

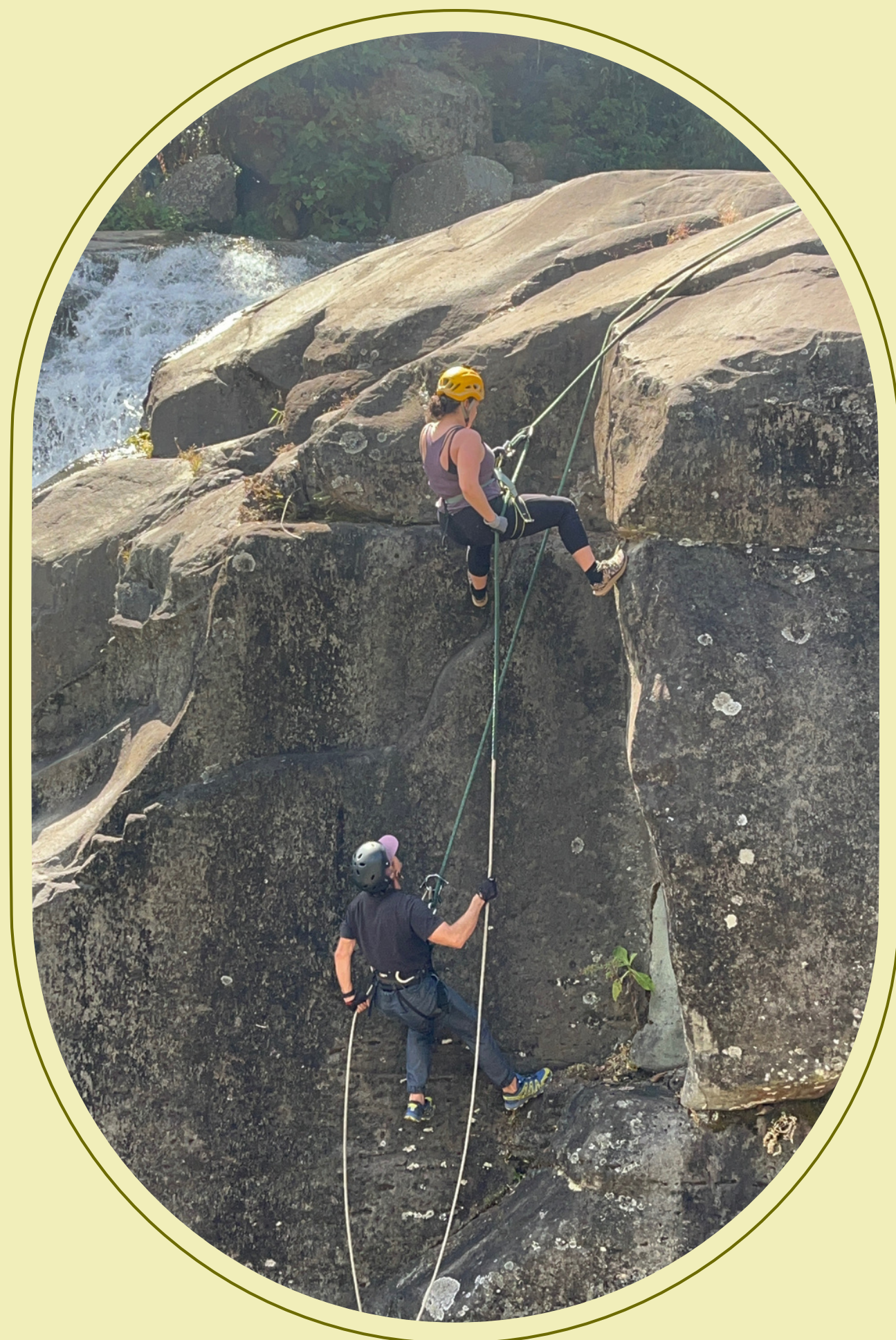
**soul revival retreat
costa rica
nov 25-dec 1, 2024**



explore the edges of your comfort zone

yoga - adventure - transformation

- ✦ Daily guided embodied movement practices, breath work, meditation and transformational workshops
- ✦ Guided adventures including waterfall hike, tree climbing, farm tour, and rappel school
- ✦ Free time to rest, engage in meaningful conversations, swim in the natural pools or at the beach, explore your surroundings
- ✦ Soul nourishing Costa Rican meals including lunch in the coastal surf town of Dominical
- ✦ Local lunch and coffee farm tour in the village of San Jeronimo
- ✦ Spend four nights unplugged in the cloud forest and take time to rejuvenate on the Pacific coastline with two nights at the beach



dates

November 25 to December 1st, 2024 - 6 nights, 7 days

location

4 nights at Chakra Lodge & 2 nights at La Cusinga Lodge

**investment per
person**

USD \$2,285 (+hst)

- this early bird price is on until April 15th, 2024

-a deposit of USD\$600 required at registration

**registration is now open - contact
sylvie@rebelsoul.ca to book**

step off-the-beaten path

REBEL
SOUL

soul revival retreat costa rica

a unique experience for daring souls

what's included

- 4 nights at Chakra Eco Lodge and 2 nights at La Cusinga Lodge
- Transportation from Aloft Hotel in San Jose to Chakra Lodge on Nov 25th, transportation from Chakra Lodge to La Cusinga in Uvita including a stop in Dominical, with return transportation from La Cusinga to Aloft Hotel in San Jose on December 1st
- All guided experiences included yoga, self-development workshops, waterfall hikes, a farm tour, tree climbing, and rappel school
- All meals starting with lunch on November 25th to breakfast on December 1st (3 healthy nourishing meals per day - catering to all dietary restrictions)

what's not included

- Airfare to and from San Jose, Costa Rica
- Transportation from the airport to the Aloft Hotel and back to the airport
- Lunch on December 1st when travelling back to San Jose
- Personal Medical & Trip Cancellation Insurance
- Any personal items including alcohol, souvenirs, etc
- Gratuities for hiking guides, tours, and lodge staff
- Lodging in San Jose at the Aloft Hotel or other



payment details - registration is open

- First payment at the time of registration to secure your spot (non-refundable deposit) - USD\$600 (+hst)
- Second payment on August 15, 2024 - USD\$600 (+hst)
- Third final payment on October 15, 2024 - full balance

**Option to pay in full at any time*

Until April 15, 2024
Early bird pricing USD\$2,285 (+hst)
Regular Price: USD\$2,635 (+hst)

Space is limited to 10 to 12 people

your retreat leaders



sylvie

Yoga teacher of seven years and experienced retreat leader, Sylvie invites you to explore your own yoga path through embodied movement, reflection, and self-discovery activities that take you beyond the mat!

Her workshops and retreats are inspired by nature and rooted in intention. Infused with a sense of playfulness and lightheartedness, Sylvie creates a sacred space where you can explore your edges, both physically, mentally, and spiritually – on and off the mat!

eduardo

The Founder of Chakra Eco-Lodge, Eduardo is an enthusiastic biologist and world renown adventure racing team captain with over 25 years of work experience in adventure guiding, international travel experience design, and tourism management.

You can find him and his Costa Rican Team competing in the Amazon Prime series, “The World’s Toughest Race.”



*are you in? contact
sylvie@rebel soul.c
a to book*