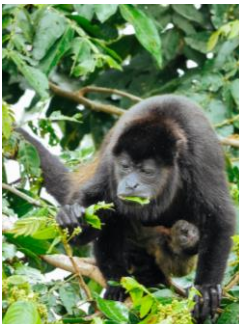


October 26th - November 1st, 2019



Scissorgy Day Spa Presents: Yoga Instructor ~ Eric Kolesar Costa Rica Yoga Retreat



Bibbity Bobbity Boo!

In the fall of 2018 Felicia Steriti-Smith discovered a **magical place** with a special yoga instructor at the base of a smoking volcano in the Costa Rica rain forest. This place is Leaves and Lizards, their retreat program is Eponicity and the yoga instructor is Eric Kolesar, founder of Higher Living Now. Eric has studied and practiced a wide variety of yoga in his 20+ years of experience. His personal style brings connection, peace, light ~ **illuminating** an awareness of the possibilities of what lies within us during his yoga classes. **Join Felicia** in Costa Rica in October 2019 and **experience** the magic yourself!



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Escape from the ordinary.....

Take in breathtaking views of the Arenal Volcano as you watch toucans from your private porch. Collect eggs, milk a cow, help in the garden or brush a horse on this working farm. [Lodging Options](#)

The Lava Lizard Restaurant features farm to table fresh food in an open air dining room with a breathtaking view of Arenal Volcano. Wholesome meals are prepared with many of the organic ingredients from the Leaves and Lizards farm. [Menu](#)

Enjoy a signature cocktail at our poolside Tiki Bar. The bar features hand-crafted sculptures of Costa Rican wildlife, including a life-sized crocodile! Keep an eye out for the Lava Lizard himself keeping watch over the bar.

[Eponicity retreat program](#)

Our Mission is to restore a more natural state of “being” by creating experiences where people can (re)connect with themselves, each other and nature in a safe non-judgmental environment.

Equine Facilitated Learning encourages us to look within ourselves to find balance, regain strength, renew spirit and rediscover our power. No need to be a horse lover to open the door to connection, just bring your curiosity!

*Hosted By
Leaves and
Lizards Retreat
&
Eponicity**



Please contact Felicia
to reserve your spot!

Email:

scissorsy@gmail.com

or call: 603-253-7587

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Package Includes:

- Round Trip Group Airport Transfers
- All On-Site Food
- Garden Fresh Green Smoothies
- Our own brewed Kombucha
- Lodging*
- Daily Yoga with Eric (1-2 classes/day as requested)
- Jungle River Trip (see all sorts of animals of the rainforest) with a Traditional Costa Rica Lunch
- Free Time (2 days) for Activities of Your Choice [Click here for ideas!](#) (this is optional and is not included in the package price)
- Eponicity's Equine Self Reflective Session - Experiential Learning
- Horseback Riding to our Private Waterfall with Professional Naturalist Guide
- 2 Hours of Spa/Massage Services

Planning Details:

Participants will arrive into SJO or LIR on or before October 26th at 2pm. Departing flights are to leave on or after 1pm on Nov. 1st, 2019.

*Rates:

Triple Occupancy (no bed sharing) is \$1950/person

Double Occupancy (no bed sharing) is \$2160/person

Guaranteed Single is \$700 extra (added to the price of the double rate) payable to Leaves and Lizards in advance

*Lodging options are first come first choice. [Property Map HERE](#)

The Tree House and the Hummingbird Hacienda are an additional \$100/night (per room, not person) payable to Leaves and Lizards directly at check out. Basic gratuities are included in the package

Deposits: \$300 due by Jan. 15th, 2019, \$800 due by Feb. 22nd, 2019, and balance due by May 24th, 2019.

Trip Insurance is required to attend this retreat. ([Consider World Nomads](#)) It should cover emergency medical care and cover your costs to attend the retreat.

Cancellations: Refund is available, less a 10% processing fee, before May 24th. After May 24th we cannot offer a refund.

Airport Transportation Information:

Arrival: There will be a group pick up on October 26th at SJO at 3pm (+/-)

Departure: There will be a group transfer to SJO on November 1st at 7 am (+/-).

Please note: If you cannot make the group transfers it is \$175/van for a private transfer each way to/from the airports

Not included: Airfare, alcohol, soda pop and activities/transportation on the free days

Recommended Airport Area Hotels:

SJO (Juan Santa-Maria) : [Pura Vida Hotel](#) ~ [Holiday Inn Express](#) ~ [Courtyard Marriott](#)

LIR (Liberia): [Hilton Garden Inn](#)

Extra Nights at Leaves and Lizards are offered at 25% off the listed rate!

You are invited to come and enjoy Costa Rica for a few more days, there is so much to see and do in the area! Please Contact Leaves and Lizards for more information on extra days. [Contact Link](#)