



# Suryaflow

YOGA RETREAT  
IN COSTARICA  
27 de julio al 3 de agosto 2019



Go with the Flow

BODY TREE , NOSARA

## RETREAT FEATURES



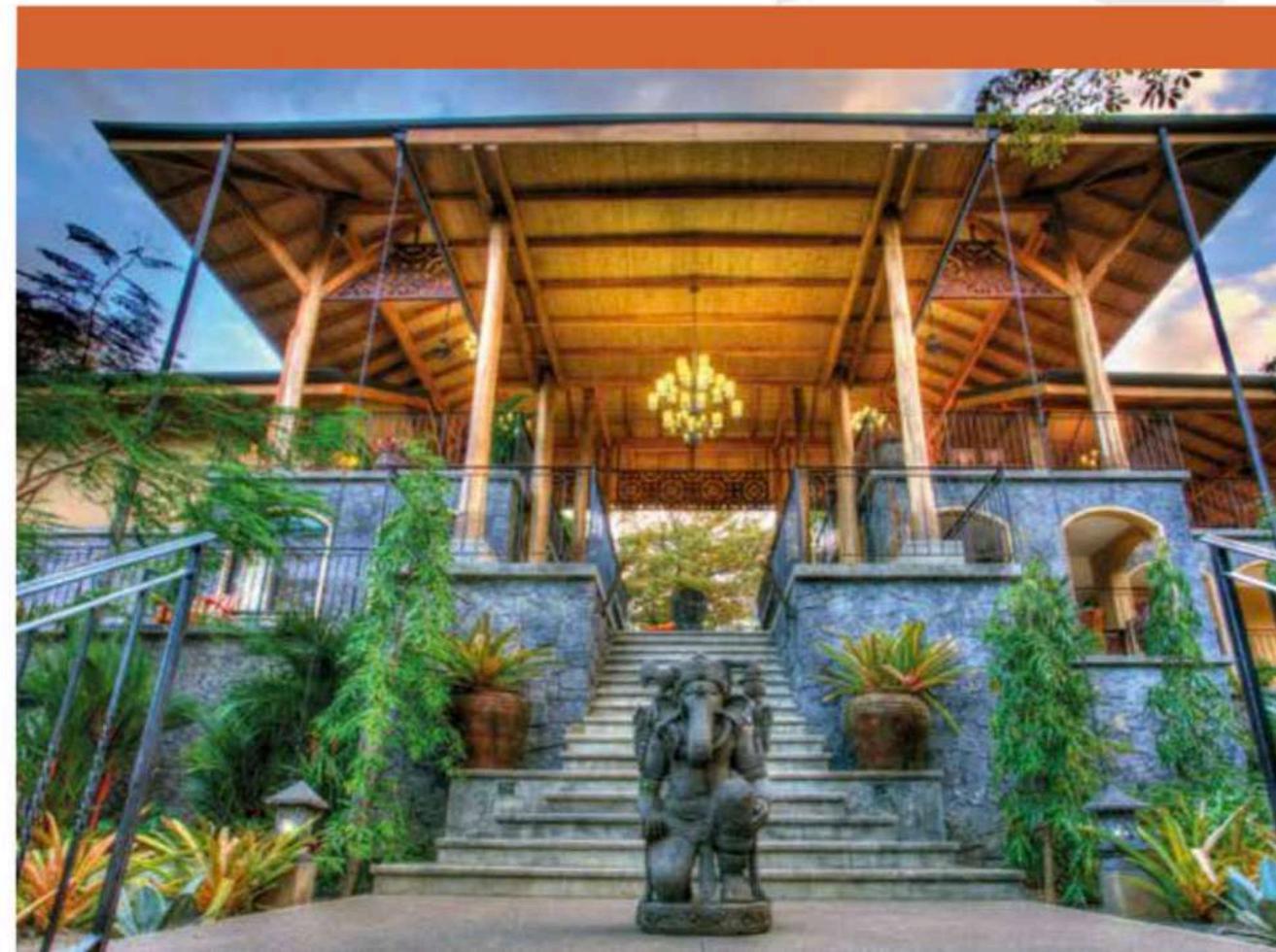
In addition to our spectacular setting on the Pacific Coast of Costa Rica, you and your group will also enjoy:

A free private or double room for group leaders, depending on the size of your group. (more information about this available in the reservation section of our brochure)

Our Akasha Shala which is an open air yoga studio with 360 degree jungle and oceans views, smooth, cool wooden floors, state of the art sound systems and your choice of creative Manduka mats and props. to choose from.

Our Shakti Shala, which is our largest shala on the property is enclosed with a beautiful peaked ceiling, has air conditioning and is perfect for privacy and holding louder experiences. Truly a sacred space.

Elegant, contemporary Balinese furnished bungalows with ceiling fans, air conditioning, linen service, private open-air showers and uniquely creative bathrooms, outdoor seating areas, and Wi-Fi throughout.





Our intimate cafe features fresh, local ingredients with traditional flavors. We can accommodate most dietary considerations.

Over eight acres of landscaped gardens with exotic flowers, 100 year old Guanacaste and Pochote trees, waterfalls and gentle streams that inspire meditation and reflection. Whenever you wander through our grounds, the sounds of the waterfalls will follow you and quaint sculptures and statues will surprise you at every turn.

A 25 meter salt water lap pool, juice bar, and Spa, all with jungle and ocean views.

Pristine beaches, spectacular sunsets and gentle waves and the most consistent surf breaks of the Pacific Coast, just a short walk away on a jungle path.

Other activities in and around beautiful Nosara and only moments away from The Bodhi Tree Yoga Resort include: horseback riding, stand up paddle board tours, waterfall hikes, ATV adventures, wildlife explorations including visiting with the ocean turtles at a nearby black sand beach, bike riding (bikes available for rent) and surfing, to name a few. We can easily help you set up these activities.



## SURFING

Bodhi Tree Yoga Resort offers the finest initiation into the glorious world of surfing!

Bodhi Del Mar's team of certified instructors offer daily lessons, coaching for intermediate surfers and tours so you get the best local experience possible.

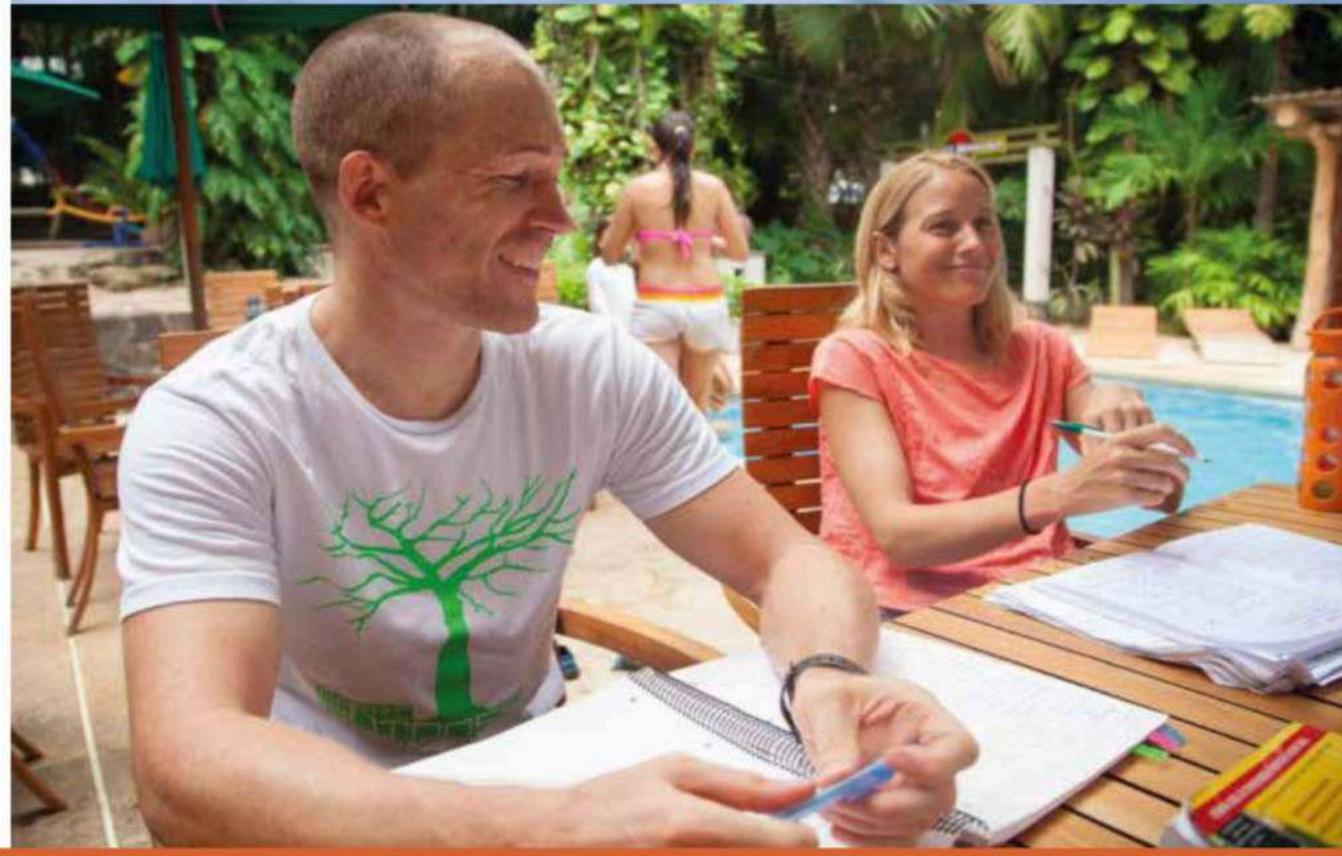
## SPANISH

Bodhi Tree is proud to offer culture and language options to enhance your retreat experience. Learn Spanish and immerse yourself in a bit of Costa Rican culture at the Nosara Spanish Institute, a 10-minute walk through the jungle path from the hotel.

Take full advantage of your time in paradise and turn your vacation into a learning adventure!

The Nosara Spanish Institute 10 hour intensive program consists of a 1 hour and 40 minute class per day, Monday - Friday. Classes are kept to a maximum of 6 students to ensure individual attention.

Private lessons and 20-hour intensive programs available upon request.





## ENVIRONMENT

Wake with the howler monkeys, meditate beside gentle streams, and be serenaded by the symphony of the jungle.

Blending seamlessly into the natural landscape, our grounds are designed to inspire a feeling of home in harmony with nature. Feast on the breathtaking jungle as you dine in our open air pavilion.



### Seven days a week:

Served buffet style next to the pool, choose from a delightful colorful and healthy assortment of fresh, locally grown and prepared dishes. Breakfast is served between 7:00am – 9:00am. Lunch is served between 12:00pm – 2:00pm. Dinner is served from 6:30pm- 9pm. We offer fish or chicken options at lunch and dinner, and organic wine and beer is available for purchase with dinner.

Follow gentle paths to your bungalow and be embraced by the calming hand-placed rocks and waterfalls throughout the Bodhi Tree Yoga Resort.



## ACCOMMODATIONS

Stay in exquisite accommodations set amid the splendor and beauty of the lush Costa Rican jungle.

We offer exceptional accommodations and modern conveniences that will compliment your group's experience with us. Most accommodations feature comfortable twin beds. Queen and King Bungalows with a private bath are also available. Linen and towels are provided. (More room details available in the reservations section)

The warm woods and large windows in each room invite nature's beauty indoors, creating a sacred space for soothing rest and quiet contemplation. All bathrooms feature a gorgeous sleek design, natural light, an outdoor private shower and other amenities to make your stay comfortable.

## RETREAT SHALA'S

Retreat classes can be reserved in our Akasha or Shakti Shala's. Akasha is our open air studio that has 360 degree ocean and jungle views and can host up to 40 guests.

Our Shakti Shala, also reserved for retreat guests, is enclosed with air conditioning and can host up to 75 guests.

Bodhi Tree can provide highly trained and qualified instructors to lead or help with your retreats. Multi-skilled yoga teachers (vinyasa, hatha, therapeutics, yin restorative, ashtanga, advanced posture clinics) and also meditation, pilates, and fitness coaches can be available to help meet your needs. Please do take advantage of our public classes and workshops that are already scheduled.



Bodhi Tree Yoga Resort has the following room options available, all rooms have wi-fi, ceiling fans and A/C, safety boxes.

12 Bungalows:

7 King, private bath, balcony

5 Queen, private bath, balcony

4 Single Rooms with one single bed, shared bath

4 Double Rooms with two single beds, shared bath

6 Triple Rooms with three single beds, shared bath

Gaya Suite - two bedrooms- king bedroom and three twin beds- family shared bath with two showers, two enclosed bathrooms, and a triple faucet sink

Bodhi House - two king bedrooms each with private bath, walk in closets, private pool, lounge area and wet bar

## TRANSPORTATION INFORMATION

Liberia is the closest international airport, 2 and 1/2 hours drive from Nosara. Round trip shuttles are easily arranged.

1 to 4 people = \$150 one way • 5 or more people = \$40 per person one way

Car rental agencies are conveniently located near the Liberia airport. For reliable transportation services contact our reservations team at:

[frontdesk@bodhitreeyogaresort.com](mailto:frontdesk@bodhitreeyogaresort.com)



# BODHI TREE

— YOGA RESORT —



## EL TALLER

Conoce las bases de la práctica de Flow cultivando el estado de presencia, activando tu cuerpo de manera saludable con el objeto de alcanzar paz interior y avanzar en tu práctica de yoga.

Durante una semana experimentarás la consciencia corporal la observación mental la meditación y la práctica de yoga profunda con el objeto de avanzar en ella.

Nuestro objetivo es cultivar la energía solar a través de la práctica de Surya Flow yoga en balance con la energía lunar a través de la práctica de Chandra Flow yoga y meditación para lograr armonizar tu cuerpo mente y espíritu.



# PROGRAMA

## Día 1

18:30 Ceremonia de bienvenida y meditación con la intención correcta.  
20:00 Comida de bienvenida

## Día 2

07:30 (práctica solar)  
práctica de Surya Flow  
Práctica de cultivo del corazón (trabajo de pulsación)  
Surya namaskar  
Trabajo de apertura de Caderas  
Relajación

## Día 2

17:30 (práctica lunar)  
Práctica de meditación  
Práctica de postración invocando la energía compasión.

## Día 3

07:30 (práctica solar)  
práctica de Surya Flow  
Trabajo de apertura de caderas y posturas de pie.  
Relajación

## Día 3

17:00 (práctica lunar)  
Práctica de meditación  
Práctica de Chandra Flow yoga  
Pranayama

## Día 4

7:30 (práctica solar)  
práctica de Surya Flow  
Trabajo de fuego activando la energía pranica dentro de ti . ( trabajo de fuerza y plexo solar activo )  
Respiración de fuego

## Día 4

17:00 (práctica lunar)  
Caminata mindfulness por la playa  
Ceremonia del fuego  
Meditación con puesta del sol

## Día 5

7:30 (práctica solar)  
Práctica de Surya Flow  
Trabajo de apertura de pecho  
Backbendings

## Día 5

17:30 (práctica lunar)  
Práctica de postraciones  
Práctica de Chandra flow dance  
Meditación guiada

## Día 6

7:30 (práctica solar)  
Práctica de Surya Flow  
Trabajo de equilibrio  
Relajación profunda

## Día 6

17:00 (práctica lunar)  
Meditación guiada  
Stretching yin yoga  
Ritual de intención sagrada

## Día 7

7:30 (práctica solar)  
práctica de Surya Flow  
Trabajo de conciencia y movimiento  
Relajación

## Día 7

17:00 (práctica lunar)  
Práctica de meditación zen (guiada)  
Práctica somática de flow (en la playa)

## Día 8

07:30 (práctica lunar)  
Práctica integrativa de Surya Flow yoga  
Relajación profunda

## Día 8

17:30 (práctica lunar)  
Meditación de cierre  
Comida de despedida

# PUEDES ELEGIR LA PIEZA QUE MAS TE ACOMODE

## ESTOS VALORES INCLUYEN

- Estadia full
- Transporte local
- Traslado aeropuerto
- 3 comidas diarias por la semana

## HABITACIONES

- 1 King bungalow** (5 cabañas con terraza privada)

Ocupación doble  
2.7656 USD

**Preventa**

**Ocupación doble**  
**2.476 USD**

Ocupacion single  
3.471 USD

**ocupación single**  
**3.171 USD**

- 2 Single room share bath** (3 habitaciones individuales con un baño para compartir)

2.641 USD

**Preventa**

**2.391 USD**

- 3 Habitación para tres personas** con baño incluido

2.215 USD

**Preventa**

**1.965 USD**

- 4 Gaya suit** (1 king mas 3 twin) maxima occupation 5 personas

2.380 USD

**Preventa**

**2.130 USD**



- 5 Bodhi house** (2 king 2 baños) maxima ocupación 4 personas

2.746 USD

- 6 King ocean view**

Ocupación doble  
2746 USD

**Preventa**

**Ocupación doble**  
**2.496 USD**

ocupación single  
3.471.000 USD

**ocupación single**  
**3.171.000 USD**

- 7 king villas** (Maximo 5 personas)

2.765 USD

**Preventa**

**2.496 USD**

Debes depositar un 20% .

Se puede docuemtar en cuotas, precio contado o bien con cheques

Info [paulaportugueis@surya.cl](mailto:paulaportugueis@surya.cl)

# BIOGRAFIA



## PAULA PORTUGUEIS

Fundadora de Surya yoga college. Creadora de Surya Flow yoga. Profesora de vinyasa, Surya Flow yoga y meditación. Comencé mi camino en esta disciplina hace 20 años a través de la meditación y luego la práctica de yoga, estude distintos métodos con maestros a los cuales agradezco. En 2008 comienzo a dar clases de vinyasa yoga desde esa base comencé a desarrollar mi propia expresión de lo que es la práctica del flow yoga. Hoy después de varios años de experiencia dando clases y enseñando he decidido compartir esta práctica con todos los que quieren conocerla con el objeto de experimentar consciencia en el cuerpo, quietud mental y apertura emocional.

