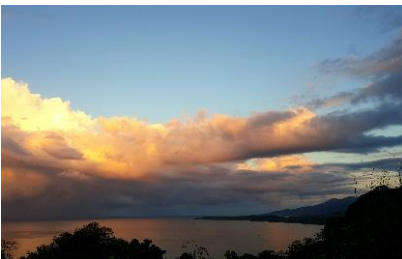


# Into the World of Wellness Retreat

🌸 **Costa Rica 2019** 🌸



## ***What is Offered***

- Three different healing therapies
- Six full days, six nights in beautiful cabins or 300° dorm style at La Cusinga Lodge, surrounded by 400 hectares of pristine primary tropical rain forest, and looking out at stunning Ballena Marine National Park.
- Exclusive use of Espiritu Salvaje Yoga Centre
- Two Daily Kundalini Yoga Sessions
- Two Daily T'ai Chi & Qigong Sessions
- Daily guided meditations
- On arrival meet and greet with our team of experts
- Daily nature hikes, bird watching & nature photography
- Gourmet organic healthy meals
- Transfers Airport – La Cusinga Lodge – Airport
- Daily night group activities
- Three different lectures related to nature conservation, health and local traditions
- Personalized attention

## ***Where***

La Cusinga Lodge, Uvita, Costa Rica.  
<http://www.lacusingalodge.com/>  
Surrounded by tropical forests and deserted beaches, where freshwater waterfalls reach the Pacific Ocean in one of the most beautiful tropical areas of the world. Located on the South Pacific coast of Costa Rica, La Cusinga Eco Lodge offers guests breathtaking views of the Pacific Ocean and its sunsets. La Cusinga is remarkable for its sustainable development philosophy and its amazing wildlife conservation programs.

***When*** December 1-7, 2019

## ***Rates***

\$2,190.00US per person single occupancy  
\$1,990.00US per person double occupancy  
\$1,920.00US per person triple occupancy  
\$1,850.00US per person dormitory

For further information or booking, please contact: John Potter of Travel Edge at  
1-289-567-0452 - [john.potter@traveledge.com](mailto:john.potter@traveledge.com)  
or with Barb Nichols at +1 (360) 831-2597, [barb@whidbeysoundmassage.com](mailto:barb@whidbeysoundmassage.com)

# The Crew

*A fantastic group of professional and passionate people from different parts of the world, always exploring new ways to stay well and live healthy and in harmony!*



Barb Nichols – Sound Massage  
John Krynicki – Intuitive in Nature  
Janie Keilwitz – Acutonics  
Fernando Bolaños - Kundalini Yoga  
Kelly Keilwitz – T'ai Chi & Qigong  
Eugenio García – Biologist & Nature Guide  
Kathy Krynicki – General assistant



## Don't miss

- A swim and hike to pristine Arco Beach. Enjoy this incredible piece of paradise and immerse yourself in the warm waters of the Pacific Ocean. There is a waterfall and cave to explore and relax in peace and be one with Nature.
- A sunrise contemplative meditation sitting at Punta Pargo ocean cliffs looking at Hawksbill Sea Turtles.
- Los Ajos Trail, a 3-kilometer hike into some of the most beautiful primary forest of the region, containing trees that reach more than 1000 years old!

## Additional outdoor activities

*(Available for added fee)*

- Professional Surf lessons
- Whales & Dolphins tour
- Caño Island snorkeling tour
- Corcovado National Park & Sierpe River tour
- Ballena National Park Tour
- Uvita Waterfalls
- Nahuyaca Waterfalls & Horse ride
- Baru Preserve Canopy Tour
- Night jungle hikes
- La Cusinga Spa



# ***Additional services***

In case you wish to stay in Costa Rica for a longer period, Eugenio Garcia from JourneySouth EcoTravel, our exclusive agency in Costa Rica will gladly arrange travel services like lodging, house rentals, tours, rent a car, dental care or domestic flights.

*Let's come together in a place where the rainforest meets the Pacific Ocean and the Humpback Whales find shelter. Break away for a week, with potent Bodywork and Yoga practices, gourmet meals, plenty of time for R&R, exotic Costa Rican adventures, spa services and much more.... where you naturally dissolve the stress, dive into the deep folds of your heart, come alive and experience your true essence...*



***BODY, MIND & SOUL, ALL IN TUNE WITH NATURE AND WITH ONESELF!***