

Yoga Rainforest Experience

Discover the magnificent Osa Peninsula in Costa Rica With Monika Karpinska and Sean D'Amico

March 3 - 10, 2012 (7 nights / 8 days)

Immerse yourself in nature this winter with [Vidalia Yoga](#) on the [Osa Peninsula](#) <http://app.e2ma.net/app2/campaigns/archived/25933/a30771ed8c3c53a279f0134c7f510907/> in Costa Rica. Discover where *National Geographic Magazine* calls “the most biologically intense place on earth”. Practice yoga on a majestic platform overlooking the lush rainforest canopy and warm Pacific Ocean. Enjoy tropical cabanas, delicious organic foods and push your limits on our daily-guided hikes and activities that will introduce you to the beauty of this enchanting destination.

This *adventure-yoga retreat* is hosted in partnership with [StepOut Experience](#), an eco-company that promotes *green* and sustainable travel. We have put together a great package to help you discover the rainforest with tons of great activities and [optional tours](#) <http://www.stepoutexperience.com/html/activities.htm> to choose from.

View videos [Discover the Osa](#)

<http://www.youtube.com/user/StepOutExperience#p/a/u/1/h0jxxD8I4x8>

The Ultimate Rainforest Experience:

<http://www.youtube.com/user/StepOutExperience#p/a/u/2/xuhNOp1dEdg&>

Your Accommodation and Food

Located at the foot of the famous Corcovado National Park is [Finca Exotica Ecolodge](#), a 270-acre beachfront property nestled between the warm Pacific Ocean and the lush primary rainforest. Choose from exquisitely designed tropical cabanas and tiki tents spread across exotic gardens or overlooking the ocean. Everyday you will be visited by groups of monkeys, scarlet macaws and many other exotic animals.

The food is prepared with the finest ingredients bringing together Costa Rican organic foods mixed with exotic flavours mostly inspired by Asian, Mexican, Mediterranean, and Indian influences. The majority of the ingredients are harvested from the garden and are served fresh daily. The blend of intense fresh exotic flavours will enlighten your view on food and amaze your palate.

View video [Finca Exotica Ecolodge](#)

The Experience

Includes

First and last nights accommodation in San Jose at [Casa Roland Boutique Hotel](#)

Domestic flight to the Osa Peninsula - Round trip.

Four-wheel drive to Finca Exotica on Carate Beach- Round trip.

Accommodation and meals at Finca Exotica.

Day pass into Corcovado National Park.

Optional daily yoga sessions with Vidalia Hatha teacher, [Monika Karpinska](#) & Kundalini teacher [Sean D'Amico](#).

Daily morning guided-hikes that will introduce you to the beauty of the rainforest.

All on site activities (surfing, boogie boarding and more).

Does Not Include

International flight (from Montreal +/- \$750)

Taxi transfers to and from airports in San Jose (max \$25 USD)

Lunches and dinners in San Jose

Airport exit tax (\$28 USD)
Alcoholic beverages
All other [optional off-site activities and tours](#)

Cost per Person

7 nights (8 days) US \$1,590 (Taxes included)

** Couples will be given private accommodation. Solo participants can share our spacious cabanas or can choose a private tiki tent.*

What Next...

Contact info@vidaliayoga.com to reserve your spot in this unique yoga retreat. Details on sending your deposit and an information package will be sent to you with more on what to bring and other useful tips to prepare for this exciting yoga experience.

Come live a truly moving experience with us in Costa Rica.

Monika, Sean and the StepOut Team.