**Costa Rica Experience and then some!**

(Envision this trip for the oldest student population. In particular, thinking about those students who will have completed leadership summit but are still too young to work for Camp Pinnacle)

21 days

Number of Students: 8 (up to 12?)

Day 1: Arrive, spend the night in Alhuela

Day 2: Travel

Options- Private transport or local bus

Day 3: Orientation

Day 4 – Day 18:

**Basic Yoga Farm Experience:**

Jobs/Chores on the farm range from gardening, building, transplanting, cooking, cleaning, chickens, compost, sweeping, raking, food transport, etc

Yoga Class: 6 days a week (The term yoga can be used loosely to encompass breathing, mediation, communication/dialogue, philosophy, stretching, playing, quiet time, journaling, relaxation, awareness…..)

**Hikes:**

Teskita

Property

Reserve

Rio Coco

Casa Blanca

**Cultural Emersion:**

Multiple night stay at local native’s farm

Horse pack/Backpack

Learn native crafting, tool making, farming techniques,

Option to travel to other farms as well

**Other Activities:**

Fishing trip

Matapalo- boat ride over to Osa Peninsula

Horseback Riding

Tide Pool exploration and snorkel with local guide

**Surf Camp:**

Una Ola, 6 days of instruction

Day 19: Fiesta

Day 20: Travel to Alhuela

Day 21: Fly Home

**Gear already available in Costa Rica:**

3 brand new 3 person tents

Surf Boards

**Gear Needed:**

Snorkels/Masks

Sleeping Pads

Day Packs/Backpacks

Sleeping Bags are questionable. For this climate a sheet and or very lightweight sleeping bag is sufficient

**Rough Price: $1,900 pp (for 8 students)**

This price covers all Yoga Farm expenses, costs for labor, food, guides, tours, transportation, surf lessons and boards, and two instructors (myself being one)

This does not include:

Staying in Alhuela, transportation arriving to Yoga Farm and returning to San Jose to fly home

Sleeping in Alhuela costs anywhere from $10 - $40 pp

Private Transportation to the Farm from San Jose would cost approximately $1,400 total

Local Transportation costs roughly $30 pp

Adventure Treks Profit. What would AT like to make off this trip?

Yoga Farm Website: <http://www.yogafarmcostarica.org/>

How this trip fits into the Adventure Treks Model:

Safety, Safety, Safety: The farm is located beyond a dead end, up high in the jungle, a remote safe location. The town of Punta Banco is extremely small, everybody knows everybody even the handful of tourists that come to visit are known. Neighbors are not just neighbors but friends and even more so family. Well-trained guides and instructors have safety as their number one priority.

Personal Growth: This trip will allow students to take a large leadership role in projects on the farm. Although there is structure and required chores, there is also a lot of room for students to explore their interests, create and complete projects of their own to truly make the experience what they want. In order to work in this manner they must collaborate with their peers, those on the farm and the local community. Living in this communal, outdoor, tropical jungle environment and being immersed in a different culture will help to build their confidence and social awareness, developing communication skills, appreciation for self, others and the outdoors. Learning how to surf is an art and skill in and off it self. The students will not just learn the action/the sport, they will also learn the science of the ocean, how tides work, how to read the ocean, and the more technical elements of surfing. Like many water adventure sports, surfing builds confidence and resilience. It takes effort, drive, and support, it challenges on both a mental and a physical level. The growth that develops from practicing yoga is remarkable. Yoga creates a deep connection to the self through movement and paying attention to the breath. It helps to ground and center, build awareness and comfort in and with the body. Yoga can alleviate tension and stress that comes with the nervousness and excitement of travel, new places, transition towards college, and all the many changes in life. It develops clarity of mind, listening skills and assists in remaining present in daily life. Practicing yoga with the students is a good way to pause and honor the space in and around us, to feel part of the environment.

Great New Friends: A trip for the older AT students to deepen past friendship as well as create new ones with local community their age, young and old. Creating a cultural of kindness that is truly multicultural.

Role Models: The Costa Rican culture of “Pura Vida” aka pure life, help your neighbor and care for your family is an incredible role model in and of it self. The people of Punta Banco, the native farmers and the Yoga Farm owners work hard, share opportunities and the wealth of the land. They take great pride in and care for the land. They live a simple yet rich and abundant life.

Value: An experience that will be life changing and never forgotten

And of course, fun and laughter will not be left out of this trip, guaranteed! ☺

I truly believe that this trip is a great way for Adventure Trek students to deepen and strengthen their connection to self, community and the outdoors. An experience that will utilize skills they already have and challenge them in new ways. Thank you so much for your time.

Sincerely,

Dana Rivkin