity to hike the flat seven kilometers to the point and/or sunbath.

Return to Samasati for lunch and relax or participate in other activities. Taxis can be arranged in the afternoon to go to town for shopping and exploring. Or you can hike one of the many trails, get a massage, relax in the Jacuzzi, take a nap or read in a hammock.

The rest of the day is at your leisure. Enjoy yoga prior to our special farewell dinner at Samasati. (B/L/D)

### **Day 7 – Friday, June 15, 2018**

After yoga and a leisurely breakfast, we will transfer mid-morning to San Jose and check-in at the Hotel Don Carlos again. There are local markets and museums to explore.

**OR** sign-up for an optional White Water Rafting excursion on your return trip to San Jose. The Pacuare River is world famous for its beauty. A true river gorge, it is flanked by steep, green walls. You will see waterfalls cascade into the river from both sides. Wildlife is abundant. It is not an overly challenging river, but it has many rapids that will make your adventure very interesting and fun! The 18-mile-one-day-run includes 38 rapids. Few rivers in the world can offer you so many rapids in such a short stretch of water. \$99 per person

A Farewell Dinner is scheduled at local restaurant, Café Mundo, where you will be able to enjoy your last evening with your new found friends. (B/L/D)

### **Day 8 – Saturday, June 16, 2018**

After breakfast, transportation will be arranged based on your return flight home. We hope you return home rejuvenated and inspired by all you experienced. (B)

### **Accommodations:**

Samasati Nature Retreat - This stunning retreat is located on a 250 acre biological reserve overlooking the Caribbean. Just over 230 miles south of San Jose, it is an easy and naturally stunning commute from the airport. Sitting amidst the famous Costa Rican rainforest, your bungalow offers some of the most unique views of the Caribbean Sea. The retreat features yoga studios, Jacuzzi, sundeck, cocktail bar, open air restaurant, and massage therapists on staff. Samasati offers an array of activities for nature lovers, yogis, and anyone looking to relax in an exotic environment. Guests will also have access to in-house spa treatments and complimentary coordination of eco-tours and bird watching.



### **Inclusions:**

- 5 night accommodations – Private Bungalows at Samasati
- 2 nights at the boutique Don Carlos Hotel in San Jose
- Airport transfers
- In-country transportation
- All meals at Samasati Nature Retreat
- Welcome and Farewell Dinners in San Jose
- Breakfast at Don Carlos
- Entrance into the Jaguar Animal Rescue Center
- Beach time at Punta Uva
- Dinner with a local family
- Eight yoga sessions at Samasati
- Cahuita National Park
- Chocolate Tour
- Zip-lining Adventure or Horseback Riding
- Coordination of all volunteer activities
- Services of Trip Leaders

**Prices:**

Double Per Person: \$1299 Bungalow

Triple Per Person: \$1199 Triple Bungalow (two story bungalow with three beds)

**Not Included:**

- Air fare to Costa Rica
- Tipping of guides, drivers, and staff at Samasati (approximately \$50 total)
- Personal expenses like massages and alcoholic beverages

**Documents Needed:** Passport

**To guarantee your space, call our Reservation Manager, Susie Morwick at 317-544-8391 or email to [susie@traveldimensions.com](mailto:susie@traveldimensions.com). A \$500 deposit is needed to hold your space and the balance is due 90 days prior to departure. For Travel Insurance, contact Travel Guard at (800) 826-1300.**

Chris Yovanovich, B.A., E-RYT 500



Chris Yovanovich has dedicated her life to sharing the ancient wisdom of yoga full-time over the past 12 years. Prior to her yogic studies and teachings, she was an avid meditator and served as social worker for various long-term care facilities assisting

patients and their families at the end of life. This served as a platform to serve from a seat of compassion and heart-felt respect for the human condition.

Chris received her 200- and 500-Hrs. trainings 12 years ago at Cityoga in Indianapolis, IN. and became a dedicated Kriyaban through Parmahansa Yogananda's Self-Realization Fellowship in L.A. in 2003. She taught yoga full-time at various studios including Peace through Yoga in Indianapolis and served as their first 200-Hrs. Teacher Training Director from 2011-2016.

She has since opened Indiana Yoga Studio in Lebanon Indiana and teaches their 200 & 300-Hrs. Advanced trainings, as well as a 200-Hrs. 'Yoga & Spirituality' course she helped create for Christian Theological Seminary in Indianapolis, IN. Chris specializes in Restorative Yoga and Yoga for Post-Traumatic Stress Injuries, as well as for other mental health related dis-eases. She loves teaching all styles of yoga and has been trained in the following traditions: Kriya, Iyengar, Anusara, Vinyasa, Ashtanga & Yoga Therapy.

Christine has also served as trip leader for Dr. Sally Bassett for India and currently, Costa Rica, and is a board member of Peace through Yoga Foundation.

Realizing that all pranayama (breathwork) and asanas (postures) are a means to the end of Self-Realization, Chris emphasizes the importance of meditation and incorporates the simple and all-natural life-changing practice of unified consciousness into all of her classes.



## Maryjane Behforouz, E-YTT-200

Maryjane Sweet Behforouz is extraordinarily passionate about travel and the discoveries made by meeting people in different cultures and countries. Her travels have taken her to six of the seven continents with a concentration in the Middle East. As a board member of a peace-building school in Nazareth, Israel, she founded Pedal for Peace to connect people in her local community to the school's mission. She has also led commercial adventure trips around the world with her National Outdoor Leadership School (NOLS) and Wilderness First Responder training.

Maryjane has a Master's in Organization Development and has owned a consulting business that supported contractors in the building of healthy homes and offices utilizing her certifications in Building Biology and the US Green Building's LEED certification. Most recently, she completed a 200-hour yoga teacher training through Yoga Alliance after having practiced for twenty years.

When not traveling, Maryjane can be found with her family in the kitchen whipping up creations from her garden, doing yoga, messing with her chickens, or reading a book that stretches her mind and spirit in new ways.

Maryjane identifies strongly with Mark Twain's words "Travel is fatal to prejudice, bigotry, and narrow-mindedness...". She looks forward to sharing meaningful adventures with other curious souls who wish to enrich their lives and the lives of others.