



CHAKRA CONNECTION YOGA RETREAT

COSTA RICA | NOV 10 - 17, 2024

THE MAGIC OF COSTA RICA AWAITS YOU!

This 8 day retreat will take place just outside of Jacó in beautiful Playa Hermosa, Costa Rica, which is situated between the lush tropical beauty of the Jungle and world-famous beaches! A true local experience!

It will be an experience like no other, guiding you through a sweet & powerful journey that moves you from the ground up, connecting you to self and your inner energy system!



Tapping into one chakra a day, this transformative retreat is designed to empower you through meditation, breath, yoga, movement, play, creativity, sound, community & adventure - taking your experience back into your daily life.

Chakras govern our thoughts, emotions, reaction, patterns, and behaviors – when they are out of alignment, we can experience imbalances. Each chakra is linked to a colour + theme: Safety (red), Creativity (orange), Confidence (yellow), Love (green), Expression (blue), Clarity (indigo), and One-ness (purple).

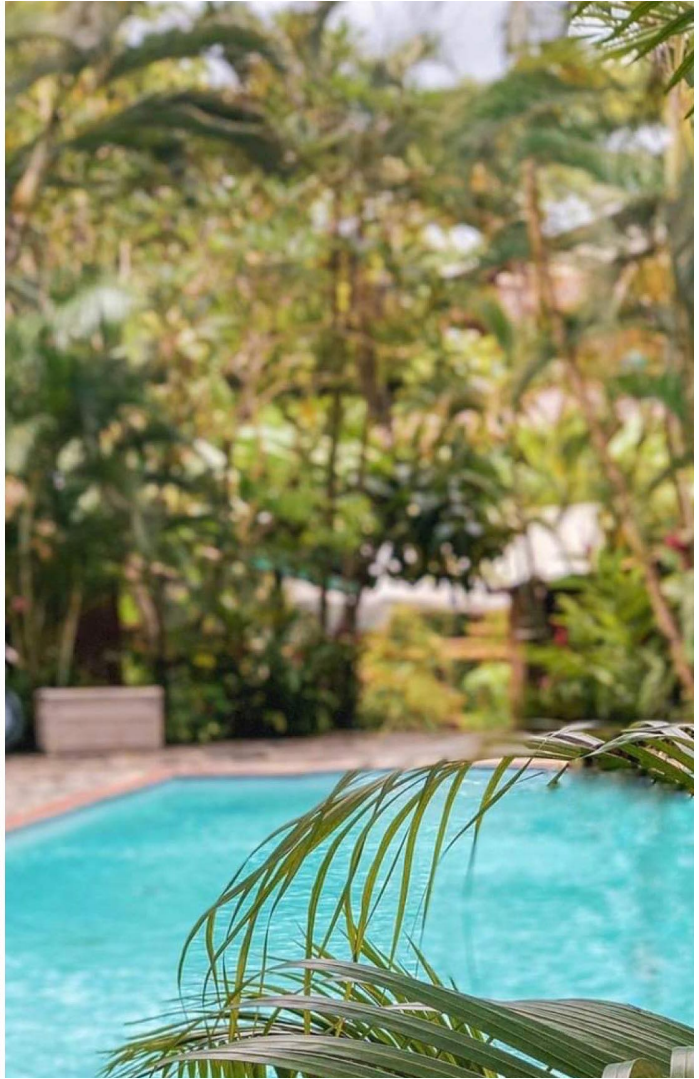
You will have daily meditation, pranayama (breathing), and yoga linked to the chakra of the day, and by the end of this retreat you will not only feel more rested + rejuvenated but also gained insight, feel empowered + hopefully feel

more balanced within these areas of your life.



Let yourself be immersed in the beauty of your surroundings as you ground, reignite passion, revive your well-being, nourish your body, mind + soul, stoke your inner flame, embrace your heart's longing, and strengthen your intuition.

Opening you up to create power within!!



When pursuing holistic healing, it is all about balance, so you will have free time for yourself, to relax by the pool, hangout in the hammocks, have a spa day, or take a five-minute bike ride to the beach. You can also enjoy optional extra excursions to build onto your adventure (additional price): Zip line, Horseback riding & Jungle Spa, surf, stand up paddle boarding and sweat lodge (sign ups offered first day)



WHATS INCLUDED

- 7 nights of accommodation
- Amazing location with beautiful surroundings with a true local feel
- Group shuttle from the airport on the first day (includes a stop at the famous Tarcoles Bridge, to see crocodiles in their natural habitat) and to the airport the last day of the retreat.
- Welcome refreshments and light snack upon arrival
- A healing Cacao ceremony
- Multiple yoga sessions per day in open-air jungle yoga shalas. (i.e. Each day will begin with a yoga practice, and end each day with a gentle class, meditation and breathwork.)
- Additional fun creative workshop/activities
- One 60min deep tissue massage
- Yoga mats and props for use
- Self-study and reflection within our supportive community
- Open time to lounge by the pool, in hammock & relax.
- 3 delicious organic meals per day (all allergies/dietary restrictions will be accommodated)
- Group excursion - Rainmaker, a hidden gem, where you will see a variety of other wildlife while learning the inner workings of the rainforest and her plant and animal life. It is a true rainforest experience with hanging bridges, rushing rivers, waterfalls, and clear fresh-water swimming pools! It will finish up with a home cooked traditional lunch!
- Group Excursion: Special Beach Dinner at Vida Hermosa Restaurant, with delicious food and a fabulous sunset, outside of the yoga school
- Group excursion – Mirador Hike, Sean leads a beautiful walk along the local lookout point from modern ruins and claimed by local artists. Beautiful views and a leisurely stroll make this an enjoyable group activity!
- Bicycles to get to the beach or go exploring (the beach is about 800m away!)
- Access to hiking trails right off the property.
- Farewell celebration with sangria (non-alcoholic options available), Feria (local vendors), dancing and a live local Costa Rican Latin band
- Mala bead necklace
- Ongoing support through the retreat, I am there 100% for you and what you need
- A special one of a kind experience and an unforgettable week to nourish your soul!
- A special surprise!

WHATS NOT INCLUDED

- Roundtrip airfare to San Jose Airport (SJO) (nearest airport)
- Transportation to retreat (if you chose not to be part of the group shuttle)
- Gratuities
- Food outside of what's included
- Additional activities and excursions not listed above
- Personal purchases

***Please note: This retreat is health focused and will be a dry retreat. No alcohol will be served on the premises, with exception of Sangria night. It is highly recommended that no 'THC' products be consumed during the retreats activities for safety and to gain the full experience and benefits of the program.



THIS RETREAT IS FOR THOSE WHO:

- want to experience adventure, fun and try something new
- want to experience the soulfulness and pura vida of Costa Rica!
- would like a break from hustle and stresses of everyday life and recharge + reset the nervous system
- feel depleted and want to fill their cup and enjoy the beauty of their surroundings
- want a closer relationship with self
- would like to cultivate kind, gentle & compassionate self talk
- want to deepen self-love, confidence, and celebrate self
- want to meet and spend time with like minded people, and/or share an experience with a friend
- want to strengthen their relationship with work, life, purpose and/or passion
- feel stuck or want to release blockages and/or limitations of everyday thinking and lead in their daily lives
- are dreamers, healers, creators or those who want to get in alignment with their creative self + aspirations
- are Yoga enthusiasts (beginners welcome)
- are interested in learning about (or more about) the chakras and how to integrate it back home
- craving something to reignite their soul and spark inspiration

THE FLOW

7:15am Yoga- best way to start the day in the jungle!

8:30am Breakfast

*Free time, activity option or excursion

1:00pm Lunch

*Free time, activity option or excursion

5:00pm Afternoon session: gentle yoga, breathwork, meditation

6:30pm dinner and socializing

This is a sample daily schedule. Some days may shift slightly to account for some extra special activities/excursions!

*Free time: whether you are seeking adventure or total relaxation, there are abundant options to choose from. Visit the beach, indulge in spa treatments, take off on an excursion, try something new, or simply slow down and sink in.

PRICING

- Shared – Early Bird \$3600 CAD (Ends Oct 1, 2023) / Regular \$3750 CAD (2-3 beds)
- Private – Early Bird \$3995 CAD (Ends Oct 1, 2023) / Regular \$4150 CAD (single bed) (limited)

*Prices include tax. (If you prefer USD prices please reach out)

** If you are travelling alone, I will happily pair you with a compatible roommate(s) if you would like a shared room. Bookings will be made on a first-come, first serve basis

Non-refundable \$700 Deposit required at time of booking. With options to pay remainder in full, or in 2 installments by: Dec 31st & May 31st **Msg me if you need to discuss alternative payment plans.

PAYMENT

E-transfer: lauralotuslove@gmail.com (no fee)

PayPal: Laura Lotus Love (plus paypal fees)

Credit Card/Debit via website (4% transaction fee)

CANCELLATION POLICY

- \$700 non refundable deposit is due at time of registration to secure spot
- Full payment is due by May 31st, 2024 (unless otherwise agreed upon)
- In the event that a participant has to cancel, 100% of payment (minus \$700 deposit) is refundable up to Feb 1, 2024
- In the event that a participant has to cancel between Feb 2 - July 9, 80% of payment (minus \$700 deposit) is refundable.
- In the event a participant has to cancel between July 10, 2024 & Aug 10, 2024, 50% of payment is refundable, (minus \$700 deposit)
- **No refunds granted after Aug 10th, 2024**
- Travel insurance, airline fees and service charges related to cancellation of flights are the responsibility of the individual traveler. (Can help you book or hook you up with a great travel agent for best deal!)



LOCATION

Vida Asana School of Yoga and Eco-Retreat Center

Vida Asana is conveniently located 90 minutes from San Jose Airport (SJO), just outside of Jacó in beautiful Playa Hermosa, Costa Rica. The location provides easy access to a variety of activities, excursions, restaurants, and shopping, yet offers a peaceful jungle setting to repose. Vida Asana was created in 2002 & was one of the first yoga retreat centers on the Pacific coast. It truly has a local feel.

ACCOMODATIONS

Choice between Shared or Private rooms. (First come, first serve)

All rooms at Vida Asana are equipped with air conditioning, ceiling fans, private bathrooms, and hot water. Most rooms have a mini fridge, and the common area also has a large fridge, exclusively for guests. WIFI in guest room on the property, and all common spaces, except for the Jungle Yoga Shala. The rooms are also stocked with Raw Botanicals all organic hair and body care products.



FOOD

Included in your pricing are three meals daily during your retreat. The food at Vida Asana was created with a healthy lifestyle as the inspiration. Every menu item is made from scratch using whole, and as often as possible, organic ingredients. The food is mostly gluten free, and vegan centric, with eggs and yogurt, and some fish served. All allergies or dietary needs are easily accommodated. You will not go hungry, we promise!!



For any further information please contact [Laura Gibson](#).

Full itinerary, travel suggestions and FAQs will come with registration!



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@lauralotuslove

ABOUT LAURA

Laura is a 500hr registered yoga teacher, trained extensively in many modalities, and has been teaching for over a decade and a half! She led a successful international retreat last year in Greece and loves the beauty and inspiration in combine culture and adventure to the yoga retreat experience!

She loves incorporating art, music, animals, elemental and chakra work in her regular classes whenever she can. Laura's favourite part about yoga is the paradox of power and surrender, teaching us that we are resilient & strong but that there is also bravery in ease & acceptance!

She is also a certified yoga life coach, hugs extraordinaire, laughs with her whole heart, and being in creation is what she is most passionate about.

After years of feeling unfulfilled and dealing with her own personal struggles with her health and past traumas, yoga opened her eyes to how it truly transforms and heals the body, mind, and soul. Serving up a reminder to love yourself, trust your body and know your worth.

Laura's teaching philosophy is all about self-empowerment. We do not try to fit the practice; we adapt the practice to fit us and meet us where we are. She believes when someone creates space for what they need, without expectations and judgment, just raw truth, there are no limitations – just possibility!

She offers up tons of modifications & variations for accessibility and provides lots of space to play and be curious in practice!

Her purpose is to hold space and provide tools for others on their own journey toward what they seek, and she looks forward to sharing her knowledge and wisdom on this unique retreat!