

# Yoga & Adventure in Costa Rica with Tara Lemerise

May 8 – 17, 2020



Bask in the beauty of nature and hike in the tropical rainforest. Move, mediate, and breath in twice-daily Hatha Yoga classes. Eat delicious food. Unplug and relax.

Tara Lemerise has been teaching yoga in the Washington, DC area since 2005 and has taught over 6,000 hours of yoga. She incorporates many healing modalities into her classes, including Restorative Yoga, Feldenkrais Method, and modern physical therapy techniques.

Tara is known for her ability to connect with all of her students, no matter what level, or how big or small a class may be and she makes everyone feel like they belong and comfortable doing yoga. She has a boundless amount of energy, a natural confidence and presence when teaching, and creates a calm, centered and joy-filled space for every class. She teaches with clear, detailed, precise instructions and progressive sequences, all while encouraging students to tune into their body's messages.

Retreat package includes:

- 2 night stays at Luna Inn in San Jose on Friday, May 8 and on Saturday, May 16
- Round trip charter plane and car transport to Luna Lodge from San Jose
- 7 nights stay at Luna Lodge from Saturday, May 8 to Saturday, May 16
- 3 delicious meals per day
- Daily morning & evening yoga sessions
- Bird watching (over 460 species live in Osa Penninsula, and many on the Luna Lodge property, including Scarlet Mackaws and Toucans)
- Stargazing free from light pollution (telescope onsite)
- Hiking to waterfalls on the property
- Sunbathing and swimming at the Luna Lodge pool
- Optional guided day-long hike in Corcovado National Park and other excursion

For more information and full details on this retreat, please visit: [taralemeriseyoga.com](http://taralemeriseyoga.com) or email [tara@taralemeriseyoga.com](mailto:tara@taralemeriseyoga.com).

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