

# Costa Rica Yoga Health Retreat with RoxAnn “Yoga as a Solution”

**“It isn’t that you have no worries here. It’s that you can’t remember what they are.”**

## Why a Retreat?

If you've never been on a retreat, it's a special kind of vacation. There is magic in the community that is formed and makes it perfect for traveling alone or with a friend. There is a routine of yoga, meditation and healthy fresh meals that anchors an overall experience of self-nurturing and well-being. And enough spaciousness and playfulness for you to indulge in whatever makes your heart sing. Retreats are truly blissful and transformational!

## What is included:

**Accommodations for 7 nights,**

**All Yoga**

**Three vegetarian meals daily** (fresh local fish can be requested at a nominal additional charge, beer and wine also available at an additional charge-you may run a tab at Samasati for incidentals and pay before leaving)

**One full hour massage!**

**Transport SJO/Samasati/SJO plus taxes** are also included (except for departure tax when you are leaving San Jose, the cost being approximately \$26 (can be paid in US dollars, CR currency or credit card).

## What is not included:

**Air transport**

**Additionally offered excursions through Samasati** (river rafting, zip lining, excursion to cacao plantation etc.)

**A Gratuity** for all of the employees of the Nature Preserve is asked to be given at the end of the retreat in the form of cash equivalent to one nights lodging, it is then shared by all and greatly appreciated.

## Accommodation Details:

**Availability/assignment of rooms** will be on a first reserve basis so the earlier the paper work / deposit is presented the better. You can see the accommodations on the website and the prices listed below. The Rooms and Bungalows are only available for double occupancy.

**Guest Standard House** (shared bathroom): Four double rooms, each with two single beds sharing two bathrooms, each bathroom with two showers and a separate room with a sink and toilet. The building has a long deck with hammocks, sitting area, nestled in the rain forest, no ocean view.

**Double Occupancy: \$895 per Person**

**Bungalow (private bathroom in the bungalow):** Two Rooms, one with queen/double bed upstairs (no door between) and two single beds downstairs with a sitting area overlooking a private deck with a hammock. Individual little houses all nestled in the rain forest, a little home away from home.

**Double Occupancy: \$1,360 per Person**

**OMC** COMMUNICATION LLC - 7561 Center Ave #32 - Huntington Beach, CA 92647 - USA  
714.421.0476 - CST #2105756-40 - “Registration as a seller of travel does not constitute  
Approval by the State of California.”

## **Travel:**

All plane reservations will be the responsibility of each individual participant.

I usually fly on **Saturday evening from LAX** (we have paid each year between \$500-600) and this flight is a “red-eye”. We all need to arrive in SJO by noon in order to make the drive to Puerto Viejo in daylight, as the transport company will not accommodate us after dark, this transport is included in your package.

It is a beautiful drive to the Caribbean coast deep into the Rainforest, the vans are comfortable and the drivers very accommodating but the drive can be six hours, depending upon traffic and weather. We do stop for food and necessities along the way.

You also have the **option** of flying earlier and spending the night in San Jose (**at your own cost**), a short taxi drive from the airport. If you want to use the included transport payment from SJ to Samasati then you would be responsible to meet me at the airport for the trip to Samasati. If you either missed the transport or are delayed in meeting us and need to make your own transport arrangements the fee could be probably as high as \$100 per person and is your responsibility.

Please do check out the possibilities of travel with your travel agent, there are direct flights available if you want to go earlier or from another city. **Make your life simple, convenient and enjoy!**

## **Terms:**

There is a **\$300. Non-Refundable Deposit** initially taken in the form of a check. The deposit will be returned if I cancel the retreat. If you need to cancel, it can be covered only if you find a replacement for yourself. The balance of the retreat cost will be due to be paid by check 60 days before departure.

There is one form, which would need to be signed and accompanied with a check for deposit. Please find this form on the Help Your Health website ([www.help-your-health.com](http://www.help-your-health.com)) or ask RoxAnn.

**Passports are required** and they usually only take six weeks when applied for at the post.

## Why Samasati?

Because I have been there with a group of 14 students in 2010 and 2011 and I wouldn't change anything about the trip, location etc. so why not do it more often...it is perfect!

A little something about the location: [www.Samasati.com](http://www.Samasati.com)

*American Way magazine called Samasati Nature Retreat a "Jungle Gem." Overlooking the Caribbean Sea, only 10 minutes from the beach, tucked within 250 acres of tropical primary forest, Samasati offers spa treatments, gourmet vegetarian cuisine and comfortable lodging. Among the many activities at Samasati, you will enjoy daytime strolls on the white beaches, snorkeling at the reefs, hikes to the waterfall, canopy rides in the jungle, visits to the local shaman and /or the local chocolate plantation or the more adventurous white water rafting.*

*Experience the wilderness and natural abundance of Costa Rica, while being pampered in an exotic and exquisite setting. Howler monkeys, colored parrots, neon-blue butterflies and unique Toucans are the only spectators.*

## Daily Schedule: Yoga and Meals.

The week will include 4 daily yoga activities, optional. You may be wondering why I call them activities and not classes. Each activity is different and some are actual classes. Besides being developed around the needs of the participating students I have designed the classes also around the beauty of the location and facilities.

Originally I had only scheduled two daily classes: morning and evening.

While I was there on the first retreat I realized there was a perfect location for my **morning sunrise Meditation and Sun Salutation** practice, meeting on the deck in the dark before sunrise, directly overlooking the ocean with the sunrise due east and the candles lit along the railings of the deck. This is where I began my day and offered the students to join me if they so wished. After the Sun Salutations I continued with my own practice, which you could follow or do as you felt appropriate for your body.

Towards the end of this practice the whiff of **freshly brewed coffee** up on the deck of the open air restaurant became very inviting. Just a few steps and there it was just for the pouring, from here some students walked over to the Jacuzzi Veranda with comfortable lounges plus a view, some just relaxed on the veranda and enjoyed their morning coffee watching the rainforest and Puerto Viejo wake-up.

Making our way to the Yoga Studio where our next yoga class would began at **6:30am every morning**. This was a traditional class and open to all, but again none of the classes were mandatory. This class was over in time for an **8am breakfast** (all meals were buffet style).

The remainder of the day was free for a host of options or for doing nothing at all. All of the additional recreational activities can be included as you wish between breakfast and dinner.

Buffet **Lunch at 1pm** and if you were going on an excursion or adventure for the day you could request a box lunch to take with you. Filtered water was available at all meals and in our Yoga studio everyone received a bottle upon orientation and was asked to use the same bottle to refill. Many students brought their own water thermoses.

The next yoga gathering was an **Instructional Practice at 4:30pm**, this was different for each individual, when you could find me in our lovely private studio nestled in the forest, where we could work together on any specific questions you were having about your yoga experience with asana.

**OMC** COMMUNICATION LLC - 7561 Center Ave #32 - Huntington Beach, CA 92647 - USA  
714.421.0476 - CST #2105756-40 - "Registration as a seller of travel does not constitute Approval by the State of California."

We gathered together for **Dinner at 7pm**, after dinner there was free time when one could just sit and talk, play cards together, drink wine, read etc.

Meeting again for the final yoga activity of the day, a **Restorative class at 8pm**. For this hour we gathered together for a passive practice with the addition of Yoga Nidra (guided relaxation) and the singing bowls – Along with the gentle sounds of the rain forest, a perfect opportunity to begin relaxing the body for a long restful sleep and yes sometimes someone did fall asleep during the restorative class.

Often it was an effort to walk back to the bungalows, but your bed felt very good once you arrived.

### **Who is your Yoga teacher?**

Born in San Gabriel, California and raised in Philadelphia, Pennsylvania.

Graduating from the Academy of Notre Dame, Villanova and Santa Monica Jr. College plus holding various certifications in related health fields as a Holistic Health Care Professional with on going studies in Clinical Nutrition at the Huntington College of Health Sciences and yearly-continued teachers education with various yoga masters.

RoxAnn spent the first decade of her working career as a Music Publisher successfully licensing millions of Rock/R&B records and a second decade as a International Commercial Producer establishing a successful business in Venice, California and producing commercials in various corners of the globe, mainly for the European market.

Moving permanently in the early 90's to Germany, at the end of the decade RoxAnn and her husband opened a contemporary art gallery together and after some months of office work was confronted with a serious back condition, which became more and more debilitating. Being very active in running 5'K's, a gym rat, mountain biking etc. her Orthopedic surgeon suggested that she do 'something else' to combat the double herniation and compression in her lower back.

Her answer was "Yoga" and she has never again experienced those painful months. Finding an ashram, a few hours from Düsseldorf, RoxAnn began learning how to improve her health, which lead to acquiring a 400 hrs. Certified / Registered teaching credential. Never having the idea of teaching but for a more in-depth study and curiosity. Moving to the US some years ago, and with the prodding of one of her teachers, she began her teaching career and exploring her passion for sharing better health.