



EARTH TO ETHER

**A Yoga Journey Through The
Five Elements**

Costa Rica
September 14-20 / 2025



Schedule Sample





This is a general sample of how daily activities might look like, the day by day detailed schedule will be provided after registration

- 7 – 7:30 am Meditation by the river
- 8 – 9:15 am Morning Practice
- 10 am Breakfast
- FREE TIME
- 1-2:30 pm Workshop
- 2:30 LUNCH
- 4:30 – 6 Evening Practice
- 6:30 pm Dinner
- 7:30 connection circle / yoga nidra

NOTE : We reserve the right to adjust or change the schedule if needed.





*As you start to walk
the way,
the way appears*

-Rumi

