



What: Mavens on the Waves
A yoga & surf adventure

When: May 2 – 9, 2020

Where: Osa Peninsula, Costa Rica
Simply the best place on earth

Who: Schuyler Grant & Alex Auder
And a posse of beach loving Kulis

Dinero: \$1600 – \$2500*
what else is \$ for anyway?

More Info: jen@kulayoga.com or 610 247 0896

Springtime is known for 3 things in the Osa: mangos, mushrooms and mmmmm...waves! We will definitely be gorging on mangos and sweet Costa Rican waves - though you may have to forage for psychedelic fungi on your own time.

Join us at our home base in Costa Rica - a tasty eco retreat center situated on a private surf break with a gorgeous open air yoga deck, a swimming pool, plenty of space to chill, and a range of lodging options to fit all tastes and budgets. You will awaken to the song of scarlet macaws in one of the most bio-diverse places on earth. Your palate will be tantalized by world-class gourmet chefs. (Yes, they DO serve coffee). Nearby you will discover waterfalls, tide pools, and the sweetest bar south of the border. The surf breaks of the Osa are warm, pristine and uncrowded. This is the perfect place for newbies to learn to surf and for experienced surfers to rip it up without any agro dudes dropping in; the beach break on our doorstep is ideal for beginner and intermediate level surfers (no rocks)! A few miles away is Matapalo - a world class point break.

Every day there will be 2 yoga classes: one to satisfy the Kula Flow addiction and the other to satisfy the desire to delve further into various elements of the asana practice – back bending, arm balancing, inverting, etc. When the waves are pumping, we schedule the yoga to fit the tide chart...and to warm our tight shoulders up in the morning and to

cool us down in the evening. If you're not interested in surfing, there are plenty of yogic and other bodily challenges and pleasures to satisfy you. And if you have a friend or a lover who is not yogically inclined this might be the ideal getaway. Chances are you will both be surfing both mat and board by the end of the retreat.

DISCLAIMER: If you venture to the wilds of the Osa, you might quit your day job and go permanently off the grid. It's happened to a few Kulis already!

Cost includes: Lodging*, Gourmet Eats (veg & non-veg), 2 Vinyasa Classes Daily.
*Various lodging options - from jungle yurts to private houses - with swimming pools!

THE TEACHERS

Schuyler Grant might be able to leave NYC, but there's no way she's abandoning her annual pilgrimage to the Osa. It all started in 1995 when she produced a yoga video shot in this remote part of Costa Rica. She fell so deeply in love that she became a yoga teacher so she could bring her own groups down to this magical spot. For real. On the millennium New Year's retreat, she floated the idea of opening a yoga studio...and Kula Yoga Project was born. Five years later, her hubby Jeff wondered aloud about creating a large-scale event that paired yoga with music and nature...y voila Wanderlust! She delights in introducing yogis to her favorite spot on Earth. (But watch out for what you might dream up on the Osa)!

Alex Auder is known for the graceful integration of clear and precise alignment cues, intelligent sequencing, practical philosophy, and generous amounts of "revelatory" hands-on assists. She is a native New Yorker who grew up in the Chelsea Hotel with a mom who occasionally hosted kirtans in their living room. She's been teaching yoga for more than two decades: first at the original Jiva, then at her studio in Rhinebeck, New York, then back in NYC, teaching out of her home studio and at Kula (where she was a senior teacher, though we never offered her assisted living)—and most recently at Magu, her sweet studio in Philly. Though she may have left Kula, Kula will never let her go.



ACCOMMODATIONS:

Casa Rio



Casa Rio Sombrero was handcrafted with fine hard woods, an open floor plan, and a beautiful thatched roof. Upstairs the house has two bedrooms containing king-sized, netted beds. (The room facing the ocean is significantly larger and can also be adapted to comfortably accommodate an additional single bed for triple occupancy.) Downstairs, there is a central kitchen that has been designed as the focus for gathering and is equipped with excellent appliances and a bar. There is a comfortable dining area and a detached bathroom that allows for both privacy and luxury. The bathroom area has a small covered dipping pool that provides a refreshing escape from the tropical mid-day sun. Perfect for couples, good friends or solo flyers.

Casa Troya



Casa Troya is the latest addition to the property. It is built in the traditional Tica style which features half-walls, allowing a constant ocean breeze to act as a round-the-clock central air system. Depending on the angle, Casa Troya's design evokes a wave, ship or animal, and it is airy and very comfortable. The house is huge but the bedrooms are right next to each other and separated by a screened wall, therefore they do not provide much privacy and are suited best for 2 sets of friends or singletons - or a family. (It has two bedrooms, one with a king-sized and the other with 2 double beds.)

Casa Edmundo



Casa Edmundo is cool and serene – and just off the beaten track. (It is a 5 minute walk to Casa Grande.) It is beautiful and modern with a small kitchen and spacious, modern bathroom. There are two large decks, one off the master bedroom on the second floor and one rooftop patio which is accessed from the first floor. There is an office, which may be converted to a single bedroom for double or triple occ. Perfect for lovers (double occ), 3 friends or a couple and a friend (triple occ).

Casa Playa



The most pimped out spot on the property – but chicas only here, sorry guys. Casa Playa has an open construction that allows for a steady ocean breeze throughout the living space and also provides both ocean and lush mountain views. Upstairs has a large floor plan with a beautiful hardwood floor and a thatched roof ceiling, with 1 king size, 2 double and 3 single beds. Downstairs is a huge bathroom, living room, and detached kitchen which open out to a full sized swimming pool and lounge area. The pool has both deep and shallow areas and allows for a refreshing escape from the tropical climate. Truly delightful. (Swimming pool and lounge area are open to all retreat guests.)

Elevated Tents



8 elevated tents are spread out on the 20 acre property. The thatched roof will keep you dry and cool, while the transparent ridge on top lets light in. They are outfitted with a tent, small fans and a cozy porch to relax on. Each has two single mattresses, which may be modified to make a king size bed. All elevated tents have a private adjoining open air shower with a nearby shared bathroom facility. Good for friends, lovers and solo flyers.

IN SHORT:

Casa Rio: House with 2 bedrooms, (w. king sized beds - possible addition of single in Ocean Room)

Casa Troya: House with 2 bedrooms, (1 with king size bed and 1 with 2 singles)

Casa Edmundo: House w. 1 bedroom (king size bed) upstairs and study (single bed) downstairs

Casa Playa: Party pad with a variety of bed sizes, large pool and lots of chill space. Ladies only!

8 Elevated Tents: Small one room huts with 2 single beds or one king size bed

PRICING:

CASA RIO:

Ocean Room: (triple occ.): \$1845
(double occ.): \$2025

Jungle Room: (double occ.): \$1950
(single occ.): \$2500

CASA TROYA:

River Room: (double occ.): \$1950
(single occ.): \$2200

Tower Room: (double occ.): \$1950
(single occ.): \$2200

CASA EDMUNDO: (triple occ. house): \$1845
(double occ. house): \$2045

CASA PLAYA: (solo bed): \$1800
(shared bed): \$1600

ELEVATED TENT: (double occupancy): \$1615
(single occupancy): \$1945

The retreat center will do their best to accommodate early arrivals or late departures by availability, and kids are also welcome – inquire for daily rates.

***A non-refundable \$600 deposit will hold your spot.** You may send a check to Kula, pay by check or CC at the studio, or email/call Jen with credit card info. Full payment is due 3 weeks prior to departure.

ELECTRICITY

Boca Sombrero is off the grid...electricity comes from solar panels, and the energy is stored in batteries. They have electricity in Casa Grande, (kitchen and dining area), and in the two houses. The Elevated Tents do not have electricity (though they do have small solar powered fans and are lit by romantic candlelight). They have Skype and internet at the Casa Grande, and a few of the houses have internet access – though it is a satellite hookup and should not be used heavily!!

ARRIVING & DEPARTING

Arrive anytime on Saturday, May 2. Depart anytime on Saturday, May 9. There will be late afternoon yoga on the 2nd after everyone has landed and very early morning yoga/guided self practice on the 9th for anyone taking a super early flight out.

International flights arrive into San Jose, Costa Rica. From there, a 50-min domestic flight down to the Osa Peninsula (it is also possible to rent a car or take the bus, but the trip is around 8 hrs.) Please reach out to Jen at Kula as you consider flight plans.

Sansa has several flights daily from San Jose to Puerto Jimenez. The flight is 50 minutes. (Be sure to factor in 2 hours between your local and international flights when you connect). You can book them on your own at www.flysansa.com.

OTHER AIRLINES (BESIDES SANSA):

You can also book flights on Skyway: www.skywaycr.com

Green Air: www.costaricagreenair.com

You can also look into flights on AEROBELL or TAG, but PLEASE note these two fly out of TOBIAS BOLANOS airport in San Jose, NOT SJO, where flights from the US will land. (You would have to take a cab from SJO to Tobias Bolanos, which can run anywhere from 20 min to 60 min depending on time of day/traffic).

WHEN BOOKING FLIGHTS: Look at your international flight from NYC at the same time as you consider local flights. (Open all search windows on your browser at the same time to compare). You want to make sure that you can find a local flight from San Jose to Puerto Jimenez that leaves at least two hours after your flight from NYC lands in San Jose, and vice versa on the return home). Ask Jen if you have questions.

Jen will collect everyone's local flight info and coordinate and schedule taxis from the tiny airport in Puerto Jimenez out to Boca Sombbrero. Please budget around \$20 - \$40 cash (American dollars fine) for this as you plan your trip.

To make all your connections on the same day, plan to arrive in San Jose before 12pm on the way down, and depart San Jose after 12pm on the way home. Or, you can arrive the evening before the retreat begins in San Jose and take an early morning flight the next day to Puerto Jimenez.

EMERGENCY

They have a good clinic and full service pharmacy in Puerto Jimenez.

There is a 24-hour emergency plane in Jimenez to take a patient to San Jose where there are excellent hospitals if needed.

PASSPORT

- You **MUST** have a valid passport to enter Costa Rica (and it must not expire within 30 days of your arrival for Americans and 180 days for some nationalities)

- You do not need a Visa if you are American. Other nationalities should check with your consulate.

SAN JOSE (& AROUND) HOTELS (recs from Boca Sombbrero)

- Hotel Los Volcanes

Downtown Alajuela. Cute, clean, reasonably priced (between \$50-\$70/night), Tico owned and operated. Great breakfast. Book online at www.hotellosvolcanes.com

- Hotel Buena Vista

Hillside of Alajuela, 15 minutes from the airport, with free shuttle to and from. Quiet with nice views and restaurant onsite. Prices range from \$120-\$200/night.

<http://www.hotelbuenavistacr.com/>

- If someone is looking to stay in San Jose for the city experience, Hotel Grano de Oro is a nice option. It's an old mansion converted into a boutique hotel. Rates start at \$170 and go up to \$500 for a suite. <http://www.hotelgranodeoro.com/>

- Literally next door to the airport; convenient for very late or very early connections: Marriott Courtyard San Jose Alajuela.

<http://www.marriott.com/hotels/travel/sjoap-courtyard-san-jose-airport-alajuela/>

- The incredible coffee plantation: Finca Rosa Blanca. <http://www.fincarosablanca.com/>