

7-NIGHT TRIP

# Costa Rica Itinerary

August 21st-28th, 2023

## Monday, August 21st

Arrive to SJO Airport, Private Shuttle to Nearby Villa, 1-Night Stay w/ Dinner, Relax/Chill

## Tuesday, August 22nd

8:00 AM Breakfast, 9:00 Spanish Lesson, 9:30 AM Trip to Local Supermercado,  
Travel via Shuttle Bus to the Carribbean, Lunch en Route,  
Arrive to Miotrakasa Hotel, Relax/Chill  
6:00 PM Opening Ceremonial Dinner, 7:30 PM Group Meditation

## Wednesday, August 23rd

7:00 AM Sunrise Yoga w/ Flora, 8:30 AM Breakfast, 9:30 AM Spanish Lesson  
10:30 AM-2:30 PM Cahuita National Park Tour, Soul Circle, Beach Meditation & Beach Time  
4:30 PM Caribbean Cooking Class, 6:00 PM Dinner, Relax/Chill

## Thursday, August 24th

8:00 AM Breakfast, 9:00 AM Spanish Lesson, 10 AM Indigenous Chocolate Farm Tour,  
12 Noon Lunch at El Refugio in Bri Bri, 1 PM La Catarata Waterfall Tour,  
Travel back to hotel, Relax/unwind, 7 PM Travel to Puerto Viejo for Dinner at Lidia's Place



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## Friday, August 25th

8:00 AM Breakfast, 9:00 AM Spanish Lesson, 10 AM Travel to Punta Uva Beach, Travel back to Puerto Viejo (town center) or to Cahuita (hotel), PM Free Day, Lunch & Dinner on your own, taxi back to hotel available every two hours between 4 PM - Midnight

## Saturday, August 26th

8:00 AM Spanish Lesson, 9:00 AM Breakfast at Bread & Chocolate in Puerto Viejo (town center), All Day/Free Day in Puerto Viejo (Walaba Parade), Lunch & Dinner on your own, taxi back to hotel available every two hours between 4 PM - Midnight

## Sunday, August 27th

7:00 AM Sunrise Yoga, 8:30 AM Breakfast, 9:30 AM Spanish Lesson, Relax/Chill, 12 Noon Light Snack, 1:00 PM Art w/ Tami, 3:30 PM Breathwork w/ Sondra, Relax/Chill, 6:00 PM Closing Dinner, 7:30 PM Bonfire

## Monday, August 28th

Early AM Departure for SJO Airport via Private Shuttle (3 AM)

