



Yoga Retreat in Costa Rica

with Michael Fahey and Pat Durant

JANUARY 27 - FEBRUARY 2, 2025

Your retreat awaits!

Book today at costaricarettreat2025@gmail.com

For more information, visit our website: <https://costaricarettreat2025.my.canva.site/yoga>

Where we're going: Esterillos Este, Costa Rica

Known for having the cleanest, most pristine beaches in the area, surfers flock to Este for its miles of uncrowded beach breaks. The beaches are quiet, picturesque and the perfect tropical setting to soak in some rays.

Esterillos and its neighbouring towns have developed into a place where you can find all that you need and it's still managed to maintain its peaceful, yet rustic charm. Just 20 minutes from the bustling beach town of Jaco your free time can be spent wandering the cute shops or heading to the pool or the beach in between yoga sessions.

Retreat Overview

This is a truly magical setting, where the heartbeat of nature sets the pace for indescribable experiences and life changing transformations. With a twice-daily deepening of your yoga practice with seasoned instructor, Michael Fahey, you'll melt into the ways of the land.

Dates: January 27 – February 2, 2025

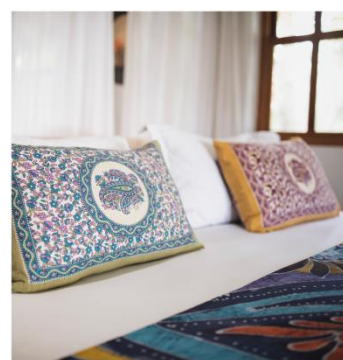
Location: Encantada Ocean Cottages, Esterillos Este, Costa Rica

Videos:

<https://youtu.be/w8nURzmHD1s?feature=shared>

<https://youtu.be/MiE1fS5zPXA?feature=shared>

<https://youtube.com/shorts/gJggNqt5rUE?feature=shared>



About Encantada Ocean Cottages and Yoga Retreat Center

Encantada is a version of paradise...a place where you can let go, and fully immerse yourself in all the experiences people have come to love so much about Costa Rica. The friendly and caring staff will help make our retreat everything you need it to be. Soak up the pristine beaches and enjoy energizing and therapeutic yoga classes in the private yoga shala and replenish your body with delicious, locally sourced food. In your free time, you can take a surf lesson, indulge in a relaxing massage, take a horseback ride or lounge by the pool with a cocktail.

The beachfront yoga shala offers cushy padded floors with ceiling fans for added comfort. Mats, blocks, straps and meditation cushions are included.



Rooms

The rooms can accommodate up to 19 guests with single, double and triple accommodations available. The cottages are all beautifully decorated and equipped with A/C, fan, Wi-fi, tea kettle, French press and safe deposit box, along with other amenities. *All rooms are based on shared accommodation save for the Ohm Retreat room.*

Oceanfront Villa (1): This villa is located on the oceanfront with one king and two twin sized bds. Enjoy the sights and sounds of our chocolate sand beach from your private patio.

Two Bedroom Villa (1): Enjoy your own spacious villa. This villa includes a master bedroom with a queen size bed, one twin bed and a second bedroom with two twin beds. Sit back and relax in the open-air private patio. Fits up to 5 people.

Poolside Cottages (1): Enjoy your own private cottage. Our Poolside King cottages offer one King sized bed, a daybed and a twin bed located in the upstairs loft as well as a unique outdoor lounge and seating area.

Garden View Queen Cottages (2): Enjoy your own private individual cottage. Equipped with two queen size beds and a twin bed located in an upstairs loft. Triple occupancy in two rooms available.

Private Retreat Cottage (1): Enjoy your own secluded enclave. The Private Retreat is located upstairs with a pool view and a private balcony and hammock to enjoy the ocean breeze. This room comes with a king size bed or two twins.

Ohm Retreat Cottage (1): Small, quaint and cozy! Perfect for one person. The Ohm Retreat comes with a double bed.

Cost

ALL pricing is in US Dollars. Rooms are on a first come, first served basis. Deposit must be paid to secure your space.

Early bird special: \$2,150 until May 1, 2024

After May 1, 2024: \$2,300

What Is Included

- Transportation from Liberia International Airport to Encantada Ocean Cottages*
- Stop off at the famous Crocodile Bridge
- Accommodations at Encantada Ocean Cottages
- Three meals per day. If needed, vegetarian and vegan options are available on request
- Two yoga classes per day morning and late afternoon led by Michael Fahey
- Meditative Art Class led by Pat Durant
- Welcome Drink
- Farewell Bonfire
- Coffee and tea in your rooms
- Transportation from Encantada Ocean Cottages to Liberia International Airport*
- Taxes and fees

**If you are adding days on either end of the retreat stay, you will have to pay for your transport to and/or from Encantada.*

What Is Not Included

International flights, any meals or refreshments purchased during the transfer from the airport to Encantada and return, refreshments not mentioned above, travel insurance, tips for retreat staff and porters, and any taxes and fees not covered above. *Travel insurance is strongly recommended.*

Excursions and activities are also available to book for a fee including surfing lessons, horseback riding on the beach and more.

Arrival and Departure

Monday, January 27

Fly from your departure location in Canada to Liberia International Airport in Costa Rica. Upon landing, pick up your baggage and meet the driver who will transfer you to Encantada. Rest for the evening.

Sunday, February 2

Pack your belongings and depart Encantada Ocean Cottages. Transfer by van to the Liberia International airport. Connect to your international flight home.

Meals

Enjoy vegan and vegetarian meals, or a tasty selection of traditional Costa Rican cuisine sprinkled with American favourites. Meals include typical 'casados', whole grilled snapper, tenderloin and local grilled fish all lovingly prepared on Encantada's wood-fired grill. Coffee and tea is available in your room.

NOTE: If you need vegetarian or vegan meals, please request this when you're confirming your spot for the retreat.

Activities and Excursions

There are a number of activities and excursions you can take part in for a small fee. All pricing quoted is in US Dollars. Here are some that are available:

- Encantada-hosted Yoga classes at 9am daily and Sunday at 5pm: \$15 per class
- Board Rentals: Surfboard - \$20/day/person; Skim Board - \$6/day/person; Boogie Board - \$10/day/person
- Surf Lessons: \$60 per 1.5 hour class, day board rental included
- Massages: \$70 for 60 minutes; \$100 for 90 minutes
- Excursions: beachfront massages, waterfall exploring, ziplining/canopy, horseback riding, mangrove & monkeys tour, ATV tour and whitewater rafting – available on site

Payment Schedule

To reserve your spot, a non-refundable downpayment of \$600 is required. You can then split the balance into two additional payments. The second payment needs to be made August 15, 2024, and final payment October 15, 2024. If there is still space available, any confirmations received later than October 15 will have to be paid in full.

You also have the option to pay in full up front.

Please note: all prices are shown in USD. Deposits and balance of payment will be charged in Canadian based on the exchange rate.

Cancellations

If you decide to cancel, your downpayment will not be refunded. We strongly suggest that as soon as you book your spot, that you purchase cancellation insurance in case your plans change. Please reach out to the travel agent to get a quote and ask for the *Cancel for Any Reason Insurance*.

To Book Your Spot and Travel Arrangements

To confirm your interest, please email <mailto:costaricaretreath2025@gmail.com>.

To book your travel arrangements, we are working with a trusted travel advisor, Stephanie MacGregor. Stephanie will process your reservation and payments, confirm your room and book your flights. I can also help you to arrange additional days in Costa Rica, if interested.

Contact Information:

Stephanie MacGregor

Onta Travel

info@ontatravel.com

www.ontatravel.com



About Michael

Michael has been practicing Yoga for over fifty years and teaching for over thirty years in Nova Scotia and Ottawa. For more information, please visit his web site at www.michaelfahey.ca or on YouTube at YogaCareMichael.

About Pat

Pat practiced Psychotherapy for 25 years in the field of Transpersonal Psychology. Now retired, she pursues her passion in Art. Throughout her career, she helped people transform their lives into calm, and whole versions of themselves, providing them the tools to successfully navigate life. Follow her on Instagram and Facebook @ArtfullyPat