

Enjoy morning and sunset practice on the yoga deck with fabulous views and nature's music. This is my eighth retreat to the Iguana Lodge and Spa, the only yoga retreat center in the Osa directly on a sandy beach. Please visit their website iguanalodge.com and read the spectacular reviews on tripadvisor.com.

~Susan Himml
508.284.2600
susanhimml.com



Susan Himml

Susan's passion for yoga inspired her toward the path of teaching others, and in 2002 she left her corporate career in Coaching, Training and Development to become a full-time yoga teacher. In addition to being a certified R.Y.T with the Yoga Alliance, Susan completed Primordial Sound Meditation Teacher Training at the Chopra Center in San Diego and is a Certified Holistic Health Counselor with INN. She holds a B.S. Degree from Babson College and a M.S Degree from Lesley University.

Susan truly enjoys working with beginners as well as advanced practitioners and has a talent for teaching mixed levels. In her classes she focuses on moving with breath and awareness while providing a safe yet challenging environment. Susan teaches with patience and compassion and encourages her students to see beyond their self-imposed limitations. She enjoys adventure and travel, and has been leading annual yoga retreats to Costa Rica and the Caribbean since 2005.



Journey to the Osa

A Yoga and Nature Retreat in Costa Rica

with Susan Himml

Feb 8-15, 2020 (Hatha)
Feb 15-22, 2020 (Vinyasa)

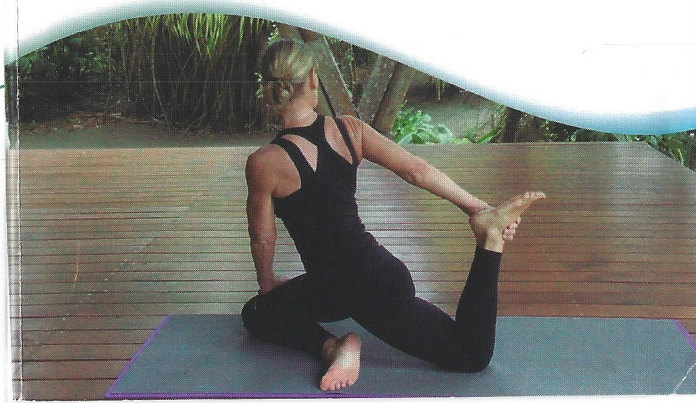
Iguana Lodge and Spa

Puerto Jiménez, Osa Península

Tropical Paradise, located on a 6 mile deserted beach and just 10 minutes from local town and airport.

Escape the long winter
Shed your layers
Disconnect, Play & Explore
Relax and Restore

Come on your own or bring your family



Retreat Includes:

- ~7 nights lodging in a Tropical Casita or Modern Club Room
- ~3 Gourmet Meals Daily, Made with Fresh Whole Foods (vegetarian options)
- ~2 Yoga Classes Daily (morning and late afternoon)
- ~Optional early morning primordial sound meditation
- ~Transportation to and from Puerto Jimenez to Iguana Lodge
- ~ Complimentary daily nature walk on the property with local naturalist
- ~Free wi-fi available
- ~Pool and Hot Tub, Lodge and Spa Facilities



Optional Excursions Include:

- ~ Horseback riding, Hiking, kayaking, mountain biking, waterfalls, birding, surfing, beach combing, repelling, zip line, animal sanctuary and botanical gardens

Please inquire for reduced rate for family members not participating in yoga
\$500 initial non-refundable deposit
50% due by September 1
Remainder due by December 1
Travel insurance recommended
Limited rooms with A/C available on request (select club rooms only)
Please inquire for single supplement rates
If you are a solo traveler looking to share a room we can assist with matching you with a roommate.

Contact Susan at 508.284.2600

Choice of Accomodations:

Club Rooms

- ~Club Rooms offer a modern, chic twist on jungle lodging.
- ~Light and airy, these 360 sq. ft. designer rooms offer views of the beach or jungle.

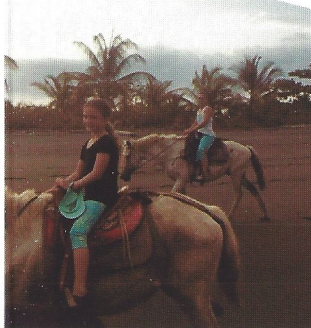
jungle view \$1,995 pp
ocean view \$2,295 pp
(double occupancy)

Early Bird Discount
Deduct \$100 off price
if deposit is received by July 1

Casitas

- ~The secluded two-story treehouse - like casitas (850 sq/ft per floor) offer
 - ~an airy, large space with both a Queen and Daybed
 - ~a relaxing reading nook with great reading lights, complete with a private library
 - ~a luxurious private deck with hammocks and deck chairs
 - ~a large bathing area with a natural stone shower (some have exotic outdoor showers)
 - ~bouquets of tropical fresh flowers

triple \$1,995 pp
double \$2,695 pp



Retreat Price Does Not Include:

- ~ Airfare to San Jose, Costa Rica
- ~ Optional excursions
- ~ Alcoholic beverages
- ~ Massage, spa or optional services
- ~ Regional flight from San Jose to Puerto Jimenez



"If you've ever dreamed of practicing yoga in paradise, this is the trip for you! The place is magical, the food is sublime, and Susan's yoga classes uplift, transform and inspire in the moment."

~Molly O



Travel Planning:

Plan an early morning flight to arrive in San Jose before 1:30 p.m for a same day connection on Sansa Air to Puerto Jimenez, or plan to stay overnight in San Jose (We can assist with arrangements for accommodation and transportation). Once you book your flights to San Jose, we will assist with your Regional flight from San Jose to Puerto Jimenez. Feel free to add on a day or two (come early or stay late) at an additional charge. First Yoga Class is Sunday morning and last class is Friday afternoon.