



# New Year's Retreat Daily Activities

December 30, 2014 - January 8, 2015

## ***Day 1 - December 30, 2014***

2:00 pm - Arrival at Liberia Airport  
3:00 pm - Lunch at Matador restaurant on the way to the resort  
4:00 - 5:00 pm - Tour around the resort  
7:30 pm - Dinner

## ***Day 2 - December 31, 2014 We have to really make this day unforgettable!***

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:00 am - 1:30 pm - "Two in One" or "Ecological Forest Expedition" tour  
2:00 pm - Lunch at Borinquen  
3:00 - 6:30pm - Pool time, Volcanic Mud, Natural Steam-Rooms, Thermal Springs with Hot Pools  
7:30 pm - Dinner at Borinquen

## ***Day 3 - January 1, 2015***

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:00 pm - 1:30 pm - "Las Cumbres Scenic Tour"  
1:00pm - Lunch at Borinquen  
3:00 - 6:30pm - Pool time, Volcanic Mud, Natural Steam-Rooms, Thermal Springs with Hot Pools, Aquarobic Class  
7:30 pm - Dinner at Borinquen

## ***Day 4 - January 2, 2015***

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:30 am - Breakfast (complimentary)  
9:30 am - Departure to Ocotol Beach  
10:00 - Famous Costa Rican Coffee Tasting  
11:00pm - 3:30 pm - Sunbathing with Yoga on the beach and Aqua Warm -Up with Lunch at Father Rooster Beach Restaurant  
3:30pm - 8:00 pm - Tour around El Coco Main street with Dinner at Seafood Reastaurant  
9:30 pm - Return to Borinquen

## ***Day 5 - January 3, 2015***

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:30 am - 5:00 pm - "Rincon de la Vieja - Crater Expedition" with Lunch  
5:00 - 7:00pm - Pool time, Volcanic Mud, Natural Steam-Rooms, Thermal Springs with Hot Pools, Aquarobic Class  
8:00 pm - Dinner at Borinquen



# New Year's Retreat Daily Activities

December 25, 2014 - January 3, 2015

## ***Day 6 - January 4, 2015***

7:30 am - Morning walk with stretches (Beginner level) and Morning jog up and down the hill with stretches (Advanced Level)  
8:00 am - Yogatoning, Beginner and Advanced level  
9:30 am - Breakfast (complimentary)  
10:30 am - Depart to Tabacon Grand Spa Thermal Resort or Liberia Airport  
2:00 -Arrival at Tabacon and check-in  
4:00pm - 7:30 pm - Hot Springs  
8:00 pm - Dinner at Tabacon

## ***Day 7 - January 5, 2015***

7:30 am - Breakfast at Tabacon (included)  
8:00 - 1:00 pm - Arenal Hanging Bridges Tour  
2:00 pm - 7:00 pm - Tabacon Hot Springs with Aquarobic/Pilates class  
9:00 pm - All night! - New Year Carnival at Tabacon (included)

## ***Day 8 - January 6, 2015***

9:00 am - Breakfast at Tabacon (included)  
10:00 am - 12:00 pm - Tabacon Hot Springs with Aquarobic/Pilates class  
1:00 - 5:00 pm - Pure Nature Safari Tour (snacks included)  
7:30 - Dinner at Tabacon

## ***Day 9 - January 7, 2015***

7:30 am - Yogatoning/Pilates-Beginner or Advanced Level level  
9:00 am - Breakfast at Tabacon (included)  
10:00 - 6:00 pm Baldi Hot Springs Resort  
7:00 pm - Dinner at Tabacon or La Fortuna town (upon request)

## ***Day 10 - January 8, 2015***

7:30 am - Breakfast at Tabacon (included)  
8:30 am - Departure from Tabacon  
12:00 pm - Arrival at Liberia International Airport

***Goodbye, Costa Rica!***