



Puerto Viejo, COSTA RICA

Iyengar Yoga Winter 2024 Getaway



with Nancy Marcy & Shannyn Joy Potter

SUNDAY, FEBRUARY 11 – SUNDAY, FEBRUARY 18, 2024

[The Tierra de Suenos Lodge & Wellness Center](#)

The Tierra de Suenos Lodge &

Join certified Iyengar Yoga teachers Shannyn and Nancy for a week-long retreat during the depths of winter in a serene and lush jungle hideaway located on the Caribbean coast of Costa Rica. Tierra de Sueños is an eco-lodge in the lush tropical jungle, just a five minute walk from the ocean. The nearest town is a 25-minute bike ride away. The hosts can assist you with arranging eco-tours or recreational activities including kayaking, snorkeling, hiking, surfing, zip-lining, and more.

COSTS

- \$1800 per person for shared accommodation, all meals, all yoga
- \$2100 per person for private accommodation, all meals, all yoga
- Children under 12 are half price; no charge for children aged 3 and younger

BUNGALOWS

Rustic bungalows are nestled in the rainforest. There is no air conditioning, but each room has a ceiling fan and lots of ventilation. Two bungalows may be reserved by a single person. The rest will be reserved as shared accommodations. Space will be limited to twenty-two attendees.

Option 1 *(five units available)*

Standard bungalows each have one queen-sized bed and one twin bed and private bath.

Option 2 *(one available, four-person minimum)*

Two-level bungalow with separate entrances and two bathrooms. The bottom floor has one queen bed and one twin bed; the top floor has two single beds.

Option 3 *(one available, three-person minimum)*

Family-sized bungalow with two queen and two single beds and one family-sized bathroom.

MEALS

Tierra de Sueños provides three healthy vegetarian meals daily. Animal protein can be provided for \$40 extra per person for the entire week, with advance notice.

EXTRA FEES/ TRANSPORTATION *(estimated costs)*

- \$220—Round-trip hopper plane rides from airport to the resort
- \$30–\$50—Tuk-tuk rides to and from resort

REGISTRATION

Contact Shannyn or Nancy as soon as possible to make your reservations. (Note that we are limiting the 'single occupancy option to just two bungalows!) To ensure you have the accommodation you want, send either one of us a 50% down payment via check, cash, ApplePay, Zelle, or Venmo (*QR below*)

- \$900 down payment per person to reserve a shared accommodation spot
- \$1050 down payment to reserve a private, single bungalow

CONTACT

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