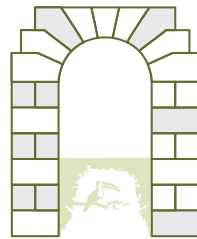


nature | adventure | nutrition | culture | yoga



seven tree

rejuvenating retreat

osa, costa rica

join us on a journey of a lifetime

FEBRUARY 6th - FEBRUARY 17th 2024

905-631-2273 | info@seventree.com | seventree.com

TICO: 50024389

1-5295 John Lucas Dr,
Burlington, ON L7L 6A8



seventree

rejuvenating retreat

osa, costa rica

FEBRUARY 6th - FEBRUARY 17th 2024

Osa was named by National Geographic as "the most biologically intense place on Earth", you're sure to see some stunning wildlife, gorgeous sunrises and sunsets, experience rejuvenating yoga classes, and enjoy delicious fresh fruits and culinary experiences.

seventree's rejuvenating retreat to Osa, Costa Rica is a family-friendly adventure hosted in Botanika Osa, Curio Collection Resort, a luxury jungle resort.

TENTATIVE ITINERARY INCLUDES:

Cost is inclusive of transfer from San Jose to Puerto Jimenez round trip, breakfast, dinner, accommodation for 11 nights, hotel & amenities, 7 yoga classes, 3 nutritional seminars, and boat excursion

Tue, February 6th
Land in San Jose around 21:00
Wed, February 7th
Group breakfast and orientation in San Jose, leave early to head to Osa. Lunch in Quepos, swim in Uvita. Arrive in Osa for the early evening
Thurs, February 8th
Morning yoga, relaxing day to use hotel amenities** and explore
Friday, February 9th
Golfo Dulce Boat Tour, dinner at a local restaurant
Sat, February 10th
4 x 4 monkey tour with a picnic at Matapalo beach*, evening yoga class
Sun, February 11th
Relaxing day, nutrition seminar, evening mangrove tour by kayak*, dinner at Aventuras Café

Mon, February 12th
Sloth tour with indigenous guides*, cacao plantation tour with lunch*
Tue, February 13th
Morning yoga, relaxing day at the hotel, afternoon nutrition seminar
Wed, February 14th
Horseback riding in Matapalo*, dinner at Martina's
Thurs, February 15th
Nutrition seminar, walk to Playa Preciosa, group dinner
Friday, February 16th
Drive back to San Jose
Sat, February 17th
Fly back to Toronto

* Not included in cost - see approximate costs to the right
** Hotel amenities include pool and gym



Cacao plantation, sloth tour \$190 USD/person

4 x 4 monkey tour \$140 USD/person



Horseback riding \$68 USD/person

Mangrove kayak tour \$65 USD/person (dependent on high tide)

4 adults: \$3,300 USD | 2 adults 2 kids: \$2,675 USD
Per person, per double occupancy

1 adult \$6,200 USD | 2 adults \$4,200 USD
Per person, per single occupancy

| ALL - IN PRICING |

Children 8 years and under are free (maximum of 3 per couple - must stay in the the same room as parents/guardians)

Payment Terms: 50% due 30 days prior to trip, balance due prior to departure. Payment plans are available; please inquire for additional details. (NOT INCLUDED: international air ticket, travel insurance, daily lunch, beer, wine, and other alcohol, select activities, and service beyond the itinerary)

seventree loyalty travelers: Have you been on a seventree trip before? If yes, enjoy up to \$300 per booking or up to \$500 per family booking as a discount if booked before December 1st, 2023.

Cancellation Policy
Trip is non-refundable.

Deadline to book is December 31st, 2023