

El Espiritu del Mar

Combining Sea Kayaking and Yoga Practice in Costa Rica



Trip Dates from Arrival to Departure: March 14-22, 2009 (9 total)
Days on the Water: March 16-20 (5 days paddling/yoga, 4 nights camping)

The Spirit of the Sea

Kayaking in the clear waters of the Pacific Ocean promotes a sense of peace and well-being, both physical and spiritual. The practice of yoga offers many benefits, from increased flexibility and strength to a deeper sense of connection with the world around us. It is therefore a natural fit to combine sea kayaking with yoga.

Before and after a day of paddling guided by the founder of Seascape Kayak Tours, Bruce Smith of Deer Island, New Brunswick, Canada, sunrise and sunset yoga sessions will be led by certified yoga instructor, Laurice D. Nemetz, MA, ADTR, E-RYT, LCAT, who works as a yoga teacher and dance/movement therapist throughout Westchester County in New York, USA.

Trip Cost and Details

\$2,350 U.S. per person (tax included) covers all accommodations, land-based transportation, guiding and instruction, meals during on-water trip, kayaking, snorkeling and camping equipment. Trip cost does not include your air fare to Costa Rica and your meals before and after paddling.

This trip in the warm, tropical setting of the Nicoya Peninsula, Costa Rica, is open to paddlers and yoga enthusiasts at all levels of experience. Monkeys, sea turtles, manta rays, dolphins, Scarlet Macaws, pelicans and egrets will accompany you on this warm-water adventure.

Leave winter behind and escape with us to Costa Rica. Contact us for the full itinerary.



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