

Family Yoga Retreat

Smiley Kylie Railton

Cabuya, Costa Rica

March 11th - 18th 2023



Getting There

Cabuya Lodge is located in Cabuya de Cobano, Puntarenas, Costa Rica. Cabuya is approximately a 4-5 hour drive from the Liberia airport, or a 6 hour bus ride by land/ferry from San Jose. There is also the option to fly into Tambor for those who want a speedier trip. Cabuya is located on the beach between Santa Teresa/Mal Pais and Montezuma. Cabuya Lodge is less than a 5 minute walk to the beach to enjoy the most beautiful sunrises.

We recommend flying into San Jose as there are more frequent options to getting to Cabuya. If flying please make sure there is at least 2 hours between connecting flight to Tambor as you must check in 45 minutes prior to flight from SJO. It will be \$50 USD taxi from Tambor to Cabuya

Accommodations

Cabuya Lodge offers 5 cabins nestled around the property, surrounded by jungle.

Each cabin accommodates up to 4 (2 single beds, 1 queen bed), has a mini fridge, outdoor shower and 4 out of the 5 cabins has AC.



Meals

Retreat includes three meals per day, and coffee/tea and fruits in the morning (before/during meditation) in the beautiful outdoor seating area. Breakfast, Lunch and Dinner are all served family style. Meals include vegetarian, fish, chicken, and pork options. Cabuya Lodge works mostly with fresh, local ingredients and many specialty foods such as vegan versions of yogurt, cheese etc. are not available in our area.

****Special dietary needs may be available at an extra cost****

Coffee and Tea will be served at breakfast, juice and water will be served with every meal. A full bar is available for an extra charge



Yoga/Meditation classes

All Yoga classes will be hosted in the outdoor open air shala.
Mats and blocks are available for use at no extra cost.

Check - in Saturday after 4pm dinner included
Check out - 10am after breakfast



Pricing (all prices in USD)

Family of 4 (2 Adults, 2 children) \$3094.85
Family of 3 (2 adults, 1 child) shared accommodation \$2571.25
Family of 2 (1 adult, 1 child) shared accommodation \$1784.73

Prices based on children 11 and under. Email me directly if children are under age of 5 for adjusted pricing. If your family configuration is different than above email me for adjusted pricing.

All prices include accommodation, meals (7 x Breakfast, 6 X Lunches, 7 X Dinners), daily yoga and optional guided meditation, 2 afternoons kids free, trip to Tortuga Island and taxes. Price does not include flights and travel to Cabuya

To reserve your spot, 50% deposit is required. Balance is due 1 month prior (reminder email will be sent out)

Cancel by December 31st 2022 – Full refund
Cancel by February 1st 2023 50% deposit refunded
Cancel after February 1st 2023 – no refund on deposit

Payments can be made through PayPal in USD

Sample day itinerary

6:30 – coffee/fruit served
7am – optional morning meditation/yoga
8am breakfast
9:30 Family Yoga
12:00 Lunch
1-5:30 Afternoon – 2 days kid free, 1 day planned activity, 3 free afternoons to enjoy Cabuya as a family.
6pm Dinner

Extra activities available at an additional cost (we are happy to help you plan) include

Zipline \$55

Rio Lajas - \$15

Horseback Riding \$70 (3-4 hours)

Surf Lessons -\$70 (or more if in Santa Teresa)

ATV Rental - \$85 per day

Montezuma is 20 minute taxi away where you can visit and hike Montezuma waterfalls

Cabo Blanco Reserve, Costa Rica's first nature reserve is located on the edge of Cabuya. Approximately a 2 hour hike through the jungle to a secluded beach **Fee to entering the park and cab ride to the entrance

Cabuya Island Cemetery, at low tide you can walk the 10 minutes across to explore this regions cemetery island.

*More activities may be available

**Prices subject to change without notice

*** A minimum number of participants may be required to offer the activity

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