

Vida Asana Excursions

Participants pay for excursions directly to Vida Asana. Many other excursions are available beyond the list below and can be arranged on an individual basis as feasibility allows. The prices listed below are subject to change.

Rainmaker Conservation Project - \$70 per person: Rainmaker Park is the best of both worlds as it feels like a national park, yet is relatively unheard of – a hidden gem! The gorgeous shade-making tree canopy and clear waters keep this hike super fresh even on the hottest of days. One of our favorite guides will take you on this adventure, ensuring that you see as much wildlife as possible while educating the group about the inner workings of the rainforest and her plant and animal life. It is a true rainforest experience, complete with hanging bridges, rushing rivers, waterfalls, and clear fresh-water swimming pools. The tour finishes up with a home cooked traditional lunch (included in price)!

Time Commitment – Half day, lunch included. Leaves Vida Asana at 9:00am, returns by 2:30 or 3:00pm

Difficulty Level – Easy to Medium – some steep climbs, but the paths and steps are well maintained and often made of stone or recycled tires. People with knee problems or those with a legitimate fear of heights are cautioned.

What to Wear – Wear your swimsuit under your clothes making it easy to jump right in the beautiful waterfall fed pool! Wear sneakers or hiking sandals and bring a small daypack with towel, water bottle, bug spray, flip-flops, and change of clothes for the ride home. (Flip-flops are for the last part of the hike and can be worn after the swim).

Manuel Antonio National Park – (Included with Retreat Registration): A very popular to-do on the Costa Rican ‘bucket list’. At this park, you are guaranteed to see monkeys, sloths, raccoons, and variety of other wildlife. Your guide will have a scope for close up viewing and take you along the reserve culminating in one of the most beautiful beaches in Costa Rica - white sand and mellow surf make for a perfect ocean swim. On the way back to Vida Asana, you will stop at the famous ‘El Avion’ restaurant for the view, a bite to eat, smoothie, or an adult beverage.

Time Commitment – Day Trip, snack/fruit provided by Vida Asana. Leave Vida Asana at 7:30, return by 5:00.

Difficulty Level – Easy – Very few ups and downs, generally a straight stroll on a wooden boardwalk or gravel road.

What to Wear – Wear your swimsuit under your clothes for ease when arriving at the beach. Wear sneakers or hiking sandals and bring a small daypack with water bottle, towel, bug spray, sunscreen, flip-flops, and change of clothes for the ride home. There are well kept bathrooms there if you would like to shower off and change.

Surfing - \$60 per person: This family business brings together the best local surfers to teach you the ins and outs, guaranteeing you to stand up before your lesson is over. Lessons take place in Jacó where the tides are a bit more predictable. They provide door to door service with a laid back professionalism that will have you feeling super secure and like a local in no time!

Time Commitment – Surf time is dependent on tide times, but generally can be arranged around your schedule with ease. The total time door to door is around 3 hours.

Difficulty Level – Easy – Beginner to Advanced. They can accommodate all levels.

What to Wear – Wear your swimsuit and your sunscreen. Take a towel, water bottle, and camera if you like. They will supply the rash guard (surf shirt), board, and all the fun!

Stand Up Paddleboard - \$65 per person: The same outfit that leads our surf lessons also offer stand up paddle boarding where the sea is calm. It's a super fun group activity!

Time Commitment – Surf time is dependent on tide times, but generally can be arranged around your schedule with ease. The total time door to door is around 3 hours.

Difficulty Level – Easy – Beginner to Advanced. They can accommodate all levels. **What to Wear** – Wear your swimsuit and your sunscreen. Take a towel, water bottle, and camera if you like. They supply the board!

Zipline - \$60 per person: Another on the Costa Rican to-do list that is sure to please. 13 platforms with gorgeous views of the canopy and the sea, interconnected with thrilling rides through the trees. This company is located less than 10 minutes from Vida Asana and is staffed with helpful guides that will get you up and back down with ease.

Difficulty Level – Easy-Medium – There is a small hike to the first platform. Instructions and demonstrations are given. **Time Commitment** – Door to door in around 2 hours.

What to Wear – You will wear a harness around your upper thighs and waist, so shorts that are longer than the harness, pants, or capris. Wear hiking sandals or sneakers, no flip-flops or shoes that can fall off easily. You can take a small backpack for water and your camera.

Sweatlodge - \$80 per person: This is a variation on the Native American inipi or temezcal. Participants are led by a trained shamanic practitioner to release toxins of both a physical and emotional nature through sweating induced from fire heated sacred stones. Prayers and blessings are offered up during each of four sessions, or doors, each lasting around 20 minutes and interspersed with dipping in the cool sitting pool or under the shower to prepare for the following door. After the final door, the group walks across the road to the beach to enjoy the sunset and process the experience.

Difficulty Level – Medium – For those experienced with the process, this is a milder form of traditional sweat lodge. For a first-time participant or those new to the inward journey, it

can be challenging. Individuals can leave at any time they feel uncomfortable, and rejoin if they like. There are no musts, or judgment surrounding the process, only support.

Time Commitment – The sweat lodge itself lasts around 2 1/2 hours, with the sunset and beach its around 4 total hours. Leave Vida Asana at 2:00pm and return around 6:00pm. The location is about 10 minutes away from Vida Asana.

Minimum of 4 persons. Under 4 persons, \$140/person.

What to Wear – Wear a swimsuit and bring a towel. A swimsuit cover, sarong, or other loose fitting clothing is a good choice for before and after for the ride home. Leave behind metal jewelry or anything that will heat up or be damaged. Be sure to hydrate throughout the day and take a full water bottle with you.

Horseback Riding and Jungle Spa - \$110 per person: A beautiful and loved horseback riding adventure that includes a full mud bath with the famous Costa Rican blue clay and swimming in waterfalls. This professional outfit offers up to 6 riders per excursion twice daily. They fill up fast, so typically we need to have reservations made in advance of your group's arrival.

Difficulty Level – Easy – Geared toward beginners, but able to accommodate more advanced riders.

Time Commitment – Half day. Leaves Vida Asana around 8:00am and returns around 1:00.

What to Wear – Closed toed shoes and pants are the optimal attire, being sure to bring a day pack with swimsuit, sunscreen, bug spray, towel, and water bottle.

Mirador Hike - \$20 donation: Sean leads a beautiful walk along the local lookout point made from modern ruins and claimed by local artists. Beautiful views and a leisurely stroll make this an enjoyable group activity and it benefits the local Brazilian Jiu Jitsu organization, BJJ Jacó.

Difficulty Level – Easy+ Time Commitment – 2 1/2 hours and is less than 15 minutes away from Vida Asana **What to Wear** – Hiking sandals or sneakers.