

## Playa Hermosa Area

Costa Rica is located in Central America between the Pacific Ocean and the Caribbean Sea. Twenty three percent of its territory is protected by the "Protected Areas System".

Because of its diversity, national parks, wildlife, surf and tropical weather Costa Rica is a vacation paradise.

Playa Hermosa, where our yoga retreat is located, is 10 minutes away from Jaco and a short drive from Costa Rica's capital San Jose. Playa Hermosa not only offers amazing surfing but it is also a great place to relax, read a book, visit Manuel Antonio National Park or take part in one of the many activities offered in this area.



## Vida Asana Retreat Center

**Vida Asana** is a Retreat Center for yoga, spirituality, wellness, music and surfing. Located near the beautiful and exotic beach **Playa Hermosa** at the Central Pacific of Costa Rica, it is secluded and yet not isolated. Vida Asana offers a combination of the best that Costa Rica has to offer. Whether you are an experienced surfer or yogi, or if you just wish to relax and renew, Vida Asana in Playa Hermosa, Jacó is the ideal location for a memorable and fulfilling experience. There are two luxury duplex that accommodate up to 6 people each, offering full kitchen, refrigerator, AC, ceiling fans and two bathrooms. And there are also 8 rooms with refrigerator, AC, ceiling fans private bathrooms and kitchenettes. The unique environment provides an opportunity to deepen in to the practice and understanding of physical, mental and spiritual well-being.

## The Package

- » Round trip airfare from Los Angeles to San Jose, Costa Rica
- » Round trip airport transfers
- » 6 nights accommodations at Vida-Asana
- » Three healthy meals a day
- » Two Yoga classes a day
- » Taxes and service fees

Per person based on double occupancy.  
Offer valid to travel between February 20<sup>th</sup> to February 27<sup>th</sup> 2009

\$ 1,899



## Other Activities

**Surfing:** surf lessons available for beginners and surf guides for intermediate and advanced surfers

**Hiking:** there nearby waterfalls to hike, as well as two national parks, Manuel Antonio and Carara

**Catamaran Island Adventures:** Board on an exhilarating sailing adventure.

**Zip Line Canopy Tour** Chiclets Tree Canopy Tour is definitely a must-do activity in Hermosa Beach because it is incredible!

**Discovery Horseback Tours:** Riding through stunning scenery surrounded by amazing flora and fauna, arriving at our secret waterfall.