

Journeys of Discovery Presents
Susan Duval Seminars - Costa Rica Mind, Body, Spirit Soul Retreat
Jan. 20 - 27, 2019

Join Susan Duval at the beautiful rainforest Arenal Springs Resort and Spa for a week of soaking in hot springs, rest, rejuvenation, and renewal for your Mind, Body and Spirit. The rainforest is a place of peace and renewal; mysterious, life-affirming, and of majestic proportions. Life is challenging these days and often we don't have time to savor the moment, enjoy a sunset, marvel at the colors on a butterfly wing, or simply sit in the midst of a spectacular landscape and feel humbled by the magnificence of nature. We all need a quiet place of beauty, peacefulness and serenity to just sit and think or simply breathe, to pray, write or meditate...a place quiet enough for us to hear that still small voice within that speaks from the depth of our Soul. The natural paradise that is Costa Rica will offer you that place.

Costa Rica alone has more plant species than the whole of Europe, and a staggering world of exotic wildlife, flora and fauna that runs into the millions of species. There will be plenty of free time to do your "own thing" along with lots of fun and laughter on group tours and activities. This week of Soul Renewal will offer new experience and a fresh outlook on the wealth of possibilities that life has to offer. As they say in Costa Rica...Pura Vida – Pure Life!

DAY 1. Jan. 20 Sun. / SAN JOSE

Arrival at the Juan Santa Maria International Airport (SJO) San Juan, Costa Rica. A tour representative will meet you upon arrival and provide a group transfer to the Balmoral Hotel. The Balmoral has been one of San Jose's favorite hotels for locals and international visitors alike. The hotel is located on Avenida Central, San Jose's most famous and visited Pedestrian Boulevard and offers convenient access to local attractions, shopping, dining and nightlife.

[Link Balmoral Hotel](#) Dinner on your own.

DAY 2. Jan. 21 Mon / SAN JOSE - ARENAL / AM Coffee Farm tour – PM Sky tram tram B,L,D

After breakfast, board your private bus to begin exploring Costa Rica as you depart for the Arenal Volcano area and the Arenal Springs Resort and Spa. The locals say, to learn about coffee is to learn about the history of Costa Rica! On the way to Arenal we'll stop for a short tour of a coffee farm! Costa Rican coffee is some of the world's best due to the rich volcanic soil and the ideal tropical climate. You will learn about the history, cultivation, and operation of a functioning coffee 'beneficio' and have the opportunity to hand pick some coffee beans yourself. There will be snacks to sample and of course, lots of delicious Costa Rican coffee. There is a gift shop with lots of coffee type gifts to take home with you. Arrive Arenal Springs Resort and Spa.

Arenal Springs Resort: offers individual colonial style cabins with spectacular volcano views from your private front porch. Its lush tropical gardens and quiet location off the main road make it a wonderful retreat yet it is not far from the village of La Fortuna, where you have a great choice of restaurants and shops. All cabins have unique garden showers and amenities expected of a resort of this caliber: A/C, cable TV, coffee maker, refrigerator, security box and hair dryer. In your leisure time enjoy the full service spa, swimming pool and hot, thermal mineral pool's which will soothe your body and soul. [Link Arenal Springs Resort](#)

After lunch at the resort we'll enjoy a relaxing gondola ride on The Sky Tram. The gondolas rise smoothly through the rain forest, offering endless views as they ascend up the mountain. This tour is perfect for people who want to take a different approach on admiring nature, without much physical effort but still be in the middle of nature's magic. Your guide will point out different characteristics of the wildlife, flora, fauna and other interesting facts. Upon reaching the top, you arrive at a large observation platform on the highest point of the reserve. Here you can enjoy the view, take some awe-inspiring photos and also have the opportunity to walk a short trail.

DAY 3. Jan 22. Tues / ARENAL / Morning free / PM Pineapple Farm Tour B,L,D

After breakfast in the midst of tropical gardens, hummingbirds and peaceful tranquility, spend the morning enjoying a variety of optional activities (additional cost) or just chill, relax and soak in hot mineral pools.

[Link to list of optional tours](#)

After a wonderful lunch we'll depart for a fascinating tour of a local pineapple farm. We start our trip in a comfortable lorry and enjoy an interactive explanation about the planting, morphology, development and harvesting of this sweet golden fruit. Eat freshly cut, juicy pineapple that is picked from the field right in front of you. Learn what makes up the perfect balance to produce the most delicious pineapples and how to pick a good pineapple in your local market at home. Then sample a refreshing cool drink of fresh pressed pineapple juice and lots of other "pineapple" goodies that will tantalize your taste buds. Overnight Arenal Springs

DAY 4. Jan. 23 Wed. / Full Day Cano Negro Refuge and Boat Tour B,L,D

Depart early morning to Los Chiles to enjoy a relaxing boat tour in Caño Negro Wildlife Refuge. Traveling to the refuge will take you through a great part of the San Carlos plains enjoying the beautiful scenery and a great variety of fields with different products, such as: sugar cane, legumes, fruit and vegetables and large herds of cattle. Upon arrival enjoy a welcome drink and snack then board a comfortable boat that will take you through the Canals of the river "Rio Frio" and its beautiful scenery.

Thousands of animals inhabit the borders of the river and you shall enjoy seeing monkeys, sloth, caimans, turtles, bats and a great variety of birds. Cano Negro is one of Costa Rica's best refuges where the greatest diversity of flora and fauna can be observed. You will enjoy a delicious lunch in the "El Caiman" restaurant located on the riverbank surrounded by nature. Cano Negro is incredibly exotic and you will have great and unforgettable memories. This is a tour one cannot skip! Overnight Arenal Springs

DAY 5. Jan. 24 Thurs. / Free day for optional activities B

Free Day for optional activities. Enjoy the day and do exactly as you please. Schedule a massage, soak in the hot thermal pools, zip line, horseback ride, kayak, hike, river rafting, ATV tours, mountain biking, Venado caves, blue river waterfall hike and more. Lunch and Dinner on your own. Overnight Arenal Springs

DAY 6. Jan. 25 Friday / Morning Free / Tabacon Hot Springs and dinner B,L,D

Morning free for optional activities.

This afternoon, your healing experience will continue as you visit the world famous Tabacón Hot Springs, a private reserve with its own network of naturally flowing thermal mineral springs. The road to Tabacon takes you to the heart of the jungle, so expect the sounds and sights of the native flora and fauna to flood your senses. This is where the thermal healing experience begins for body and Soul. There are five main springs which source highly mineralized water, heated underground by the Arenal Volcano's magma. Thousands of gallons of this perfect, natural water emanate from the springs every minute. The thermal water flows throughout the resort, forming the Tabacon River. You will find dozens of cascading waterfalls and warm pools along the riverbed, of varying temperatures, from 72 to 105 degrees Fahrenheit, with varying strength of water flow and degree of privacy. In addition to the natural pools, Tabacon contains five tiled pools, a swim up bar and hydrotherapy waterfalls.

Mindfulness and self-discovery are an integral part of a true healing experience and soaking in the healing waters while you are surrounded by nature and stunning scenery will leave you filled with peaceful bliss. Then enjoy a wonderful dinner at Tabacon's famous restaurant which will be the perfect ending for your day of renewal. Overnight in Arenal Springs

DAY 7. Jan. 26 Sat. / ARENAL – SAN JOSE / Grechi and Sarchi Village B,L,D

We'll begin our drive back to San Jose and along the way stop for lunch and have some time to stretch our legs and explore the colorful towns of Grecia and Sarchi. The famous Sarchi Village, declared a World Heritage site by UNESCO is known as the center of Costa Rican handicrafts where they make the famous colorful oxcarts or carreta.

The oxcart plays a very important part in the cultural history of Costa Rica. In the middle of the 19th century, when coffee was first being cultivated in the surrounding countryside, oxcarts provided the only method in which to transport the handpicked beans over the mountains to the coast and usually were a family's only means of transportation. They even became a status symbol and the tradition of painting and decorating them with a particular design would identify which part of the country the driver was from.

Here partake in some "retail therapy" as you discover wonderful gifts to bring home with you.

Spend your last night in Costa Rica at the lovely Hotel Bougainvillea with 10 acres of botanical gardens along paths filled with birds and butterflies. This evening enjoy a **Group Farewell Dinner**

[Link Hotel Bougainvillea](#)

DAY 8. Jan 27 Sun / SAN JOSE – DEPARTURE HOME B

After breakfast, transfer to Juan Santa International Airport for your flight home. After a blissful week in the healing energy of Costa Rica, return home feeling nourished on a Soul level, ready to embrace an exciting New Year.

RETREAT COST: \$2,329.00 PP based on a minimum group of 10 guests
Single supplement private room: \$589.00

INCLUDED:

7 night's accommodation at noted hotels and resort or similar in double room
Private motor coach and English speaking personal guide services
Transfer airport to hotel / hotel to airport in San Jose
Private tours as specified in the tour itinerary
Meals as specified in the tour itinerary

NOT INCLUDED:

International airfare to San Jose, Costa Rica
Airport taxes if applicable
Gratuities at hotels
Tips to tour guide and driver.
Optional tours, meals or activities not specifically listed in the itinerary.
Items of a personal nature, laundry, room service, alcoholic beverages, phone calls etc.
Travel Insurance
Incidentals of any kind.

Contact:
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