



# Gay Dawson Yoga & Rainforest Rejuvenation Retreat at Buenaventura

Destination: Costa Rica, Central America

Dates of travel: 02/18/11 – 02/23/11

Total # of nights: 5 nights / 6 days

## Travel Route



## International Flight Itineraries:

### FOR GAYATRI

#### TACA Airlines (SFO – SJO – SFO)

**Feb 18 - Depart SFO: 12:30 am** (CHECK IN FOR FLIGHT AT SFO NO LATER THAN 10:00 PM)

**Feb 18 - Arrive SJO: 9:40 am**

**Feb 23 - Depart SJO: 12:20 pm**

**Feb 23 - Arrive SFO: 7:05 pm**

SERVICE	FROM	TO	DEPART	ARRIVE
TACA INTL AIRLINES - TA 561				
FRI 18FEB	SAN FRANCISCO CA INTL	SAN SALVADOR SV COMALAPA INTL.	0030	0752
NON STOP	TERMINAL INTL		DURATION 5:22 NON SMOKING	
	RESERVATION CONFIRMED- Z ECONOMY ON BOARD: BREAKFAST FLIGHT OPERATED BY /TACA INTL EQUIPMENT: AIRBUS INDUSTRIE A320-100/200 SEAT 19A NO SMOKING CONFIRMED			
TACA INTL AIRLINES - TA 7671				
FRI 18FEB	SAN SALVADOR SV COMALAPA INTL.	SAN JOSE CR JUAN SANTAMARIA	0830	0940
NON STOP			DURATION 1:10 NON SMOKING	
LR 0671	RESERVATION CONFIRMED- Z ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY LR LACSA EQUIPMENT: AIRBUS INDUSTRIE A321 SEAT 13A NO SMOKING CONFIRMED			
LACSA - LR 620				
WED 23FEB	SAN JOSE CR JUAN SANTAMARIA	SAN SALVADOR SV COMALAPA INTL.	1220	1340
NON STOP			DURATION 1:20 NON SMOKING	
	RESERVATION CONFIRMED- A ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY /LACSA EQUIPMENT: AIRBUS INDUSTRIE A319 SEAT 16A NO SMOKING CONFIRMED			
TACA INTL AIRLINES - TA 564				
WED 23FEB	SAN SALVADOR SV COMALAPA INTL.	SAN FRANCISCO CA INTL	1455	1905
NON STOP		TERMINAL INTL	DURATION 6:10 NON SMOKING	
	RESERVATION CONFIRMED- Z ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY /TACA INTL EQUIPMENT: AIRBUS INDUSTRIE A319 SEAT 15B NO SMOKING CONFIRMED			

**FOR ESMAEL**

**TACA Airlines (SFO – SJO – SFO)**

**Feb 18 - Depart SFO: 12:30 am (CHECK IN FOR FLIGHT AT SFO NO LATER THAN 10:00 PM)**

**Feb 18 - Arrive SJO: 9:40 am**

**Feb 23 - Depart SJO: 12:20 pm**

**Feb 23 - Arrive SFO: 7:05 pm**

SERVICE	FROM	TO	DEPART	ARRIVE
TACA INTL AIRLINES - TA 561 FRI 18FEB	SAN FRANCISCO CA INTL	SAN SALVADOR SV COMALAPA INTL.	0030	0752
NON STOP	TERMINAL INTL		DURATION 5:22 NON SMOKING	
	RESERVATION CONFIRMED- Z ECONOMY ON BOARD: BREAKFAST FLIGHT OPERATED BY /TACA INTL EQUIPMENT: AIRBUS INDUSTRIE A320-100/200 SEAT 19C NO SMOKING CONFIRMED			
TACA INTL AIRLINES - TA 7671 FRI 18FEB	SAN SALVADOR SV COMALAPA INTL.	SAN JOSE CR JUAN SANTAMARIA	0830	0940
NON STOP			DURATION 1:10 NON SMOKING	
LR 0671	RESERVATION CONFIRMED- Z ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY LR LACSA EQUIPMENT: AIRBUS INDUSTRIE A321 SEAT 13C NO SMOKING CONFIRMED			
LACSA - LR 620 WED 23FEB	SAN JOSE CR JUAN SANTAMARIA	SAN SALVADOR SV COMALAPA INTL.	1220	1340
NON STOP			DURATION 1:20 NON SMOKING	
	RESERVATION CONFIRMED- A ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY /LACSA EQUIPMENT: AIRBUS INDUSTRIE A319 SEAT 16C NO SMOKING CONFIRMED			
TACA INTL AIRLINES - TA 564 WED 23FEB	SAN SALVADOR SV COMALAPA INTL.	SAN FRANCISCO CA INTL TERMINAL INTL	1455	1905
NON STOP			DURATION 6:10 NON SMOKING	
	RESERVATION CONFIRMED- Z ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY /TACA INTL EQUIPMENT: AIRBUS INDUSTRIE A319 SEAT 15C NO SMOKING CONFIRMED			

**FOR JOAN**

**TACA Airlines (SFO – SJO – SFO)**

**Feb 18 - Depart SFO: 12:30 am (CHECK IN FOR FLIGHT AT SFO NO LATER THAN 10:00 PM)**

**Feb 18 - Arrive SJO: 9:40 am**

**Feb 23 - Depart SJO: 12:20 pm**

**Feb 23 - Arrive SFO: 7:05 pm**

SERVICE	DATE	FROM	TO	DEPART	ARRIVE
TACA INTL AIRLINES TA 561 Z ECONOMY	18FEB FRIDAY	SAN FRANCIS CA INTL	SAN SALVADOR COMALAPA INTL.	1230A	752A
		AIRCRAFT: SEAT 20A CONFIRMED	AIRBUS INDUSTRIE	A320-100/200	
		FLIGHT OPERATED BY /TACA INTL RESERVATION CONFIRMED			
LACSA LR 671 Z ECONOMY	18FEB FRIDAY	SAN SALVADOR COMALAPA INTL.	SAN JOSE JUAN SANTAMARI	830A	940A
		AIRCRAFT: SEAT 27D CONFIRMED	AIRBUS INDUSTRIE	A321	
		FLIGHT OPERATED BY /LACSA RESERVATION CONFIRMED			
LACSA LR 620 Z ECONOMY	23FEB WEDNESDAY	SAN JOSE JUAN SANTAMARI	SAN SALVADOR COMALAPA INTL.	1220P	140P
		AIRCRAFT: SEAT 15C CONFIRMED	AIRBUS INDUSTRIE	A319	
		FLIGHT OPERATED BY /LACSA RESERVATION CONFIRMED			
TACA INTL AIRLINES TA 564 Z ECONOMY	23FEB WEDNESDAY	SAN SALVADOR COMALAPA INTL. INTL	SAN FRANCIS CA	255P	705P
		AIRCRAFT: SEAT 15D CONFIRMED	AIRBUS INDUSTRIE	A319	
		FLIGHT OPERATED BY /TACA INTL RESERVATION CONFIRMED			

**FOR ABBE**

**TACA Airlines (SFO – SJO – SFO)**

**Feb 18 - Depart SFO: 12:30 am (CHECK IN FOR FLIGHT AT SFO NO LATER THAN 10:00 PM)**

**Feb 18 - Arrive SJO: 9:40 am**

**Feb 23 - Depart SJO: 12:20 pm**

**Feb 23 - Arrive SFO: 7:05 pm**

SERVICE	DATE	FROM	TO	DEPART	ARRIVE
TACA INTL AIRLINES TA 561 Z ECONOMY	18FEB FRIDAY	SAN FRANCIS CA INTL	SAN SALVADOR COMALAPA INTL.	1230A	752A
		AIRCRAFT:	AIRBUS INDUSTRIE A320-100/200		
		SEAT 13C CONFIRMED			
		FLIGHT OPERATED BY /TACA INTL			
		RESERVATION CONFIRMED			
TACA INTL AIRLINES TA 7671 Z ECONOMY	18FEB FRIDAY	SAN SALVADOR COMALAPA INTL.	SAN JOSE JUAN SANTAMARI	830A	940A
		AIRCRAFT:	AIRBUS INDUSTRIE A321		
		SEAT 12D CONFIRMED			
LR 0671		FLIGHT OPERATED BY LR LACSA			
		RESERVATION CONFIRMED			
LACSA LR 620 A ECONOMY	23FEB WEDNESDAY	SAN JOSE JUAN SANTAMARI	SAN SALVADOR COMALAPA INTL.	1220P	140P
		AIRCRAFT:	AIRBUS INDUSTRIE A319		
		SEAT 13D CONFIRMED			
		FLIGHT OPERATED BY /LACSA			
		RESERVATION CONFIRMED			
TACA INTL AIRLINES TA 564 Z ECONOMY	23FEB WEDNESDAY	SAN SALVADOR COMALAPA INTL.	SAN FRANCIS CA INTL	255P	705P
		AIRCRAFT:	AIRBUS INDUSTRIE A319		
		SEAT 17C CONFIRMED			
		FLIGHT OPERATED BY /TACA INTL			
		RESERVATION CONFIRMED			

# FOR THERESA

## TACA Airlines (SFO – SJO – SFO)

Feb 18 - Depart SFO: 12:30 am (CHECK IN FOR FLIGHT AT SFO NO LATER THAN 11:00 PM)

Feb 18 - Arrive SJO: 9:40 am

Feb 23 - Depart SJO: 12:20 pm

Feb 23 - Arrive SFO: 7:05 pm

SERVICE	FROM	TO	DEPART	ARRIVE
TACA INTL AIRLINES - TA 561				
FRI 18FEB	SAN FRANCISCO CA INTL	SAN SALVADOR SV COMALAPA INTL.	1230A	0752A
NON STOP	TERMINAL INTL			DURATION 5:22 NON SMOKING
	RESERVATION CONFIRMED- A ECONOMY ON BOARD: BREAKFAST FLIGHT OPERATED BY /TACA INTL EQUIPMENT: AIRBUS INDUSTRIE A320-100/200 SEAT 17A NO SMOKING CONFIRMED			
LACSA - LR 671				
FRI 18FEB	SAN SALVADOR SV COMALAPA INTL.	SAN JOSE CR JUAN SANTAMARIA	0830A	0940A
NON STOP				DURATION 1:10 NON SMOKING
	RESERVATION CONFIRMED- A ECONOMY ON BOARD: MEAL FLIGHT OPERATED BY /LACSA EQUIPMENT: AIRBUS INDUSTRIE A321 SEAT 12A NO SMOKING CONFIRMED			
LACSA - LR 620				
WED 23FEB	SAN JOSE CR JUAN SANTAMARIA	SAN SALVADOR SV COMALAPA INTL.	1220P	0140P
NON STOP				DURATION 1:20 NON SMOKING
	RESERVATION CONFIRMED- A ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY /LACSA EQUIPMENT: AIRBUS INDUSTRIE A319 SEAT 13F NO SMOKING CONFIRMED			
TACA INTL AIRLINES - TA 564				
WED 23FEB	SAN SALVADOR SV COMALAPA INTL.	SAN FRANCISCO CA INTL	0255P	0705P
NON STOP		TERMINAL INTL		DURATION 6:10 NON SMOKING
	RESERVATION CONFIRMED- A ECONOMY ON BOARD: SNACK FLIGHT OPERATED BY /TACA INTL EQUIPMENT: AIRBUS INDUSTRIE A319 SEAT 17D NO SMOKING CONFIRMED			

## FOR ROSLYN

### United Airlines (SFO – LAX)

Feb 18 - Depart SFO: 10:37 pm

Feb 18 - Arrive LAX: 11:59 pm

### TACA Airlines (LAX – SJO – SFO)

Feb 18 - Depart LAX: 1:30 am

Feb 18 - Arrive SJO: 9:15 am

Feb 25 – Depart SJO: 5:25 pm

Feb 25 – Arrive SFO: 11:15 pm

SERVICE	DATE	FROM	TO	DEPART	ARRIVE
UNITED AIRLINES UA 927 T ECONOMY	17FEB THURSDAY	SAN FRANCIS CA INTL	LOS ANGELES CA INTL	1037P	1159P
		AIRCRAFT: BOEING 757-200			
		SEAT 29F CONFIRMED			
		RESERVATION CONFIRMED			
LACSA LR 605 L ECONOMY	18FEB FRIDAY	LOS ANGELES CA INTL	SAN JOSE JUAN SANTAMARI	130A	915A
		AIRCRAFT: AIRBUS INDUSTRIE A319			
		FLIGHT OPERATED BY /LACSA			
		RESERVATION CONFIRMED			
LACSA LR 670 A ECONOMY	25FEB FRIDAY	SAN JOSE JUAN SANTAMARI	SAN SALVADOR COMALAPA INTL.	525P	640P
		AIRCRAFT: AIRBUS INDUSTRIE A321			
		SEAT 15A CONFIRMED			
		FLIGHT OPERATED BY /LACSA			
		RESERVATION CONFIRMED			
TACA INTL AIRLINES TA 560 A ECONOMY	25FEB FRIDAY	SAN SALVADOR COMALAPA INTL.	SAN FRANCIS CA INTL	707P	1115P
		AIRCRAFT: AIRBUS INDUSTRIE A320-100/200			
		SEAT 23F CONFIRMED			
		FLIGHT OPERATED BY /TACA INTL			
		RESERVATION CONFIRMED			

**FOR JULIE**

**TACA Airlines (LAX – SJO – LAX)**

**Feb 18 - Depart LAX: 12:25 am (CHECK IN FOR FLIGHT AT LAX NO LATER THAN 10:00 PM)**

**Feb 18 - Arrive SJO: 9:40 am**

**Feb 23 - Depart SJO: 6:01 pm**

**Feb 23 - Arrive LAX: 10:26 pm**

SERVICE DEPART	ARRIVE	DATE	FROM	TO
LACSA 1225A	940A	18FEB	LOS ANGELES CA	SAN JOSE
LR 671		FRIDAY	INTL	JUAN SANTAMARI
A ECONOMY			AIRCRAFT:	AIRBUS INDUSTRIE A321
			FLIGHT OPERATED BY /LACSA	
			RESERVATION CONFIRMED	
LACSA 601P	1026P	23FEB	SAN JOSE	LOS ANGELES CA
LR 604		WEDNESDAY	JUAN SANTAMARI INTL	
L ECONOMY			AIRCRAFT:	AIRBUS INDUSTRIE A319
			FLIGHT OPERATED BY /LACSA	
			RESERVATION CONFIRMED	

**FOR BROOKE**

**TACA Airlines (LAX – SJO – LAX)**

**Feb 18 - Depart LAX: 1:30 am (CHECK IN FOR FLIGHT AT LAX NO LATER THAN 11:00 PM)**

**Feb 18 - Arrive SJO: 9:15 am**

**Feb 23 - Depart SJO: 6:01 pm**

**Feb 23 - Arrive LAX: 10:26 pm**

Your Reservation Status				
Item	Status			
Flight - LAX > SJO > LAX (Feb 18, 2011 - Feb 23, 2011)	Confirmed			
Reservation Details				
LAX > SJO > LAX (Feb 18, 2011 - Feb 23, 2011)				
Passenger 1	BROOKE GEFFS			
<i>Lacsa</i>	Fri, Feb 18, 2011 01:30 AM Los Angeles International Airport, Los Angeles, CA (LAX) LACSA	Fri, Feb 18, 2011 09:15 AM Juan Santamaria International Airport, San Jose, (SJO)	Non-stop	5 hr 45 min
LR # 0605				
<i>Lacsa</i>	Wed, Feb 23, 2011 06:01 PM Juan Santamaria International Airport, San Jose, (SJO) LACSA	Wed, Feb 23, 2011 10:26 PM Los Angeles International Airport, Los Angeles, CA (LAX)	Non-stop	6 hr 25 min
LR # 0604				
Airline Reference #:BOSTYX		Agency Reference #:LXPEU3		

## FOR GWEN

### TACA Airlines (SFO – SJO – SFO)

**Feb 18 - Depart SFO: 1:30 am (CHECK IN FOR FLIGHT AT SFO NO LATER THAN 11:00 PM)**

**Feb 18 - Arrive SJO: 9:40 am**

**Feb 23 - Depart SJO: 12:20 pm**

**Feb 23 - Arrive SFO: 8:05 pm**

SERVICE	DATE	FROM	TO	DEPART	ARRIVE
TACA INTL AIRLINES TA 561 D BUSINESS	18MAR FRIDAY	SAN FRANCIS CA INTL	SAN SALVADOR COMALAPA INTL.	130A	752A
		AIRCRAFT: SEAT 01A CONFIRMED FLIGHT OPERATED BY /TACA INTL	AIRBUS INDUSTRIE A320-100/200		
TACA INTL AIRLINES TA 7671 D BUSINESS	18MAR FRIDAY	SAN SALVADOR COMALAPA INTL.	SAN JOSE JUAN SANTAMARI	830A	940A
LR 0671		AIRCRAFT: SEAT 01A CONFIRMED FLIGHT OPERATED BY LR LACSA	AIRBUS INDUSTRIE A321		
TACA INTL AIRLINES TA 7620 Z ECONOMY	23MAR WEDNESDAY	SAN JOSE JUAN SANTAMARI	SAN SALVADOR COMALAPA INTL.	1220P	140P
LR 0620		AIRCRAFT: SEAT 23F CONFIRMED FLIGHT OPERATED BY LR LACSA	AIRBUS INDUSTRIE A320-100/200		
TACA INTL AIRLINES TA 564 Z ECONOMY	23MAR WEDNESDAY	SAN SALVADOR COMALAPA INTL. INTL	SAN FRANCIS CA INTL	255P	805P
		AIRCRAFT: SEAT 18F CONFIRMED FLIGHT OPERATED BY /TACA INTL	AIRBUS INDUSTRIE A319		

### Suggested Money to Bring:

\* \$100 US Dollars (new/clean/non-ripped small denominations of \$1s, \$5s, 10s & \$20s)

\* One or Two Visa or MasterCard ATM/Bank Debit Cards

For withdrawing Costa Rican Colones at ATMs for spending cash. Your bank will charge a ATM fee (usually \$3-5 US dollars) and the Costa Rica ATM will charge a currency conversion fee, which is about 1.5%-3% depending on how much you withdraw. Most ATM machines in Costa Rica (and they seem to be popping up everywhere now), accept all the main partners, like PLUS, STAR, Interlink, etc., so you shouldn't have a problem using your ATM / Debit Card to withdraw local currency or make charges at places that accept Visa or MasterCard charges.

### Exchange Rate

\$1 US Dollar = ₡500.00 Colones (as of 02/14/11)

### Climate/Forecast

Dry Season / Sunshine during the day and light showers in afternoons (20% chance of rain in the rainforest and mountains)

See current weather conditions:

<http://www.timeanddate.com/weather/costa-rica/san-jose>

Suggest doing all your activities in the mornings when the sun is out.

### Time Zone

Standard time zone: UTC/GMT -6 hours

2 Hours Ahead of PST Time

See current local time: <http://www.timeanddate.com/worldclock/city.html?n=225>

## Emergency # to call while in Costa Rica

Harlow Newton at 8-720-9616 or Karla Campos at MK Connection & Travel Agency.  
Office # is 506-2430-6841 or 8-384-0132 (Karla mobile)

## Day to Day Travel Itinerary

### Destinations/Areas to Visit:

1. Playa Hermosa (stop for lunch on travel day to Buenaventura)
2. Buenaventura & River Division Valley
3. Manuel Antonio (stop for dinner on last day – Brooke and Roslyn will be staying the night)
4. Alajuela (for those staying the last night in Alajuela at Hotel Mi Tierra)

### Summary of Overnights at Destinations:

For Everyone:

02/18 – 02/21 (4 Nights): At Buenaventura

For Gay, Esmael, Abbe, Gwen, Theresa, Joan and Julie:

02/22 (1 Night): At Hotel Mi Tierra in Alajuela (5 minutes from airport)

02/23 – Travel Day Home

For Brooke

02/22 (1 Night): At Cabinas Espadilla in Manuel Antonio

02/23 – Travel Day Home

For Roslyn

02/22 – 02/24 (3 Nights): At Cabinas Espadilla first night, and Hotel Karahe (last two nights)

02/25 – Travel Day Home

## Day 0: Thursday, February 17th

**IMPORTANT: MAKE SURE YOU ARE AT THE AIRPORT ON THURSDAY NIGHT TO CHECK IN FOR YOUR RED-EYE FLIGHTS.**

**PLEASE REFER TO THE TACA FLIGHTS TIP DOC THAT I SENT ALONG WITH THIS ITINERARY**

### CHECK IN TIMES FOR FLIGHTS:

8:30 pm: Check in at SFO for United Flight #927 (For Roslyn flying to LAX)

10:00 pm: Check in at SFO for TACA Flight #561 departing at 12:30 am Friday (For Gay, Esmael, Theresa, Abbe, Joan)

10:00 pm: Check in at LAX for TACA Flight #LA671 departing at 12:25 am Friday (for Julie)

11:00 pm: Check in at SFO for TACA Flight #561-v2 departing at 1:30 am Friday (For Gwen)

11:00 pm: Check in at LAX for TACA Flight #605 departing at 1:30 am Friday (For Roslyn and Brooke)

## Day 1: Friday, February 18th

**NOTE: Everyone but Brooke and Roslyn will be stopping in San Salvador to make a plane change.**

9:15 am: Arrive in Costa Rica (Brooke and Roslyn) – Harlow will meet you at the airport  
9:40 am: Arrive in Costa Rica (SF Group - 7 pax) – Harlow will meet you at the airport  
9:15 - 10:00 am: Harlow will meet everyone outside airport with Manuel, your local Tico shuttle drive  
10 am - 11:30 am: Drive to Hotel Terraza in Playa Hermosa for lunch overlooking ocean  
11:30 am - 2:00 pm: Drive to San Isidro (transfer in 4x4 taxi and Buenaventura Pathfinder)  
2:00 pm - 3:30 pm: Drive to Buenaventura  
Settle in at Buenaventura and Group Grounding Ceremony at La Ceiba Sagrada  
Yoga Sadhana with Gay (perhaps a short class on first day since its a long travel day)  
7 pm: Dinner (Served at Posada de Suenos)  
Bedtime or those who want to stay up can hang out on the patio and bar

**SAN JOSE AIRPORT ARRIVAL INSTRUCTIONS:** Once you get off the airplane, proceed through Immigration, Baggage Claim & Customs. After you collect your bags and go through customs, exit the airport and look for your host and guide Harlow Salvador! Welcome to Costa Rica!

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## Day 2: Saturday, February 19th

7:00 am: Wake up time / Meditate or stretch out on a rock by the river watching the sunrise  
7:30 – 8:45 am: Yoga Sadhana with Gay (1-1.5 hours)  
8:45 am – 9:15 am: Shower/Freshen Up  
9:15 am – 10:15 am: Breakfast at Tres Semillas Restaurant (short 5 minute walk across river)  
10:15 am – 1 pm: Orientation Day of Tres Semillas and Buenaventura Lower Level  
1 pm – 2 pm: Lunch at Tres Semillas Restaurant  
2 pm – 6 pm: Thai Massages with Gay / Workshops with Tamara  
6 pm – 7:15 pm: Yoga Sadhana with Gay  
7:15 pm – 8 pm: Shower / Freshen up/ Chill / Lounge  
8 pm: Dinner (Served at Posada de Suenos)  
9 pm: Bedtime or those who want to stay up can hang out on the patio and bar

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## Day 3: Sunday, February 20th

7:00 am: Wake up time / Meditate or stretch out on a rock by the river watching the sunrise  
7:30 – 8:45 am: Yoga Sadhana with Gay  
8:45 am – 9:15 am: Shower/Freshen Up  
9:15 am – 10:15 am: Breakfast at Tres Semillas Restaurant (short 5 minute walk across river)  
10:30 am – 1 pm: Guided Hiking Tour of Buenaventura Eco-Park / Waterfalls / Swimming holes or Horseback riding tour for those who chose Horseback riding  
1 pm – 2 pm: Lunch at Tres Semillas Restaurant  
2 pm – 6 pm: Thai Massages with Gay / Workshops with Tamara  
6 pm – 7:15 pm: Yoga Sadhana with Gay  
7:15 – 7:45 pm: Shower / Freshen up  
8 pm: Dinner (Served at Posada de Suenos)  
9 pm - 11 pm: ZenZu Full Moon Jungle Party & Joan's Pinata BDay party (Possibly have it on Saturday instead – will ask the group for consensus)  
11 pm: Bedtime or those who want to stay up can hang out on the patio and bar

## **Day 4: Monday, February 21st**

7:00 am: Wake up time / Meditate or stretch out on a rock by the river watching the sunrise  
7:30 – 8:45 am: Yoga Sadhana with Gay  
8:45 am – 9:15 am: Shower/Freshen Up  
9:15 am – 10:15 am: Breakfast at Tres Semillas Restaurant (short 5 minute walk across river)  
10:30 – 12:30 pm: Optional Volunteer Activity (Paint A Local Tico's house)  
1 pm – 2 pm: Lunch at Tres Semillas Restaurant  
2 pm – 6 pm: Thai Massages with Gay / Workshops with Tamara / Bird watching Tour with Harlow  
6 pm – 7:15 pm: Yoga Sadhana with Gay  
7:15 pm – 8 pm: Shower / Freshen up  
8 pm: Dinner (Served at Posada de Suenos)  
9 pm: Bedtime or those who want to stay up can hang out on the patio and bar

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## **Day 5: Tuesday, February 22<sup>nd</sup>**

7 am: Wake up time / Meditate or stretch out on a rock by the river watching the sunrise  
7:30 am – 8:45 am: Morning Yoga with Gay  
8:45 am Breakfast at Tres Semillas Restaurant (short 5 minute walk across river)  
Shower / Pack / Relax and enjoy your last morning at Buenaventura  
11 am: Group Grounding Ceremony at La Ceiba Sagrada (closure to the retreat)  
11:30 am – 12:30 pm: Lunch (Served at Posada de Suenos)  
12:30 pm – 2 pm: Drive in 4x4s to San Isidro to meet Shuttle  
2 pm – 3:30 pm: Drive to Manuel Antonio  
3:30 pm – 6 pm: Spend afternoon on the beach / Yoga on beach / Watch sunset  
6 pm: Dinner overlooking ocean in Manuel Antonio with friends Shelley and Bobby (Shelley is a Yoga instructor and massage therapist)  
7 pm: Drive to Alajuela near airport (7 people staying near airport)  
9:30 pm: Check into Hotel Mi Tierra (those staying the last night near airport)

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## **Day 6: Wednesday, February 23<sup>rd</sup>**

### **For Gay, Esmael, Joan, Abbe, Theresa and Gwen:**

7 am – 9 am: Breakfast at hotel (included)  
10:00 am: Take airport taxi to airport (arranged by hotel and paid in advance)  
10:20 am: Check in for TACA Flight #620/564  
12:20 pm: Depart SJO to SFO (with stop in SAL)  
7:05 pm: Arrive safe and sound and rejuvenated back home in SF!

### **For Brooke ONLY:**

Breakfast at hotel (included)  
Enjoy day on the beach in Manuel Antonio  
2:15 pm: Take taxi or SANSA shuttle to Quepos Airport  
3:29 pm: Take SANSA Flight #1013 to San Jose International Airport  
3:40 pm: Check in for TACA Flight #604  
6:01 pm: Depart SJO to LAX  
10:26 pm: Arrive in LAX safe and sound!

**For Julie ONLY:**

7 am – 9 am: Breakfast at hotel (included)  
Spend day sightseeing in Alajuela (walk 2 blocks to Main Square to visit Alajuela Church and park)  
3:40 pm: Check in for TACA Flight #604  
6:01 pm: Depart SJO to LAX  
10:26 pm: Arrive in LAX safe and sound!

**For Roslyn ONLY:**

**Wednesday, February 23**

Breakfast at hotel (included)  
Enjoy day on the beach in Manuel Antonio  
12 noon: Check out of Cabinas Espadilla  
Take taxi to Hotel Karahe  
12:15 pm: Check into Hotel Karahe  
Enjoy afternoon/evening watching sunset  
Stay night at Hotel Karahe in Manuel Antonio

**Thursday, February 24**

Breakfast at hotel (included)  
Suggest Yoga class or massage therapy with Shelley  
Stay night at Hotel Karahe in Manuel Antonio

**Friday, February 25**

Breakfast at hotel (included)  
11:30 pm: Transfer to Quepos Airport in taxi or Sansa shuttle  
12: 00 noon: Check in for Sansa Flight #1009 and depart to San Jose International Airport  
Arrive at SJO  
1 pm: Check in for TACA Flight #670/560 to SFO  
5:25 pm: Depart for SFO  
11:15 pm: Arrive in SFO safe and sound!

**SAFE TRAVELS & WE LOOK FORWARD TO NOURISHING YOU IN  
NATURE HERE AT BUENAVENTURA IN COSTA RICA!**

**PURA VIDA!**