

COSTA RICA

SURF & YOGA EXPEDITION

MAR. 11 - 18, 2023

LOCATION: NOSARA, COSTA RICA

BREAK: BEACH

LEVEL: BEGINNER / INTERMEDIATE

STOKE: EXTREMELY HIGH



COSTA RICA / EXPEDITION OVERVIEW

Come Experience Pura Vida in Costa Rica with Expedition Terra.

Not your typical Costa Rica surf and yoga trip, this specialized retreat will introduce you to the insider's version of Nosara, Costa Rica... known as a surf and yoga mecca. A diverse offering of surf, yoga, SUP, and other adventures provide the 'Pura Vida' experience guided by those who live and breathe it.

Included in your week of daily yoga and delicious locally sourced cuisine is an opportunity to learn and/or improve your surfing through surf coaching with video analysis. This is a special opportunity for those who have never surfed before or for the intermediate surfer who wants to take their skill set to the next level. The local beach of Playa Guiones will be your playground and is the perfect wave for all levels of surfers. During your stay you will have the opportunity to surf other secret spots and explore the 'local flavor' off the beaten path.

Your sanctuary for the week is a beautiful private villa equipped with a saltwater infinity pool and a brand new yoga shala. Your secluded location is just a few minutes' walk to the most beautiful beach, Playa Pelada, famous for its breathtaking sunsets. Head in the other direction and you will find the River Mouth where the river meets the sea. Teeming with exotic birds and fish you will often find the locals casting their lines for the daily catch. Falling asleep to the rhythmic sound of the waves and waking up to the monkeys howling in the trees, you will quickly acclimate to the natural sounds of the surrounding jungle. Life in this known 'blue zone' is aligned with the circadian rhythms and such simplicity is paralleled by the abundance of nature.

This retreat is a unique opportunity with an individualized itinerary for a small and intimate group of adventurers looking for something different in a popular destination.

Come Experience Pura Vida with us!

DATES

March 11 - 18, 2023

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COSTA RICA / EXPEDITION OVERVIEW

COST

\$4,900 private king
\$4,300 shared king
\$4,200 private queen
\$3,700 shared queen
\$3,500 double room
*all prices are in USD, per person

SUPPLEMENTS

River SUP Tour: \$200
Horseback Riding: \$200
Kayak Tour: \$200

A TYPICAL DAY

6:00am: Sunrise yoga
7:00am: Pre-surf coffee, tea, or smoothie
7:30am: Surf lesson
10:00am: A hearty, healthy group breakfast
12pm: River SUP tour, horseback riding, swim or chill
2:00pm: A light, healthy lunch
3:00pm: Yoga, massage, swim or chill
4:00pm: Video surf analysis
5:00pm: Sunset free surf session
7:30pm: Dinner
8:30pm: Beach bonfire

Each day will look a little different depending on surf conditions and day of the week. The itinerary is thoughtfully designed for you to actively enjoy Costa Rica to the fullest, but everything is optional. If you want to spend a day sipping cocktails by the pool, explore some nearby towns, or spend 8 hours surfing, you're more than welcome.

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SURF

We think you'll agree that any activity becomes more enjoyable the more you progress; whether that's surfing, yoga, or SUP. March is the optimal time of year for waves suitable for all skill levels in Nosara. From mellow longboarding waves and beginner beach breaks; the waves are consistent, the water is warm, and the wind allows 2 sessions a day, most days.

Whether you've never touched a surfboard in your life, you live and breathe it, or you're somewhere in between, there is wave for you in Costa Rica. Surf sessions are tailored for your specific level, and breaks surfed will vary each day depending on conditions and your progress. The surf instructors can be as hands on or off as you prefer. Each morning you'll have lessons, but you can always opt out and make the most of the surf guide service where they'll get you in to the ocean and point you in the right direction.

There will be a full stock of boards at your disposal throughout your trip; everything from performance shortboards to fun boards, longboards, and a good range of beginner foam boards so that whatever your level and however you progress we've got the right board for you and the conditions, as well as leashes and wax. If you have a favorite board that you just cannot live without, you're more than welcome to bring it.

YOGA

Our expeditions focus on movement and exploration, utilizing energizing and restorative yoga practices to help you achieve your surf & SUP objectives. No experience is required to practice yoga, breathwork, and meditation with us in Costa Rica. Each class is designed to support you on your surfing journey whether it's your first time or if you're an experienced yogi.

ARRIVAL / DEPARTURE

You will fly into the international airport in Liberia, Costa Rica (LIR). Your airport transfer is included on arrival day, you'll head straight to the villa to settle in. Check out on the final day is at 11am where your airport transfer is also included, unless you're extending your stay in Costa Rica.

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COSTA RICA / EXPEDITION OVERVIEW

WHAT'S INCLUDED

- 7 nights' accommodation in luxury villa w/ saltwater pool
- Linens and towels
- Locally sourced gourmet meals, 3 per day
- Unlimited coffee, tea, & water
- Snacks and beverages
- House wine & beer with dinner
- Expedition photo package
- Airport pick up & drop off + local transportation
- Wi-fi
- 4 surf lessons
- Selection of surf boards
- Surf video analysis
- Daily yoga classes
- Surf and/or snorkel boat trip
- Breathwork session
- Lucia light session
- Client gift bag (valued at \$300 USD)
- + more surprises

We've taken care of all the logistics of the trip so you can maximize your time and enjoy. All local transportation to surf, SUP and group activities are included. ATMs are plentiful, including in the airport arrival hall. For tips, souvenirs and any extras, we recommend to withdrawal cash upon arrival and/or bring USD with you.

TRAVEL INSURANCE

Travel insurance that includes emergency medical coverage is required for this expedition. Please ensure surfing is an activity covered by your insurer when you purchase a policy. For US citizens, we recommend the [Travelex Select](#) policy with the Adventurer Pak upgrade. Other commonly used companies include Global Rescue and World Nomads. We also highly recommend adding trip cancellation/interruption coverage to your policy (included in the Travelex Travel Select policy).

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WHAT'S NOT INCLUDED

- Airfare
- Passport and visa expenses; tourist entry fees may apply depending on your nationality
- Any government arrival and departure airport taxes
- Extra meals not listed
- Excess baggage charges
- Travel insurance, including baggage and cancellation/interruption insurance
- Extra alcoholic beverages
- Gratuity for villa staff or surf instructors

NON SURFER OPTION (in place of surfing)

- 2 x 60 min treatments
- 2 x 1:1 yoga session
- Daily beach transport



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THE VILLA

Your sanctuary for the week is a beautiful private villa equipped with a saltwater infinity pool and a brand new yoga shala. Stunning common balconies are surrounded by lush fauna with an open-sided communal lounge and dining area. Featuring 4 stunning rooms with king or queen beds, each can be booked as a private or as a double. Your secluded location is just a few minutes' walk to the most beautiful beach, Playa Pelada, famous for its breathtaking sunsets.



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PAYMENT PLANS

A 50% deposit is required to reserve your spot and the final balance is due 60 days prior to the expedition start date. Upon registering online, there are payment plans options to split your remaining balance due into 2, 3 or 4 payments on autopay.

CANCELLATION POLICY

All cancellation requests must be received in writing (via email). Cancellation received up to 60 days prior to departure are refunded less an administrative fee of \$500 per person. If cancellation is received between 31 and 59 days prior to departure, the deposit is forfeited. Refunds for cancellations within 30 days of departure will not be granted.

HOW TO BOOK

Easy! [Follow this link](#), fill in your information, submit the 50% required deposit and choose your payment plan of choice.

For additional questions, please reach out to ashleigh@iceaxe.tv!

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