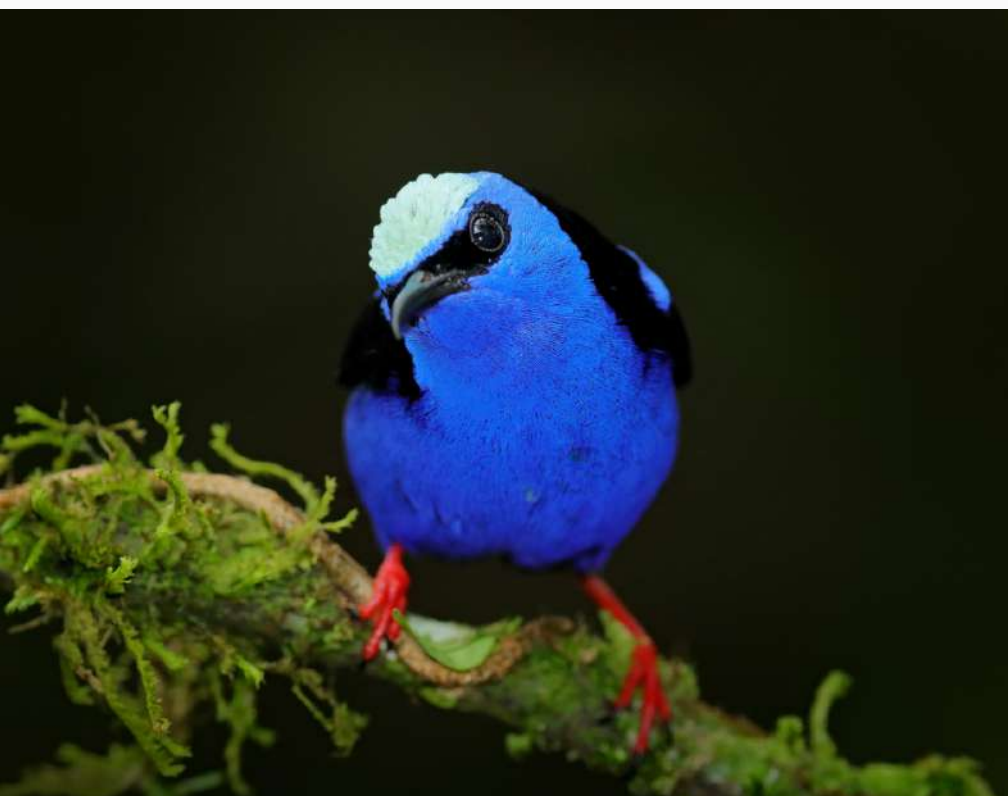


September 9-17, 2026

Costa Rica Nature & Yoga Adventure



Join expert naturalist Carlos Chacón and yoga teacher & Reiki practitioner Katherine Greenspun on a customized Nature & Yoga journey through Costa Rica's extraordinary ecosystems. Experience the magic of the rainforest, explore the slopes of active volcanoes, and search for sloths, toucans, monkeys, and other tropical wildlife. Witness Green Sea Turtles nesting while deepening your sense of mindfulness through daily yoga practice. As a special offering, Katherine will also provide a Reiki session for each participant during the trip.



Day 1: Arrival at San Jose

First night at Bougainvillea Hotel.
Welcome dinner at the hotel restaurant

Day 2: Le Cameleon Boutique Hotel

Departure to the South Caribbean coast.
Hike at Braulio Carrillo National Park.

Day 3: Cahuita National Park

Visit Cahuita National Park. Morning hike through the Rainforest.

Days 4 : Bribri Native Village

Morning visit to a Bribri native american village for a cacao tour

Days 5: Manatus Lodge

Charter flight to Tortuguero National Park.
Night outing to see nesting Sea Turtles.

Day 6: Tortuguero National Park

Boat tour of the Tortuguero National Park rainforest canals.

Day 7: Arenal Springs Resort and Spa

Transfer to the Arenal Volcano area. Visit to Pierella Butterfly Gardens.

Day 8: Arenal Volcano

Morning hike in Arenal Volcano hanging bridges.

Day 9: Departure

Pura Vida Costa Rica!



Day 1: Wed, Sept 9

Arrival in San Jose



Upon arrival at San José International Airport (SJO), we'll transfer to the Bougainvillea Hotel.

Nestled within 10 acres of lush tropical gardens, this comfortable hotel offers a peaceful retreat with a large swimming pool and beautiful walking paths—a perfect introduction to the natural beauty of Costa Rica.

In the evening, we'll come together at the hotel's restaurant for our welcome dinner, a chance to relax, connect, and begin our adventure.

<https://www.hb.co.cr/>

Our morning drive will take us across the Continental Divide and through the vast rainforest of Braulio Carrillo National Park. Descending from the mountains, we will travel through the Caribbean lowlands to reach the Le Cameleon boutique hotel.

The Caribbean coast of Costa Rica is very different from the rest of the country. The people are descendants of Africa and the Caribbean and have a distinct culture, cuisine, and language.

The vegetation of this region is lush, and biodiversity is among the highest in Costa Rica.

Afternoon Yoga session at Le Cameleon

www.lecameleonhotel.com



Day 2: Thursday, Sept 10

Le Cameleon Hotel



Day 3: Friday, Sept 11

Cahuita National Park

After breakfast, we will depart for the nearby Cahuita National Park. This park protects 1,106 hectares of pristine coastal rainforest and 22,300 hectares of the marine environment, including the most vibrant coral reefs in Costa Rica. Our hike through the park will present great bird-watching opportunities and chances to see other wildlife such as sloths, monkeys, and the colorful Golden Eyelash Viper. After our morning hike, we will enjoy lunch at a local restaurant and then return to our hotel for an afternoon yoga session and some leisure time to take advantage of the hotel's amenities.



Day 4: Saturday, Sept 12

Bribri Village and Cacao tour



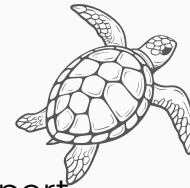
Discover the Bribri, an Indigenous people of Costa Rica's Talamanca region, celebrated for their matrilineal traditions, sustainable farming, and cacao heritage. This immersive tour takes you into a Bribri village to learn about their culture, lifestyle, and deep connection to nature. Highlights include making your own chocolate using traditional methods and ending the experience with a refreshing swim at a nearby waterfall. After all, can you imagine a world without chocolate?

Afternoon yoga at Le Cameleon.



Day 5: Sun, Sept 13

Tortuguero National Park



Morning departure to Limon airport.
Charter flight to Tortuguero. Lunch upon arrival.

Afternoon visit to the local Tortuguero Village, followed by a yoga session at Manatus Lodge.

Night outing to see nesting Green Sea Turtles.

Local guides will lead us in a 2-hour exploration of the sea turtle nesting process. Tortuguero is the most important nesting beach for Caribbean Green Sea Turtles. The 18-mile beach can host up to 2,500 nesting females on a peak night.

www.manatuscostarica.com



Early morning boat tour of the canals of Tortuguero National Park. Our open boats with canopies will allow for maximum visibility of the surrounding rainforest. Followed by a mid-morning hike in the Tortuguero National Park.

Return for lunch at the lodge.

Afternoon yoga session at Manatus Lodge.



Day 6: Monday, Sept 14

Arenal Volcano



Day 7: Tuesday, Sept 15

Arenal Springs Hotel



We'll travel to the Arenal Volcano area with a 60-minute boat ride followed by a 2.5-hour drive. Arenal, one of Costa Rica's most iconic volcanoes, is known for its striking cone and constant gas emissions. The surrounding rainforest, alive with tropical birds, monkeys, and sloths, makes this destination unforgettable. En route, we'll stop for lunch at Pierella Gardens, a grassroots conservation project where a local family restored their land into a protected forest and a butterfly breeding garden. Afternoon yoga at Arenal Springs.

www.Hotelarenalsprings.com



Morning departure to the Arenal Volcano Canopy Bridges. After breakfast, we'll set out for a guided hike across the famous canopy bridges of Arenal. Suspended high above the forest floor, these bridges offer a rare opportunity to experience the rainforest from the perspective of its most active residents—the birds, monkeys, and countless other species that live in the canopy.

We'll enjoy a delicious lunch at a local restaurant.

 Afternoon – Yoga & Relaxation

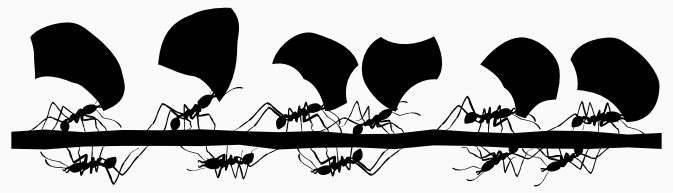
In the afternoon, we'll return to our hotel for a rejuvenating yoga session surrounded by the sounds of nature.



Day 8: Wed, Sept 16

Arenal Volcano





Departure – End of Adventure

After eight days exploring the magic of Costa Rica, we return home with unforgettable memories.

Note: Please book departure flights after 12 PM. We'll drive directly from Arenal Volcano to San José Airport, arriving around 10 AM, allowing ample time for flights departing at noon or later.

Pura Vida, Costa Rica!



Expedition Leaders

Katherine Greenspun



Katherine is an experienced yoga teacher in several yoga genres, and she is a Reiki practitioner. She believes that yoga is for everyone and, therefore, encourages all levels of participation. She was certified as a yoga teacher in 2009 and then received her advanced yoga certification in 2015. Katherine has been attuned at all three levels of Usai Reiki and has been practicing since 2018. Katherine met Carlos when she participated in a one-week trip under his guidance. After that trip, she asked to collaborate with Carlos for a trip focused on hiking, nature, forest bathing, yoga, and Reiki, because these activities are connected by sharing the goals of health, wellness, study, respect, and connection with something much larger than the individual.

Carlos Chacon



Since childhood, Carlos has been passionate about nature, his passion led him to study Tropical Biology at the University of Costa Rica. After graduating, Carlos worked as a naturalist, leading trips for Lindblad Expeditions, National Geographic, The Nature Conservancy, Mountain Sobek Travel, and several other companies. In 2000, Carlos moved to the USA to continue his studies at the University of South Carolina, where he obtained a Master's degree in Earth and Environmental Resources Management. In the US, Carlos worked as the Manager of Natural History at the Coastal Discovery Museum. In 2018, Carlos launched his own eco-tour company, working alongside his longtime friend and expert birder, Ricardo Gómez. Together, they lead small-group trips that immerse participants in the rich biodiversity and vibrant local culture of Costa Rica, creating experiences that are educational, authentic, and unforgettable.

ADDITIONAL INFORMATION

ECO-ADVENTURES OF COSTA RICA

The trip is limited to a maximum of 10 participants

\$ 5,300: Price per person based on double occupancy
\$750 single supplement

Prices are per person and include:

Private transportation on a microbus with air conditioning

Private internal charter flight

Transportation by boat, as described

Private naturalist guide services

Lodging and meals as described

Activities and entrance fees as described

Not Included:

Round-trip airfare to Costa Rica

Personal expenses (medical expenses, souvenirs, etc.)

Alcohol consumption

Travel Insurance

Medical insurance

Payment and Cancellation Policies

Trips must be paid in full 4 months before departure.

Refunds will be issued according to the following deadlines:

- For cancellations received 60 to 45 days prior to arrival, 50% of the total amount.
- For cancellations received 44 to 30 days prior to arrival, 25 % of the total amount.
- If the passenger cancels 29 days to 1 day prior to arrival, no refunds are available.

Secure your spot by emailing Carlos at Eco1adventures@gmail.com or Katherine at katherine.greenspun@gmail.com

Send an initial commitment check of \$700 made to Eco-Adventures LLC.

Mail your check to:

Carlos Chacon | 21 Park Circle. | Bluffton SC 29910

