



"Awemazing" Forest Therapy & Yoga Wellness Retreats

Costa Rica

Dec. 02-08, 2018

Chilamate Rainforest Eco-Retreat Centre

<http://www.chilamaterainforest.com>

Why?

Because you deserve to get away from the chaos, distractions and busy-ness of home-life. Leave the city behind. Leave the cooking and the cleaning behind. Totally immerse yourself in the healing & peaceful ambience of a unique tropical forest eco-system and be guided towards a better connection with yourself and nature. You will create an amazing blissful calm unlike anything you have ever felt. Every day you will be awed with remarkable discoveries. This is a retreat of a lifetime that you deserve!!

What?

- 5 days of Restorative Yoga
- 6 days of Guided Forest Therapy
- All meals at Chilamate - Buffet Meals with a variety of healthy & delicious fresh food choices - special dietary needs accommodated
 - 6 nights accommodation
 - Transport between San Jose and the Eco-Retreat
- River Kayaking; Swimming; Interpretive Forest Walk; Organic Chocolate Farm Tour; Organic Vanilla Bean, Black Pepper and "More" Farm Tour; Community Dinner & Latin Dance; Guided Journaling (with the gift of a journal); a Night Walk; Free Time
- Choice between Whitewater Rafting, Ziplining or Spa Treatment

Cost in CND

- \$2300 Early Bird Rate (pay in full by June 2nd)
- \$2450 Regular Rate (pay in full by August 2nd)
- \$2600 Fall Rate (pay in full by October 2nd)
 - (Minimum Participants 10 / Max 12)

Extras

- Spa Treatments in Free Time \$50 each
- Gift Shop with many local artisans featured
- Accommodation in San Jose (hotel with group rates and free airport shuttle will be suggested)