

Divine Nature Tours
Costa Rica Nature Retreat with Mindful Creativity
A Soulful Retreat Amid Wonders of Nature



Let's go to Costa Rica!
February 7th to 19th, 2018

All are welcome!

Nature-lovers, photographers, friends, family, non-artists and artists... relax and explore on your own or join the activities. No prior creativity experience needed. Nature walks are easy to moderate.

Join us for a soul-thrilling adventure in tropical paradise. Our special feature on this tour is mindfulness creativity sessions with fine art instructor, Linda Luisi, BFA.

Each day is initiated with a morning wisdom circle, bringing hearts into stillness and setting a tone of reverence for the day. "We are mindful of this opportunity for a depth of connection with the soul of Nature and with our own essential Self," explains Susannah. The days are brought peacefully to their conclusion with another group gathering to share insights, experiences and inspiration. Refresh, renew, reflect ... and fall in love with Life again.

Mindfulness Creativity sessions with Linda Luisi (optional/available to all) will be one to two hours. The time slots for these will be announced each day. Work on your own or receive one-on-one instruction. Non-artists are welcome to observe, though you may have fun trying this for the first time. You can shoot photos to plan a montage, illustrate a journal with Zen-like simplicity, express yourself with splashy strokes, or focus on detailed art. Receive tips for improvement to enhance depth, dimension, perspective, color harmony and composition (realistic, expressive, abstract).

There will also be free time throughout the tour for you to take photos, sketch, and paint at your leisure. Bring any media: simply paper and pencils, a sketch pad or journal, pastels, color pencils, markers, or paint kit. Feel free to contact Linda if you have further questions: linda@LindaLuisi.com

Connect with your creativity, expand your observation skills, and practice non-judgmental awareness and mindfulness.

- Explore Costa Rica's lush and beautiful Manuel Antonio National Park
- Relax on palm-lined white sand beaches or snorkel off-shore tropical reefs
- Feel the healing nature of pure jungle merging with the cooling ocean waters.
- Bask in the magical atmosphere of Monteverde's cloud forest region
- Participate in beautiful rainforest tours and exhilarating zip lines
- Experience remarkable tree-top canopy walks on suspended foot bridges.
- Behold the breath-taking Arenal Volcano in all her regal splendor
- Indulge your senses soaking in the Baldi natural volcanic hot springs
- Explore Costa Rica's quaint, multicultural towns at your leisure
- Enjoy delicious native cuisine
- Rejuvenate your whole being in this tantalizing "Spa for the soul!"

Itinerary:

Day 1, February 7th: Arrive at the San Juan International Airport (SJO), a short ride from our welcoming B&B accommodations in Alajuela. We will be at the airport to meet you for flights arriving between 10 AM and 4 PM. Or take an airport taxi directly to the B&B.

Day 2: Comfortable air conditioned charter van over scenic plains and mountain landscapes to Arenal/La Fortuna. Early dinner at a fun, native-style outdoor restaurant and lots of time to explore this charming tourist town known for its welcoming atmosphere and amazing nature tours.

Day 3: While staying at La Fortuna, we spend a relaxing day at fabulous Baldi Hotsprings Resort (www.baldicostarica.com) with buffet lunch and dinner. Indulge your senses in rich tropical gardens, nature trails, waterfalls and over twenty volcanic heated pools of various artistic configurations, temperatures and depths. We offer an optional guided tour (no extra charge) and trail hike leading closer to the volcano in the afternoon.

Day 4: Scenic "safari" river raft and wildlife tour. Features include opportunities to spot crocodiles, many species of birds including the famous snake bird (the anhinga), monkeys, iguanas, or if lucky the incredible emerald basilisk (Jesus Christ lizard) who can indeed run on water. This unique tour is guided, very relaxing and includes a mid-morning stop along the river for a delicious native-food version of brunch and hot coffee. The lunch stop takes place at the historic Don

Pedro farmhouse dating back to the 1930s which has no electricity. The late Don Pedro was a man of planetary vision and deep work ethic. His two daughters prepare the food – and relish the company. This is a remarkable opportunity to experience the rural lifestyle of Costa Ricans from the last century.

Day 5: 8:00 AM One-of-a-kind boat taxi tour across the calm span of Lake Arenal and then continuing the tour by van up through verdant mountain-scapes and spectacular vistas to reach the beautiful, misty cloud forest region of Monteverde. (www.monteverdeinfo.com) We stay at Monteverde Inn (<http://valleescondidopreserve.com>) a cozy mountain-top home away from home overlooking the Nacoya Peninsula and the Pacific Ocean beyond.



Day 6: Today is a relaxing day with ample leisure to explore the trails and rainforest around Monteverde Inn or explore the village of Monteverde. One feels the essence and soul of nature magnified here on this ancient misty green mountain making it a perfect day to reflect, rest, journal or meditate.

Day 7, February 13th: Are you ready? Breakfast is followed by quite possibly the most thrilling of our tours – a day to walk through cloud forest tree tops on suspended foot bridges, visit butterfly gardens, the hummingbird sanctuary, and for the most adventurous, an optional zip line canopy tour (\$50) and the famous “Tarzan” jump.



Day 8: Charter van to the warm, beckoning white sand beaches of Manuel Antonio National Park. Your lodging here at the park is comfortable and pleasantly surrounded by many types of tropical plants, trees, beautiful singing birds, and yes, playing monkeys! Walk across the street to splash in luxurious ocean water or rest in the sun-warmed sand. The southern facing beach, Playa Manuel Antonio, is a picturesque half mile long, white sand crescent bisecting deep green foliage to one side and a private, secluded cove to the other.

Day 9: A special day by the beach for personal leisure time, reflection, journaling or adventure – a free day to design after your own creative imaginings, including optional area tours such as horse back riding, snorkeling or para-sailing. Manuel Antonio contains a charming combination of rain forest, beaches and coral reefs. The beaches are the most beautiful in the country, lined with lush forests, and the snorkeling is excellent too. The forest is home for sloths, iguanas, the rare and adorable squirrel monkeys and millions of colorful little crabs. The small town of Manuel Antonio has many quaint shops and road-side vendors of clothing, crafts and handmade jewelry.

Day 10: An early morning guided jungle walk and exploring of the National Park with a native wildlife expert. This is a bird-lovers and nature-lovers paradise. It is a fun time and great learning

as your guide spots camouflaged surprises in nature and sets a high-powered scope to bring them in close. Lots of time to play on various beaches and hike nearby trails through lush and peaceful jungle.

Day 11: Our charter van transports us from the beach and ocean environment through several eco-systems infused with amazing biodiversity including sprawling farms and plains, spectacular green hills, untouched forests, and over the top of the mountain range to the Central Plateau area of San Jose and continues the scenic tour down the Caribbean side of the central plateau.

We get a taste of Costa Rica's lush, tropical Caribbean lowlands. Driving through the thriving vegetation of the Braulio Carrillo National Park protected area, we come down to the coastal lowland region of Limon. (Watch for the ubiquitous broad-leaf plant called the "poor man's umbrella" as we come down the mountain side.) By afternoon we arrive at Susannah's home area where she and her family have nurtured 95 acres of remarkable tropical vegetation, fruit trees and pasture for the family dairy farm since 2001. There in the foothills of Volcano Turrialba we reach Garden Village Eco Community where we settle our hearts and bodies in the quiet peace of verdant jungle surroundings.

Recognizing the sacred nature and spiritual vortex present in this area, Susannah has begun the establishment of a conscious community on an additional eleven acres adjacent to the original family farm. Garden Village, currently in the early stages, exudes essences of peaceful, purposeful living calling to remembrance the original Garden of Eden.

Tonight's Accommodations at Garden Village offer a sense of simplicity and connection to the pulse of nature in a rustic home setting. We will enjoy delicious traditional Costa Rican meals and freshly roasted coffee at Garden Village. A plethora of fresh fruit flavors of gourmet ice cream and yogurt are prepared at Susannah's family dairy here daily.

Day 12: Highlights today include a nature hike through the property, reaching the amazing convergence of the two rivers enveloping this magical land, and the experience of a sumptuous, all-you-can-eat meal served outdoors by Susannah's sister Barbara. We will also enjoy a cacao presentation, learning how the fruit is harvested and processed into chocolate according to original indigenous traditions.

Afternoon return to the home-sweet-home Bed and Breakfast in Alajuela that we began from.

Day 13: We recommend that you have your flight leave later in the day to give yourself a relaxed and refreshing breakfast hour and possibly more time for sightseeing. Transportation to the airport is complimentary from the B&B.

"Each day on this tour has its own personality like beads on a string so that I felt the unique joy each day brought." - Retreat participant Ellen (Phant) Byers

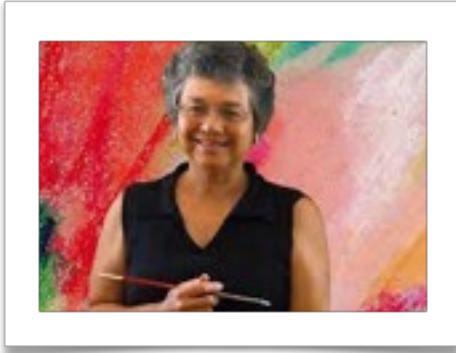
"Now things are brighter, more colorful, and I'm actually feeling that oneness with all of nature and life. My body aches less. I sleep deeper. I feel lighter ... That trip has literally changed my life." Retreat participant Debbie Dumesnil, Corpus Christi.



Retreat Facilitators



Susannah Light is your retreat hostess and founder of Divine Nature Tours, a spiritual retreat program born of the inspiration to know one's innermost truths through the silent Teacher and exquisite beauty of Nature. She is a practitioner of Sacred Healing Arts and has initiated a conscious community in Costa Rica called [Garden Village](#).



Linda Luisi, BFA, Tufts University, has thirty five years experience creating murals, paintings, and illustrations for corporations, resorts, and hospitals across the United States. Her work, both realistic and abstract, is known for depth and dimension. She inspires individual creativity and imparts solid skills to her students. <https://lindaluisi.com>

Retreat cost: \$1845, save \$100 - early bird special \$1745 (register by October 7th) includes tours, tour guides, creativity sessions, two meals per day, lodging (double occupancy) and travel in Costa Rica. Air-fare not included. For a single room add \$275.

Registration is easy: write to Susannah4Light@gmail.com and we will send you the registration information. Phone: (970) 443-2480

"We invite you to connect with the power and beauty of your core essence through conscious presence with Nature. Come away from this Tropical Retreat empowered with a lasting sense of the vastness of Divine Nature within you and around you!"



The wonders of Nature hold a story all their own, of ages past and present. In a sense they are our stories too – our timeless life, looking back at us. Find yourself in pure wonder and open spirit, receptive to the unfurled truth of Higher Presence.

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