

The “Sole to Soul” yoga retreat in Nosara, Costa Rica is designed to fill your heart with nature, your soul with God’s love and your body with nourishment and deep rest. Most days will feature a morning flow class and an evening restorative class. During the day we’ll have a couple of group activities planned and if timely, a group excursion to observe the Turtles at [Ostional Wildlife Reserve](#). The rest of the time you are wholeheartedly invited to do whatever you want. Whether it be walking / biking / surfing / beach, taking a nap by the pool, pampering yourself at the spa for a wonderful massage, checking out the quaint boutique town of Nosara or finding another adventure to embark on (kayaking/SUP in mangroves, ziplining, horseback riding, atv). The Bodhi Tree Yoga Resort also offers [many other types of classes](#) to check out (aerial yoga, power yoga, yogalates, spin...& more). Our very own yogi, Abby Rarig, will be our professional photographer during the trip to capture your memories!

YOGA RETREAT PACKING LIST (**PLEASE PACK 1 CARRY ON and 1 personal item (see your airline for details) I use my beach bag as my personal item. This helps with timely shuttle transfers):

- Passport (Valid for at least 2 months after trip)
- Trip Insurance **REQUIRED to enter Costa Rica**
- Ear plugs (sleeping) / headphones (flights)
- Yoga & exercise clothing (no need to bring mats or props)
- Swimsuits
- Beach clothing / flip flops / sneakers
- Flashlight
- Journal / pen / **“The 40 Day Healing Season” by Shannyn Caldwell (buy book [here](#) - complete before trip)**
- A good book
- Rain jacket / plastic bags for wet packing
- Snacks / granola bars for travel
- Water bottle to refill throughout trip
- Sunscreen, bug repellent
- Camera & chargers
- Small day/beach bag/pack
- Hat/Cover up
- Hair ties
- Rash Guard for surfing (optional)
- Credit Card, Debit Card, (check foreign transaction fees)
- Cash for gratuities, purchases, optional excursions and treatments. (ATM)

Yoga Retreat Schedule *(subject to change):*

Saturday April 24th:

****All arrive LIR @ noon for the group shuttle to the Resort (& leave LIR @ 4:30pm on May 1st)****

Cheryl's Itinerary UA 1442

Depart Newark, NJ (EWR) 8:30am

Arrive Liberia, Costa Rica (LIR) Noon

Airport Shuttle to Resort (2.5 hrs - \$40 per person plus tax)

Arrive and check in, tour the grounds, relax by the pool

5:30pm – Meet in Shala for Welcome Circle & Yoga / Happy Hour / Dinner

Delicious Fresh Organic Meals Included:

Breakfast: 7:00 AM to 9:30 AM

Lunch: 12:00 PM to 2:30 PM

Dinner: 6:30 PM to 9:00 PM

Sunday 25th

8am - Rise & Shine Yoga / Prayer Circle

5pm – Sunset Beach Yoga (Guest Instructor Abby Cornero)

Monday 26th:

5am: If in season - Group [Turtle Observation at Ostional](#) (Optional)

Noon: Advanced Yoga Postures Workshop

8pm: Gentle Yoga Flow (Guest Instructor Abby Cornero)

Tue 27th

8am - Group Surf Lesson (optional) with Jesse (transportation & surfboard included)

Noon - Yoga Workshop TBD

7 pm – Restorative Yoga (Guest Instructor Abby Cornero)

Wed 28th

10am – Power Yoga

Noon - Group Waterfall Hike (optional)

5:00pm – Sunset Beach Gentle Yoga Flow / Prayer Circle (Guest Instructor Abby Cornero)

Thu 29th

7am - Gentle Yoga Flow / Prayer Circle (Guest Instructor Abby Cornero)

9am - Group Zip Line (optional)

3pm – Hot Yoga

5pm – Sunset Drinks / Beach Dinner [La Luna](#) (Optional)

Fri 30th

9am – Yoga Flow (Guest Instructor Abby Cornero)

6:00pm – Yin Yoga & Closing Ceremony Circle

Saturday Depart May 1st

10:30am Airport Shuttle to LIR (2.5 hrs - \$40 per person plus tax)

Cheryl's Itinerary UA 1446

Depart Liberia CR (LIR) 4:30pm

Arrive Newark, NJ (EWR) 11:30pm

****Important notes:**

- 1) Some of the tours require the payment in cash only (Zip-line, Horseback Riding, Turtles, Dolphin watching cruise tour, sport fishing, wildlife refuge), other tours can be paid with credit card but you will have to pay the 13% tax.
- 2) Book [SPA](#) services, spin classes, gym appointment, surf lessons, and off-site activities via frontdesk@bodhitreeyogaresort.com
spa@bodhitreeyogaresort.com
surf@bodhitreeyogaresort.com
or via WhatsApp / Frontdesk (506) 8674-3955 and Spa (506) 8426-6677
- 3) If the USA requires a negative Covid-19 test to re-enter, this medical service will come to the resort for @ \$125pp for results back in time. If need be, you may quarantine at the resort for an additional cost. Stay updated with travel to Costa Rica and guidelines [here](#)
- 4) *[Terms of Service](#)