

Tierra de YOGA

Yoga, Holistic Healing Hub & Eco Spa Adventure Tour Packages



Tierra de YOGA Retreat Center and Holistic Healing Hub is truly a magical location, located in the lush rain forest with nature at your door. The resort is a few steps away from a private exceptional beach area, surrounded by, and located in one of the world's most charming and authentic tropical beach towns of Puerto Viejo. "Tierra de YOGA" has created a recipe for good health, relaxation, unique training opportunities and a home away from home. Howling monkeys, long walks, exciting excursions and simply peaceful bike rides through the serene and mystical roads. Tierra de YOGA Retreat Center will help you find the often necessary STOP and get back to enjoy and embrace the simple things in life.

Our unique yoga and spa adventure tours offers organic and healthy meals hosted by our partner company and very well know organic restaurant La Organic Botanica, eco cleanse spa facilities including meditation area and sauna, The areas largest and most serene outdoor training pavilion that can host up to 30 people very comfortably. Enjoy our tea room and juice center, yoga boutique as well as get a chance to really discover the healing herbs, therapies and techniques from our onsite team of doctors, therapists and specialists in the Tierra holistic healing hub. Tierra de YOGA also offers exciting local excursions, entertainment and tranquil luxury accommodations located in the heart of the jungle. We strive to bring our clients the best possible service with an unforgettable experience in the exotic, lush surrounding of Costa Rica.

Paradise Awaits...

Welcome to Tierra de YOGA!

Tierra de YOGA Located in Tierra de Suenos Lodge Playa Chiquita, Costa Rica
Canada & US (705) 481-1109 / Toll Free 855-481-1109 / Costa Rica (506) 2750-0378

www.tierradeyoga.com / www.tierradesuenoslodge.com

**Join a Yoga & Spa
Adventure Tour Today
& start the
STOP!
relax, rejuvenate & shine!**

Tierra de YOGA Adventure Tours offers their own customized half day and full day yoga and wellness adventure tours. Choose from a variety of Terra de YOGA offered packages to make your vacation a total mind, body and soul experience. Our vacation style packages provide yoga, Pilates and wellness enthusiasts or those looking for pampering and care with the ability to enjoy and develop their practice or simply relax surrounded by the magic of lush jungle and serenity of nature. Tierra de YOGA adventure tours is dedicated to providing experiences that support individuals, couples and groups in their journey toward total well being, healing and self-development. Join us today and get *BACK to SIMPLE...*

YOGA, HEALING & ECO SPA ADVENTURE TOUR PACKAGES

Package 1- Ayurveda Rejuvenation Package

Ayurveda is an intricate system of healing that originated in India thousands of years ago. Ayurveda is made up of 2 Sanskrit words: Ayu which mean life and Veda which means knowledge of. To know about life is Ayurveda. Join Tierra de Yoga in a customized healing package offering the concepts of balance for the mind, body, senses and soul.

\$198.00 Includes:

8:30am -Ayurveda Yoga Class & Herbal Tea Relax

10:30am -Ayurveda Abhyanga Massage

All natural essential oils mixed together to treat each individual specific body types needs. Used for nourishing the body and relaxing your senses.

11:45am -La Botanica Organica Lunch

Enjoy an all organic lunch with La Botanica Organica well know hotspot for organic, vegetarian and vegan cuisine. Includes a fresh drink, delightful main course and scrumptious dessert.

12:45pm-Pick up and drop off at Tierra de Yoga Store in Puerto Verjo!

- *Tour can also be done beginning at 11:30am with all services reversed.*

Package 2- Yoga & Chocolate Package

\$185.00 Includes:

8:30am -Yoga Class & Herbal Tea Relax

10:30am- Exotic Chocolate Body Wrap

All natural cocoa as grown on our Tierra de Yoga property. Relax and enjoy this full body chocolate wrap. Used for improving antioxidants, nourishing the skin and pure pleasure!

11:45am-La Botanica Organica Lunch

Enjoy an all organic lunch with La Botanica Organica well know hotspot for organic, vegetarian and vegan cuisine. Includes a fresh drink, delightful main course and scrumptious dessert.

12:45pm-Pick up and drop off at Tierra de Yoga Store in Puerto Verjo!

- *Tour can also be done beginning at 11:30am with all services reversed*



Package 3- Hatha Yoga & Meditation Tour

\$150.00 Includes:

8:30am -Hatha Yoga Class

10:00am -Herbal Tea, Sauna and Meditation Practice

11:45am -La Botanica Organica Lunch

Enjoy an all organic lunch with La Botanica Organica well know hotspot for organic, vegetarian and vegan cuisine. Includes a fresh drink, delightful main course and scrumptious dessert.

12:45pm-Pick up and drop off at Tierra de Yoga Store in Puerto Verjo!

- *Tour can also be done beginning at 11:30am with all services reversed.*

Package 4- Yoga & Get Juiced Tour

\$198.00 Includes:

8:30am -Hatha Yoga Class

10:00am -Get Juiced with Energy

Join our team of professionals in a 1.5 hour interactive "Juicing" seminar on the healthy foods for detox. Help juice, blend and create an all natural juice for champions.

11:45am -La Botanica Organica Lunch

Enjoy an all organic lunch with La Botanica Organica well know hotspot for organic, vegetarian and vegan cuisine. Includes a fresh drink, delightful main course and scrumptious dessert.

12:45pm-Pick up and drop off at Tierra de Yoga Store in Puerto Verjo!

- *Tour can also be done beginning at 11:30am with all services reversed.*

What you need to Know

- All packages are based on 1/2 day 5 hour tour. Pick up at 8:00am and 11:30am. Drop off is 5 hours from time of pick up. Location Tierra de YOGA store @ Calle 215 and beside Zion Restaurant
- Please come with a change of clothing and flip flops if receiving a body treatment.
- When booking your tour if you would like vegetarian or vegan options please advise.
- Groups of 5 or more must book in advance and the 1/2 day may be a full day booking.
- Private or additional treatments can be added to your package for a long stay. Additional fees will apply.
- Couples can request couples massage or body treatments if desired.

Holistic Healing Packages



Package 1-Yoga & Energetic Medicine Consultation

\$235.00 Includes;

8:30am-Hatha Yoga Class

10:00am-Energetic Medicine Consultation

Explore the depths of your unconscious with Dr. Gregory Damato and the most advanced energetic medicine device in the world. You'll receive amazing insight into the holistic health of your body via nutritional analyses, organ stress, top emotions, allergies, enzyme levels and much more. Session includes a 1.5 hr consultation as well as a 5 page individualized protocol to regain optimal functioning through detoxification, herbal supplementation and live food nutrition. An extremely insightful, powerful and life changing program.

12:00pm-La Botanica Organica Lunch

Enjoy an all organic lunch with La Botanica Organica well know hotspot for organic, vegetarian and vegan cuisine. Includes a fresh drink, delightful main course and scrumptious dessert.

12:45pm-Pick up and drop off at Tierra de Yoga Store in Puerto Verjo!

- *Tour can also be done beginning at 11:30am with all services reversed*

Package 2-Ayurveda Consultation & Lifestyle Program

\$165.00 Includes;

2 hours

Ayurveda Consultation & Nutrition Program

Enjoy this informative and life changing consultation and program from one of Costa Rica's top Ayurveda Specialists Flora Domenis. Flora will access all aspects of your health including your body type, constitution or prakrit, health conditions, bio-physical aspects (such as dosha, bhuta, adni, dhatu, srotas, satva, satmya, balam etc.) medical conditions, supplements and medications and other treatment programs you are on. Session Includes a 2 hour consultation which will include an effective, practical program suitable and tailored to your needs using relevant aspects of nutrition, lifestyle, yoga asana, pranayama, meditation, cleanses, herbs, supplements and rejuvenation practices.

Ayurveda Consults can be specific to chronic spinal conditions, fertility or weight loss. (additional fees can apply)

Package 3- Medicine Man Tour & Consultation

\$120.00 Includes;

2 hours/Minimum 2 person

Join Enrique Morales and world renowned Medicine man and healer Dr. Don Cándido Morales in a educational and informative tour on the 126 medicinal plants of the Talamanca Mountains. Dr. Don Cándido will share with you what his ancestors for the past 5000 years have been teaching, practicing and offering. It is his mission to preserve the indigenous culture; sharing his priceless wisdom and knowledge so that it won't become lost to future generations.

Stress, seizures, aches and pains, chronic illness, diabetes, cancer and many other life threatening conditions have been treated here at the Centro Cultural Indigena by healer and medicine man Dr. Don Cándido. He will access and offer you his healing method in a 1 hour consult through his use of nature's own botanical healing system.



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