



Costa Rica Eco Yoga and Adventure Retreat

Jan 27 to Feb 3, 2024

- Experienced guide and teacher
- Eclectic Eco Lodge and cabins
- Biodiverse oceanside location
- Extraordinary sunrises
- Tropical rainforest and jungle
- Pristine beaches
- Wild frontier of Osa Peninsula
- Horses, hiking, surfing, paddle
- Discovering hidden waterfalls
- Daily yoga and adventures
- Organic food and detox cleanse
- Spa services
- Quiet days and restoration
- Trip of a lifetime!

I invite you to share in one of my favourite places. With 50 countries and guiding 130 + people to Nepal, Indonesia and Costa Rica, travel, cultures and facilitating empowerment are my passions. The Osa Peninsula is one of the world's most untouched and biodiverse places to rest, restore and explore. Our mornings will begin with meditation, daily yoga and a silent, organic breakfast. Every afternoon, there will be an option to rest, reflect, write or explore the region through countless adventures, including hiking, horseback riding, surfing, searching for dolphins or self guided yoga. Our all inclusive package includes three organic meals, bottomless tea and beautiful, artistic, hand crafted ecolodge accommodations. **All from \$1900 USD.** For further information, please contact Tami at **406.871.1751** or email at: twofeetoneworld@gmail.com.

I've been happily facilitating life changing adventures since 2001.