

Spirit Tours

JOURNEYS OF THE SOUL



Join us for a Spiritual Adventure in the stunning,
natural beauty of Costa Rica

Experience "Pura Vida" or "Pure Life"

Join Yoga Teacher Jeanne Bjugstad and Travel Guide Jim Omi Cramer (Spirit Tours) who has led trips to Costa Rica every year for the last 8 years. We will enjoy daily Yoga along with adventures such as soaking in Tabacon Hot Springs, hiking across suspension bridges above the rain forest, and zip lining above the forest canopy.

August 6th through 14th 2012
\$1889.00 for 8 days and 7 nights
Land only!

Day 1

Fly into Liberia, Costa Rica, from San Diego, LAX, or SFO. We arrive 11:45 a.m. and will be transported to Ocotal Beach Resort Hotel (www.ocotalresort.com) where we will spend two nights. The hotel is a leader among Costa Rican hotels and resorts, with an extra touch of comfort and service. The hotel lies along the beautiful Northern Pacific coastline, a privileged location with panoramic, breathtaking views of the Papagayo Gulf. The beach is calm, sandy, and ideal for swimming, snorkeling, and relaxing. We will have the afternoon free to unpack and relax. That evening we will gather for a welcome dinner.

Included:

- ❖ Transportation from the airport to the hotel
- ❖ Welcome Dinner



Day 2

Start the morning practicing Yoga with Jeanne while overlooking the Pacific Ocean. After breakfast, there will be time to enjoy the beach and resort or visit the nearby town of Playa del Coco, a fishing village where you can find restaurants and supermarkets. That evening, dinner will be on your own either in town or at the hotel. At 9:00 a.m. we will offer an optional snorkel trip to a nearby reef and isolated beach.

Included:

- ❖ 7:30 a.m. to 9:00am Yoga and Morning Meeting
- ❖ 9:00 a.m. to 10:00am Breakfast
- ❖ 10:00 a.m. Free time to relax on the beach or explore Playa del Coco

Not included:

- ❖ Lunch and Dinner
- ❖ Optional Snorkel Trip



Day 3

Start the morning practicing Yoga with Jeanne while overlooking the Pacific Ocean. After breakfast, we will board our bus for a 4-hour scenic ride to Volcano Arenal National Park and its exceptionally rich biodiversity. On the way we will stop for lunch at Rincon Corobici, a beautiful restaurant by a rushing river. We will then continue on to the Lost Iguana Resort (www.lostiguanaresort.com), an upscale retreat nestled gently in the rain forest. Enjoy your coffee on your private balcony while viewing the majestic and still active Arenal Volcano. More than 100 species of mammals, 350 different species of birds, and a large variety of amphibians and reptiles live in the nearby national park. That evening, we will have a welcome dinner at the Lost Iguana.



Included:

- ❖ 7:30 a.m. to 9:00am Yoga and Morning Meeting
- ❖ 9:00 a.m. to 10:00am Breakfast
- ❖ 11:00 a.m. Bus to Arenal
- ❖ 12:30 p.m. Lunch at Rio Corobici
- ❖ 6:30 p.m. Welcome Dinner at Lost Iguana Resort

Day 4

Start the morning practicing Yoga with Jeanne in the Lost Iguana Yoga pavilion. After breakfast, we will bus to the Tabacon Hot Springs, one of the most beautiful places you will ever see, with acres of tropical gardens, a great climate, and the soothing hot water.

The Tabacon River begins inside Arenal Volcano. The magma heats the water to 101 degrees, which then flows through the base of the volcano down about 3/4 mile to Tabacon Hot Springs. From here the river splits into several smaller rivers, joining with cool water from a different river to make dozens of pools of varying temperatures, shapes, and sizes. These rivers meander through acres of verdant tropical gardens and create a magical atmosphere.



Guests wishing to enjoy the therapeutic qualities of these waters can choose from 10 pools offering different options. Temperatures range from 23 to 40° C (73 to 104° F). (You may wish to choose a spa treatment at the Iskandria Spa located in the Tabacon Resort or feel free just to hang out at the springs all day or return to the hotel. We will be offering a Temazcul, an optional sweat lodge hosted by a Native American Healer.

Included:

- ❖ 7:30 a.m. to 9:00 a.m. Yoga and Morning Meeting
- ❖ 9:00 a.m. to 10:00 a.m. Breakfast
- ❖ 11:00 a.m. Bus to Tabacon Hot Springs
- ❖ Lunch at Hot Springs

Not included:

- ❖ Optional Spa Treatment at Hot Springs
- ❖ Optional Sweat Lodge
- ❖ Dinner

Day 5

After morning Yoga with Jeanne in the Lost Iguana Yoga pavilion, you will have time to enjoy the Lost Iguana Resort, hike the trails, visit the spa, or swim in the pool.



After lunch we will visit the Hanging Bridges project, which consists of fixed bridges, ranging in length between 8 and 22 meters, and hanging bridges, built with the latest techniques and designed with an eye for both beauty and safety. All the bridges are made of galvanized steel and high-strength aluminum.

You will be able to experience the rain forest from three different perspectives: from the ground like a jaguar, from the midst of the canopy like a white faced monkey, and from the air like an eagle. The trails, covering a distance of about 3.1 kilometers, are right inside the forest.



That evening we will be hosted by the Lost Iguana who will offer us a Tico (Family Style), Costa Rican dinner.

Included:

- ❖ 7:30 a.m. to 9:00 a.m. Yoga and Morning Meeting
- ❖ 9:00 a.m. to 10:00 a.m. Breakfast
- ❖ 1:00 p.m. Bus to Hanging Bridges
- ❖ 6:30 p.m. Tico (Family Style), Costa Rican dinner

Not Included:

- ❖ Lunch

Day 6

Start the morning practicing Yoga with Jeanne in the Lost Iguana Yoga pavilion, and after breakfast, you will have time to enjoy the Lost Iguana Resort, hike the trails, visit the spa, or swim in the pool.

After lunch, we will take a beautiful short drive along the base of Arenal Volcano to the Sky Tram. Here you will board one of the open gondolas and fly quietly and slowly through the canopies of the rainforest near the Arenal Volcano. You can observe life in the canopies from a different angle. This tram has the best technology available. On top, there is a spacious observation deck with chairs where you can spend as much time as you like observing the volcano, Lake Arenal and surrounding mountains, and the rainforests. For your return trip, you can choose one of the following:



- Ride down with the Sky Tram
- Or choose the exciting Sky Trek (Zip Line) option—a Canopy Tour with high quality cables running from mountain to mountain, zigzagging back to the base.

Included:

- ❖ 7:30 a.m. to 9:00 a.m. Yoga
- ❖ 9:00 a.m. to 10:00 a.m. Breakfast
- ❖ Sky Tram/Zip Line

Not Included:

- ❖ Lunch
- ❖ Dinner

Day 7

Start the morning practicing Yoga with Jeanne in the Lost Iguana Yoga pavilion. The rest of the day is yours to choose an optional tour or enjoy the hotel, spa, and grounds.

Optional Tour 1) **La Fortuna Waterfall**

A beautiful waterfall is about a 45-minute drive from the hotel. It is a 15-minute climb down to the base of the waterfall and a 30-minute climb back up. At the base of the falls, you can swim if you like.

Optional Tour 2) **The Ultimate Waterfall Adventure**



- 4X4 drive into the Costa Rica rainforest
- Rappel down cascading waterfalls
- The Tour includes lunch at the base camp
- <http://www.arenal.net/tour/pure-trek-costa-rica.htm>
- This tour leaves at 11:00 a.m.

Optional Tour 3) **Return to the Tabacon Hot Springs**

Optional Tour 4) **Danus Eco Center**

This tour is for those who want a closer look at the native flora and fauna of the tropical rain forest. At the center, you can learn about the natural history of Costa Rica, see medicinal plants, orchids, a butterfly farm, and more the 100 native species of birds.

Included:

- ❖ 7:30 a.m. to 9:00 a.m. Yoga and Morning Meeting
- ❖ 9:00 a.m. to 10:00 a.m. Breakfast

Not Included:

- ❖ Lunch
- ❖ Optional Tours

Day 8

For our last morning in Costa Rica, we will rise early for our breakfast and take the 2½ hour journey to San Jose for our return flight back to the USA.

Included:

❖ 6:30 a.m. to 7:30 a.m. Breakfast

Tour Guides

Jim Omi Cramer (Spirit Tours) www.Spirit-Tour.com has led many trips during his 25 years in the travel industry and 10 years as an independent tour guide. Of all the tours Jim has led around the world, he finds Costa Rica to be the most beautiful environment to enjoy the grandeur of nature.

Jeanne Bjugstad is an experienced, certified yoga instructor through YogaFit®. YogaFit® is based on the ancient fitness science of hatha yoga; it blends balance, strength, flexibility and power. Jeanne has completed Level I and II thus far in her journey of her yoga practice and she has been certified since 2003. Her teaching style is drawn from her many years of training at Idea World Fitness Convention and teaching many age groups with different styles and techniques. Jeanne is a graduate of Sonoma State University and currently teaches seven different fitness classes in the Kinesiology Department. She also teaches a variety of fitness classes at the Airport Health Club in Santa Rosa, CA and does personal training in her home.



Tour Includes:
Round trip air SFO to Costa Rica
7 Nights Luxury Hotels
Daily Breakfast
Guide Services provided by Jim Cramer
Daily Yoga / with Jeanne
Tabacon Hot Springs
Sky Tram / Zip Line
Hanging Bridges Tour
4 Dinners
2 Lunches

Optional Tours offered include: Snorkel Trip, Danus Eco Center, La Fortuna Waterfall, and an Ultimate Waterfall Adventure

Use of Mini-van for Group or Individual
(based on availability)

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Pura Vida
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