



An oceanside secluded location, plenty of yoga, sun, waves, friends, jungle, waterfalls, delicious and nourishing food, your choice of active adventure or relaxing down time. This retreat is the ideal balance between getting away, letting go, and diving in... Join us for Practice & Play Yoga Retreat with Garrick Peters in Costa Rica, Feb 23rd-Mar 2nd, 2019!

Boca Sombrero is a 20 acre magnificent eco retreat center located in one of the World's most biodiverse environments. Deep jungles, endless unpopulated beaches, warm ocean, waves, and rich wildlife. There are many lodging options to meet your needs and budget. Come on your own, with a partner, or a group of friends. Twice a day we will practice yoga to find our breath, connect to our bodies and awareness. In between, we will have lots of time to explore the jungle, surf, get a massage, hang poolside, or simply read in a hammock. With our own beach and all-levels surf break, you are steps away from surfing, swimming, or lounging on the beach between the sun and shade of the jungle canopy.

Pricing ranges from \$1,590 - \$2,650, which includes lodging, gourmet meals, and a dynamic yoga program. To secure a spot, we require a \$500 non-refundable deposit. See accommodation options below. To book, visit [WeTravel](#) or email [garrickg@gmail.com](mailto:garrickg@gmail.com).



## Casa Rio

Custom-finished with fine hardwoods, an open floor plan, and a thatched roof. There is a kitchen, comfortable dining area, bar, and bathroom downstairs. Casa Rio has its own small dipping pool for a refreshing escape from the midday sun. There are two bedrooms upstairs, each with king beds. With open ceilings, be aware that sound travels between bedrooms. The Ocean Room is larger and can also be adapted with an additional single bed for triple occupancy. **Best suited for:** couples, good friends, or solo flyers.

**Ocean Room: Double \$2,075 | Triple \$1,795 |**

**Jungle Room: Double \$1,990 | Single \$2,650**



## Casa Troya

Built in the traditional Tikka style featuring half-walls allowing an ocean breeze to act as the central air system. Its architecture evokes a wave, ship or animal. Casa Troya is large, spacious, and comfortable. There are two bedrooms upstairs, separated by a screened wall that doesn't provide much privacy; one of the rooms has a king bed and the other has two double beds. **Best suited for:** two sets of friends, a family, or solo flyers.

**Double \$1,950 | Single \$2,600**



## Casa Playa - Women's House

Includes views of the ocean and lush mountains, a pool side balcony and patio, detached kitchen, and breezy open construction style. The pool (available to all retreat guests) has both deep and shallow areas and is refreshing in the tropical climate. The upstairs is a large open floor plan with beautiful hardwood floors, thatched-roof ceiling, and six beds (one king, two doubles, and three singles). Downstairs has a cozy living space and a spacious bathroom. **Best suited for:** this is the women's house with bed sharing options.



**Shared Bed \$1,590 | Solo Bed \$1,780**



## Casitas

There are eight Casitas spread out on the 20-acre property. Specially designed for comfort in a tropical climate, each Casita is a freestanding thatched-roof platform, lined with a Moroccan-style tent insert, allowing ventilation and providing an insect barrier. Each bungalow has a cozy porch for relaxing, a fan, and a private open-air shower. Bathroom facilities are shared between Casitas. Each can be configured with a king or two single mattresses. **Best suited for:** couples, shared, or as a single.

**Double \$1,590  
Single \$1,945**



## Casa Grande

Our community gathering space where we enjoy meals, play music, and relax during down time. Here the professional kitchen crew prepares delicious organic foods accommodating all dietary restrictions. Each morning, fruit, yogurt, granola, coffee, and tea will be available, followed by a full breakfast, a light lunch, and a buffet dinner. Casa Grande also offers a comfortable and stylish lounge area for simply hanging out. Cold beer and wine are available at a reasonable price from a self-serve honor code refrigerator. Internet (slow) is available in Casa Grande.



## Yoga Space

Our yoga program will unfold on a spacious open-air yoga deck looking through the trees to the water, occasionally joined by macaws and monkeys in the canopy above. Over eight days, the practice will progress and evolve through a variety of movement principles, themes, and tempo approaches. Each yoga session will be designed to cultivate focus and depth, while exploring specific facets of the practice, and feeling comprehensive. As always, Garrick encourages students to navigate their own practice, adjust effort, and modify as desired.



## Garrick Peters

*Garrick fills the room with his presence, smile, and enthusiasm for yoga. He focuses on the principles of breath, movement, and awareness; with conscious breath and movement, we naturally wake to heightened states of awareness.*

*In Garrick's classes, students can expect persistent and detailed breathwork, emphasizing sensitivity to the rhythm and quality of breath. With a solid alignment background, he teaches the fundamentals of safe and stable pose mechanics. Garrick's classes often build toward a peak flow, where the poses explored early in the class are creatively sequenced into a meditative, slow vinyasa flow, matched to the timing of music loops.*

*Garrick is the developer of the LoopFlow methodology, a unique approach to yoga based on the timing of breath and movement. In LoopFlow, music loops, called BreathTracks, are used to keep time and bring spirit to vinyasa flow. With a sustained state of attention on the timing of breath and movement, yoga asana becomes a deep moving meditation.*

*E-RYT 500 certified, Garrick will always be a student of yoga. He continues to practice and research the traditions of yoga, alternate movement modalities, and spiritual awakening. Garrick's key teachers include: Annie Carpenter, Nome, Russ Smith, and Oscar Ichazo.*

## Getting Here & Logistics

**Deposit:** You may secure your place at the retreat with a non-refundable deposit of \$500. Payments can be made to Garrick Peters by check, Venmo, PayPal, or WeTravel. Please indicate your lodging selection and number of people in your party, along with deposit payment. A confirmation of your lodging selection will be sent. Full payment for the retreat is due by Dec. 30th, 2018.

**Arrival & Departure:** Plan arrival for Saturday, February 23rd, 2018 and departure for Saturday, March 2nd, 2018. The retreat center may be able to accommodate early arrival or late departure. We will have a late afternoon yoga practice the day of arrival and an early practice the morning of departure.

**Flights:** Book your international flights to arrive into San Jose, Costa Rica. From there, connect to a 50 minute domestic flight to the Puerto Jimenez airport on the Osa Peninsula. It is also possible to rent a car or take the bus, but the trip is around 8 hours.



**Sansa** airline has several daily flights from San Jose to Puerto Jimenez. The flight is less than an hour. Be sure to factor in 1.5 to 2 hours between your local and international flights when you connect. You can book them on your own at [www.flysansa.com](http://www.flysansa.com).

To make all of 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 in San Jose the evening before the retreat begins and take an early morning flight to Puerto Jimenez the next day.

We will compile all attendees' flight arrivals into the Puerto Jimenez airport and send emails to coordinate shared taxis to Boca Sombbrero (\$25-50 cash).

**Non-Yoga Retreaters:** Partners, friends, and family not planning to join the yoga program are welcome to join the retreat. Full retreat pricing applies, inquire about pricing for kids.

**Utilities:** Boca Sombrero's electricity comes from solar panels with battery storage. There is electricity at Casa Grande (dining area) and two other houses. The Elevated Tents have small solar powered fans and are lit by romantic candlelight. Casa Grande has internet access but it is low bandwidth (slow). [Bring a headlamp flashlight.](#)

**Emergency:** There is clinic and full service pharmacy in Puerto Jimenez. If needed, there is a 24-hour emergency plane in Jimenez to take patients to San Jose where there are excellent hospitals.

**Passport/Visa/Vaccinations:** 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. You do not need any vaccinations.

**Additional Travel Support:** If you wish, the friendly staff at our local Osa travel agent Osa Tropical can coordinate all of your in-country travel needs from flights to taxis, and hotels in San Jose, as well as other travel recommendations around Costa Rica – at no additional charge to you. Their contact info: osatropical@ice.co.cr phone: 506-735-5062 or 735-5722 fax: 506-735-5043. Include a visit to Finca Rosa Blanca coffee plantation ([www.fincarosablanca.com](http://www.fincarosablanca.com)).

**San Jose Hotels** (recommendations from Boca Sombrero around San Jose):

- Hotel Los Volcanes (downtown Alajuela): Cute, clean, reasonably priced (\$50-\$70/night), Tico owned and operated. Great breakfast. [www.hotellosvolcanes.com](http://www.hotellosvolcanes.com)
- Hotel Buena Vista (hillsides of Alajuela): Only 15 minutes from the airport, with free shuttle to and from. Quiet with nice views and restaurant onsite. Prices range from \$120-\$200/night. [www.hotelbuenavistacr.com](http://www.hotelbuenavistacr.com)
- Hotel Grano de Oro (San Jose City): An old mansion converted into a boutique hotel. Rates start at \$170 and go to \$500 for a suite. [www.hotelgranodeoro.com](http://www.hotelgranodeoro.com)
- Marriott Courtyard San Jose Alajuela: Next door to the airport; convenient for very late or very early connections. [www.marriott.com/hotels/travel/sjoap-courtyard-san-jose-airport-alajuela/](http://www.marriott.com/hotels/travel/sjoap-courtyard-san-jose-airport-alajuela/)