

Costa Rica

Basic Package:

Private thatched jungle tent platform:

\$1200.00 – double occupancy
\$1500.00 – single occupancy
(limited to the first 18 participants)

Luxury Package:

Open ocean breeze bedrooms:

\$1400.00 for double occupancy
\$1650.00 for single occupancy

Beat the cold!

All prices include 7 nights accommodation, meals, yoga, meditation and 1 day of surfing instruction...

Flights can be purchased either independently or by our staff.

Typically flights range from \$750 to \$950 depending on the airline. We suggest expedia.ca for the easiest reservation.

just the break you need...



Isolated from the west in an unbelievably beautiful setting. Not a single tourist in sight. Situated on the beautiful beaches of Costa Rica. Come join David Jewitt and Lucy Castell for a week of Yoga, Surfing and Fun!

DISCLAIMER: This is not a hotel with other guests floating around but rather a small exquisite surf retreat in the tropical rain forest. You will be visited regularly by various groups of monkeys who travel the rainforest canopy.

PLEASE NOTE: Toucans, macaws and the most colourful birdlife imaginable live in and around this protected area. Join us in paradise and deepen your practice...

March 8th to 18th

Limited space available.
Contact us for reservation:
613 237 7447