

Journey to Paradise Yoga Retreat

w/ Natasha Lenon & Adrienne Shum

Costa Rica | Feb 11-18, 2018

WHAT TO BRING

This list is suggestive, and by no means exhaustive.

- Yoga clothes, yoga mat towel (mats/props will be available)
- Shirts (short and long sleeve)
- Shorts
- Pants (lightweight; jeans might feel too heavy)
- Shoes (sandals, hiking boots)
- Socks
- Underwear
- Swimsuit
- Sarong or light shawl/scarf
- Sun hat
- Flashlight (headlamp if possible)
- Bug spray (organic if possible)
- Sunscreen (organic if possible)
- Toiletries (all biodegradable)
- Binoculars
- Water bottle
- Daypack
- Camera
- US dollars (for taxi rides, souvenirs, tours)
- **Passport!!!**

IMPORTANT INFORMATION

Money

Visa and Mastercard are accepted at Luna Lodge. US dollars are accepted in Costa Rica. Luna Lodge has a gift shop full of unique artisanal items and necessities you might have forgotten at home.

Phone

Luna Lodge has the only telephone service within 42 km. They charge \$0.50/min for local calls and \$1.25/min for international calls to the USA or Canada. There is no cellular phone access at Luna Lodge.

Internet

Luna Lodge has an Internet connected computer that is available for free daily from 7:00 am to 9:00 pm. Wi-Fi is available from 2:00pm to 6:00pm. It is a gift that we are able to use the Internet in the middle of the jungle. When you do not need to use your apparatus, please

disconnect it because it freezes the whole system if everyone is on it at the same time. Enjoy the opportunity to disconnect while being in the middle of the rainforest.

Energy

The energy source is hydro-electric and solar. It is 110 volts so people from North America do not need an adapter. Hairdryers are discouraged, but if you absolutely need to bring one, they do not need an adapter. Please ask the Lodge about using them and use them with caution.

Tours and Activities

There are local waterfalls to visit (30 min hike), hiking trails on the property, and the beach is a leisurely 30-45 minute walk. A pick-up at the beach can be arranged for an additional \$3 USD per person each way. There are many guided hikes and tours available in the region for an additional cost; more information will be given upon arrival.

Spa Experiences

Luna Lodge provides a range of treatments, including deep-tissue massage, Shiatsu and bio-energetic massage and Reiki. Beauty treatments include mud wraps, facials and exfoliating back scrubs. Please note these treatments vary depending on the therapists available.

Water

Luna Lodge has incredible water to drink that comes right from their own spring. They also sell bottled water.

Food

Three meals a day are included during the retreat. Vegetarian and vegan options are available. Specific dietary requirements must be communicated in advance. Fresh bread is baked daily in our kitchen. There are two organic gardens on the property. Here is a sample menu:

Breakfast: fresh seasonal tropical fruit, homemade granola and yogurt, eggs and toast, omelettes, pancakes

Lunch: pesto quinoa, tropical organic salad, malanga chips, flax-oatmeal cookie

Dinner: plantain chips with guacamole, lemongrass sauce with grilled fish, rice, steamed vegetables, papaya and tomato salad, poppyseed cake

Tea, coffee and fresh drinking water are available free of charge all day. Fresh fruit smoothies are available for additional cost.