



THE WHITE PALMS
N O S A R A
Yoga Surf Hotel

YOGA RETREAT BROCHURE

**THE
PLAYFUL YOGI
Costa Rica Retreat 2024
Nov. 5 - Nov. 11**

www.thewhitepalmsnosara.com

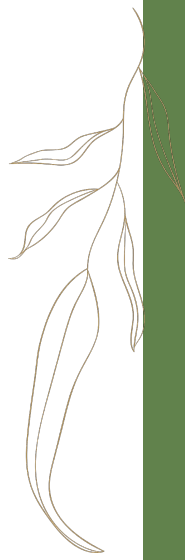


WELCOME

Let's escape to paradise! Trade in your current hustle and bustle for serene vibes of a charming Costa Rican town. Imagine a week filled with zen moments, jungle walks, lush beaches, and perhaps a little more inner peace at the The White Palms Yoga Surf Hotel in beautiful Nosara, Costa Rica.

The White Palms Nosara Yoga Surf Hotel is located about 2 and ½ hours from Liberia Airport. It is on the Pacific coast of Costa Rica, specifically in the Nicoya Peninsula in the province of Guanacaste.

Nosara is the perfect place to retreat. Kickstart your day with yoga, meander through shops in town, enjoy the fresh and delicious local food, soak up the sun on a warm beach, treat yourself to a tropical concoction or two, drift off into dreamland with a satisfied smile at the end of the day. Our team here is like your personal dream weaver - they can arrange all sorts of adventures like fishing with local fisherfolk, horseback rides on the beach, zooming around on ATV's, catching waves with top notch surf instructors, and pampering yourself silly with spa indulgences!





AGENDA

Tuesday - Travel Day

Wednesday



Morning Practice 8:30
Explore the area - walking tour
Sound Bath @ 4
Dinner at Pacifico Azul 6:00



Thursday

Morning Practice 7:45
ATV Coffee Tour - meet in lobby @ 9
Dinner at La Luna 5:30



Friday

Bodhi Tree Class
Free Day



Saturday

Dolphin Boat & Samura Lunch 8:00
Yoga Nidra 5pm



Sunday

Morning Practice at 9
Dinner at Coyol - leave at 4:30

Monday - - Travel Day



“Play is our brain’s favorite way of learning.”
- Diane Ackerman



Flight Info & Packing Tips



Flight Options:

San Francisco to Liberia

Alaska 8:10am-6:25pm

#1308 + #1330

(Layover in Los Angeles)

Liberia to San Francisco

Alaska 10am-6:09

#1331 + #2286

(Layover in Los Angeles)



Packing Tips:

*Yoga clothes.

*Shorts, sun dresses, comfy and casual summer clothes.

*Flip flops and a pair of non-slip trail sandals and/or tennis shoes that will get muddy and/or wet.

*Bug repellent - I strongly recommend - "no bite me"

*Bathing Suits

*Rain poncho (it might rain)

*Sunscreen, hat, sunglasses





EXTRA INFO



The agenda is subject to slight changes - I will update accordingly.

Don't forget your passport.

Please send me your flight info. in order for me to arrange transportation between hotel and airport.



No need to convert dollars to colones.

Credit Cards are accepted almost everywhere.

It is good to bring cash. I use cash to tip - usually a tip is left for hotel staff at the end of the stay - typical tips are: housekeeping @ 40-60\$ for the week

kitchen & bar @ 10% of your tab.

Cash is also used for Tuk Tuk (local transportation @ 5-10\$) and if you want to personally tip guides for activities.



Feel free to relax, skip anything on the agenda, and ask the staff for help with any other desired activities. Also, feel free to contact me with any questions.



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***“Play keeps us vital and
alive. It gives us an
enthusiasm for life that is
irreplaceable.”***

Lucille Ball



THE WHITE PALMS
N O S A R A
Yoga Surf Hotel

***I CAN'T WAIT
TO RETREAT
WITH YOU!!***

Jaynie



ADDRESS

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Google Maps
<https://goo.gl/maps/FWrGzQ3mPdtPdSoH9>



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