



Breakthrough to
YU
Pura Vida
Winter Retreat 2023



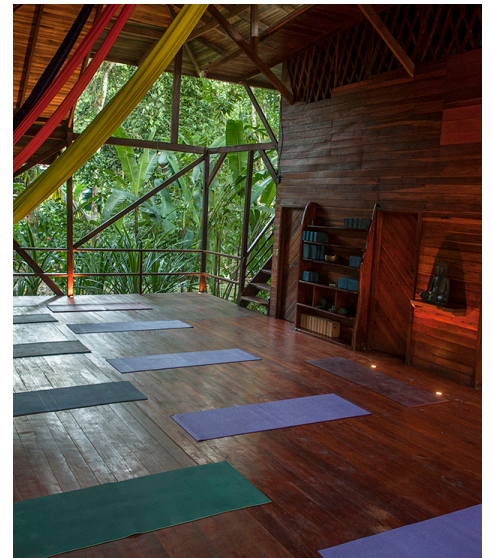
Playa Chiquita, Costa Rica February 5-12, 2023



Winter Yoga & Meditation Retreat
with The Jennifers
Jen Beyt Coffin & Jennifer McIntee

Find the rhythm of a yoga lifestyle with a whole week in Costa Rica. Experience eco-tourism that focuses on environment, simplicity and local culture.

www.beyondbendingyoga.com



The Location

Tierra de Sueños in Playa Chiquita

Playa Chiquita is a small beach community 6 kilometers south of Puerto Viejo on the southern Caribbean coast.

With its "tranquilo" vibe, friendly people and lush tropical surroundings, people easily fall in love with this place. Puerto Viejo area hosts a variety of excellent restaurants and offers fun nightlife with live music and people from all over the world.

Staying in one of their bungalows means being close to nature and sleeping to the sounds of the jungle. Observe heliconias, gingers, sloths, hummingbirds, toucans, monkeys and more. It's truly a jungle experience with built-in social distancing!

[Learn more about their commitment to ecotourism.](#)

The Dates

February 5-12, 2023

Yes, we are planning this early because we are so excited!
Plus, this gives you plenty of time to plan and have a relaxed trip because of it.

Winter in Costa Rica sounds like the perfect solution to the winter blahs.
The coolest month in Playa Chiquita is February when the average maximum temperature is 82°, average temperature is 77° and average minimum temperature is 72°. The sunniest days are in February which has the most hours of sunshine per day with an average of 7.1 hours of sunshine per day.

Umm, yes please.

The Leaders

Jen Beyt Coffin & Jennifer McIntee

The Jennifers are at it again. This time, they are going international because let's get out there and experience the natural world!

Thoughtful retreat leaders who will share ideas, encourage yours and serve up some delightful yoga experiences... in the jungle!!





The Retreat

Breakthrough to you with daily yoga and healthy eating.

Pura Vida means pure life in Spanish, a Costa Rican philosophy that encourages the appreciation of life's simple treasures - in our case, nature, yoga and friends.

We'll move you daily and the friendly team at Tierra de Suenos will prepare healthy, locally sourced, fresh meals 3 times a day. Their standard menu is vegetarian and includes eggs for breakfast, many beans, legumes and pulses for protein.

Our retreat includes a 1 hour Yoga and Aruyveda lifestyle coaching session with each Jennifer.

Loose schedule

7:00-8:30a meditation + movement

8:30 - 9:30 breakfast

10:00 - 11:00 consult with a Jennifer

12:00 - 1:00 lunch

1:00 - 5:00p free time

5:30 - 6:30p evening practice

7:00- 8:00p dinner

The yoga space is open to jungle on 3 sides. Blocks, straps, mats, bolsters, blankets and 3 aerial silks are available for use.

Available Wellness Add Ons

- Infrared sauna treatments
- Massage – Thai, deep tissue, shiatsu, or aromatherapy - open air massages on your room balcony.
- Acupuncture
- Cranial sacral therapy
- 2 Hour Body Work Sessions including full assessment

Tours & Activities

There are a variety of tours you can participate in that are offered through the lodge and the beach is a short 5 minute walk across the street to a beautiful body of turquoise water. Warm like a bathtub but refreshing from the heat. You can easily bike around the area to visit different beaches & villages. All activities can be arranged upon arrival at the center.

[Check out their activities page.](#)

[Check out their Puerto Viejo activities page.](#)

The Accommodations

7 gorgeous, hardwood, ecotourism minded bungalows are set into the lush natural scape of the property.

Each bungalow has a different theme expressed in the hand carved wood, tile mosaics, painted murals, and artistic details. Enjoy hot showers and cool breezes from the overhead fan and large screened windows. Bungalows are constructed in tradition fashion with zinc roofs, open-air screens, wooden walls, and floors.

There are 18 beds on site, and each bungalow can sleep 2 people each in their own beds - each bungalow consists of a hand-carved queen-sized bed and an additional single-sized bed, except for one bungalow which has two twin beds.. Each bungalow has a private bathroom with hot water.

There is one family-sized bungalow with an upstairs and a downstairs that can hold 4 people. The arrangement of the family bungalow consists of two hand-carved queen-sized beds and two additional single-sized beds.

This is not an all inclusive vacation center with buffets and bottomless drinks. In fact, it is a different approach altogether. Conservation, recycling and reusing is a way of life throughout the country, but especially in the remote area of the caribbean.

We'll be observing eco-friendly practices like enjoying quick, hot showers and participating in washing your plates and cups. The **bungalows are open air with no air conditioning** as temperatures stay between 75-85 degrees year round. All bungalows have fans to keep air circulating and the evening air is often cooler. You'll hear the sounds of nature all around. [Read more about the bungalows.](#)



The Investment

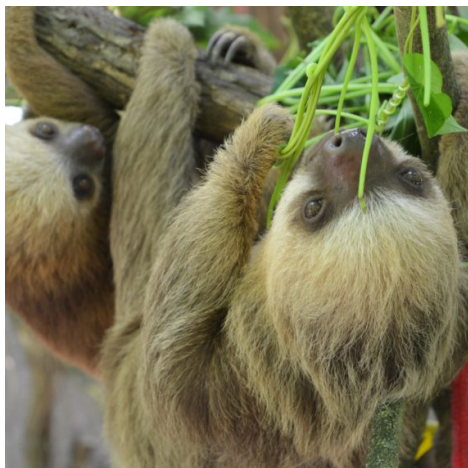
- **\$2300 per person until August 31, 2022**
 - Pay half before Aug 31
 - Pay remainder by November 20, 2022
- **\$2500 after September 1, 2022**
 - Full payment due November 20, 2022
- **\$2000 for a non- retreat participant (aka spouse or travel friend not participating)**
- **Plane tickets to San Jose from Knoxville run around \$460 - 550 depending.**
- **\$45-105 for a shuttle of flight to the center from the airport**
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It's a 5 hour drive from San Jose to our destination. The retreat center will arrange a shuttle from the airport for \$45 per person OR there's a flight that goes to Limon for around \$80. You can then take a shuttle or taxi from Limon to the center, about an hour drive, for around \$20-\$25. You could also rent a car & drive yourself there should you want that option. Driving in Costa Rica is very easy & safe.

So, to travel there & be there for a week, it'll cost about \$2910 per person.
*** We will make suggestions about flights to take mid 2022.**

For the cost you get:

- 3 meals a day - Sunday- Sunday, Locally sourced
- 2 fantastic yoga classes per day with us in their open air Yoga Shala set into the jungle landscape.
- 1 private, 1 hour Yoga/Aruyveda lifestyle coaching session with each Jennifer
- Lots of free time for exploring the amazing area!



Questions?

Please do not hesitate to contact us with your questions.

Jennifer McIntee

Jennifer Beyt Coffin

Tierra de Suenos' web site is also chock full of information.