



HIGHLAND YOGA

COSTA RICA YOGA RETREAT

JANUARY 5-JANUARY 9, 2023



HIGHLAND YOGA
FIND YOUR FLOW

Costa Rica Yoga Retreat

January 5-9, 2023

Ready for a getaway?



5 days/4 nights at Hacienda Barrigona, a private haven rooted in Pura Vida



Yoga twice daily



Locally sourced, organic menu (all meals included)



Canopy tours, surfing, diving, mangrove SUP, and more excursions available



Connect with community, relax, and soak in the sun!

Sample Daily Itinerary

- 7 am - Coffee + breakfast
- 7:30 am - Morning beach walk
- 8:30 am - Power Yoga + Meditation
- 10 am - 12pm - Free Time
- 12 pm - Lunch
- 1 - 4:30 pm - Free Time
- 4:30 - 6 pm - Deep Stretch + Restore
- 6:30 pm - Dinner

What students are saying...

"The HY retreat to Amansala Tulum in 2019 was one of the best vacations of my life. Food was healthy, fresh and fantastic, Yoga while watching the sun come up over the Caribbean Sea was mind blowingly spectacular. Best of all was getting to know other members of the HY community, many of whom we still hang out with on a regular basis. I can't wait to go back" -- Ron Farmer

"Hands down one of the best experiences I have ever had, I can't wait to go on the next HY Adventure (retreat). We did a lot of yoga together, but we also had a lot of excursions and activities off the mat that really made the retreat so fun and memorable. HY yoga does a great job planning out the retreat so that you can do ALL extracurricular activities with the community, or, you can practice chilling in your Savasana on your own any given day. The accommodations chosen by HY were first class, so you'll feel very comfortable throughout your stay. The biggest and perhaps unexpected benefit of the retreat was amazing HY community, I established real meaningful relationships that have continued to last long after the Adventure." --Patrick Lennon

Rooms + Rates

Hacienda Barrigona is comprised of three villas with 12 rooms and private bathrooms.

- Oceanview with Balcony
 - 1 King
 - \$3250/single
 - \$2200/person double
 - 2 Full
 - \$3350/single
 - \$2300/person double
- Oceanview
 - 1 King
 - \$3100/single
 - \$2100/person double
- Partial Oceanview
 - 2 Full + 1 Twin
 - \$3000/single
 - \$1800/person double
 - \$1500/person triple
 - 1 Full
 - \$2700/single
- Courtyard/Pool/Non Oceanview
 - 1 King OR 2 Twin
 - \$2900/single
 - \$2000/person double
- Courtyard/Pool/Non Oceanview
 - 1 Full
 - \$2500/single
 - \$1400/person double



DAILY YOGA + MEDITATION



MORNING PRACTICE
HY POWER FLOW

EVENING PRACTICE
SLOW FLOW - OR -DEEP
STRETCH + RESTORE

FAQ

Getting to Hacienda Barrigona

- Fly to San Jose airport, then take connecting charter to Nosara airport (about 30 minutes away)
- Fly to Liberia airport, then take charter to the resort (about two hours away)
- Connecting transportation and prices will be determined based on the size of the group for each transportation option

What To Bring

- Yoga/workout clothes
- Yoga mat (optional - mats are available to borrow)
- Swimsuit
- Sunscreen
- Sandals
- Cash - USD and MXN (we recommend exchanging currency at the ATL airport)
- Hat + Sunglasses
- Headphones
- Beach bag

What's included?

- Breakfast, lunch, and dinner daily - excludes alcohol.
- Two yoga classes daily
- Accommodations, plus tax and gratuity

Ready to book?

- To secure your spot, \$600 nonrefundable, nontransferable deposit required.
- Payment in full required December 5.
- Email caron@highland-yoga.com to secure your spot.



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