

*A World of Sophisticated Journeys and Retreats*

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## COSTA RICA: New Year's Yoga Retreat

### A Wellness-Adventure Yoga Retreat at Ama Tierra

**featuring Aimee Roberson and Rawles Williams**

7 Nights: January 2 - 9, 2011 / Optional 6 Night Package

**from \$1980 pp based on double occupancy**



#### OVERVIEW

Rejuvenation...with a little adventure on the side! Slow down and find balance. We guarantee you will leave feeling fabulous, and in a state of expansiveness, after a week in Costa Rica on this New Year's week retreat. Daily yoga classes are offered each morning, and some afternoons, by the dynamic husband and wife team, **Aimee Roberson** and **Rawles Williams**, owners of **Luminous Body Yoga**. Surrounded by Paradise, all your meals are prepared for you in a healthy, organic, gourmet style. Your only concern will be deciding if you wish to spend the afternoon relaxing or go out on a group adventure including horseback riding, a canopy "zip line" tour, a trip to the beach, or hiking to the waterfalls!

This retreat is for you and like-minded travelers to share common interests, live in harmony with nature, and to express deep gratitude for well-being on all levels.

**Day 1: Sunday, January 2, 2011: Depart for San Jose, Costa Rica**

Airport greeting and transportation to Ama Tierra, a low-impact, wellness resort, surrounded by Paradise. We will be greeted with a fresh juice smoothie and have time to settle into our casitas and explore the property. At 7:00, we gather in the dining room to enjoy a delicious, family-style dinner and desert cooked by the local chefs.

After dinner, we gather with the entire group for an opening ceremony and guided meditation and a brief orientation to the week's agenda, opportunities, and activities. Spend the rest of the evening by the pool, star-gazing from your tropical Paradise, or retire with a DVD of your choosing from the resort's in-hotel library, or sit out. **(D)**

**Day 2: Monday, January 3, 2011: Relaxation**

Each morning, Aimee and Rawles will offer a grounding and heart-opening meditation with breathing and guided imagery to start your day in a sacred and beautiful way. Tuning into the heart chakra, one is able to cultivate a spirit of gratitude, a higher energy that enhances healing and well-being. The morning meditation will be followed with an invigorating yoga class. Our yoga takes on new depth as we breathe the fresh morning air, surrounded by the beauty of nature in the Costa Rican mountains.

After yoga, we enjoy a healthy breakfast on the balcony overlooking the valley below. Later, take a refreshing swim in the pool or get back to nature by hiking to the stream and ocean viewpoint located on the property. Next, enjoy a light lunch before an afternoon hike or swim. A second yoga and meditation class will be offered in the late afternoon.

**Yoga and Meditation Highlights:** *Aimee and Rawles teach yoga classes that emphasize integration of mind and body to allow the power of spirit to flow freely in our lives. Classes are heart-centered, playful, and dynamic and are designed to increase strength, flexibility, and endurance; energize and inspire your personal practice; relax your body; and calm your mind. Classes include asana, kriyas,*

*pranayama, chanting, drummin , meditation, and guided imagery. Yoga is both science and art, allowing us to release limiting physical, emotional, and behavioral patterns and open fully to love, compassion, courage, and joy. Practicing awareness, transformation, and intent, we learn to tap into the abundant flow of life force energy and gracefully ride the luminous currents and waves of our existence while creating the lives our hearts desire.*

Dinner is at 7:00, and it promises to be just as delicious as the night before. The rest of the evening is at your leisure. **(B, L, D)**

### **Day 3: Tuesday, January 4, 2011: Adventure**

Greet the day with meditation and yoga with a 360° view of the rainforest. Afterwards, enjoy a freshly prepared organic breakfast.

Next, head to **Turubari Park**, a local eco-adventure park, for a guided tour, complete with explanations of Costa Rican plant and animal life and a fabulous Costa Rican lunch. This is an eco-adventure experience with rain forest tours, an aerial tram, and a butterfly garden where you can see the stunning blue morpho butterfly.

After lunch, we continue with our adventures! Choose between a mellow and relaxing horseback ride through the amazing rainforest, marveling at all the sights and sounds, or if adrenalin is more your style – Turubari Park has the best Zip Line course around, which most claim as a definite must-do in Costa Rica! This activity known as “the Canopy,” takes 90 minutes to complete, and has 8 cables and 12 platforms.

Back at **AmaTierra**, relax from your long day by the pool or in your casita. Before dinner, enjoy a relaxing yoga and meditation class, or if you’re too tired from the day, try a massage or wellness program offered at the resort.

***Session Highlight: This evening, we meet with Jill, the resort owner for an evening of group toning with Crystal Bowls. This Vibrational Sound Therapy is a type of "energy medicine" that helps to re-align the body's subtle energy field and stimulate healthier cell activity. The special quartz crystal Jill uses in her work are tuned to the body's "chakras" or energy centers, and can help to push through***

*stagnant or blocked energy channels in much the same way ultrasound therapy is used to ease pain and even to cleanse clogged arteries.*

*We are very pleased that Jill wishes to join us for this very special evening, as she shares her gift with us. People find it to be a mesmerizing and sensual experience that leaves them feeling renewed and energized, more in harmony with the natural rhythm and flow of the earth's own energy field. This is, by the way, no accident, as the bowls are aligned with the same electromagnetic frequency of the earth and made to resonate with the natural world, which our bodies, when in balance, hum along with. (B, L, D)*

#### **Day 4: Wednesday, January 5, 2011: Beach and Surfing or Shopping day of Leisure**

The day begins with meditation and balancing Hatha Yoga. Then, prepare your body for a wonderful day with another healthy, organic breakfast. Being a day of leisure, the options today are endless. Stay at the resort and read, take advantage of the glorious hiking trails around AmaTierra, swim, or go on a little adventure of your own. Or join us for the planned outing today, which takes us to the town and beaches of Jacó, Costa Rica.

Playa Jacó, is a bustling surf-town with a fun, laid back atmosphere that is rumored to have one of the best surf breaks in Costa Rica. If you want to give surfing a try, we can help you make arrangements for surfing lessons in Jacó or nearby world famous Hermosa Beach!

Return to resort to rest and clean up for dinner, and this evening's learning session and activities.

***Session Highlight: Toltec Wisdom, Tools for Transformation:*** *When we realize life is art, we know that each word we use, in our minds or with our voice, is a brushstroke in our masterpieces. When we are impeccable with our words, we consciously create beauty with love and respect for ourselves and all other beings. Yet our habitual patterns of reacting and emotional triggers are often in control of our lives. Aimee and Rawles teach techniques from the Toltec wisdom tradition for cultivating awareness and identifying self-limiting beliefs that rob us of joy and create needless suffering. We learn to let go of the beliefs and stories that cause us pain, live life with more authenticity and a deeper connection to our True Self, and transform our lives into an experience of freedom, happiness, and love. (B, D)*

### **Day 5: Thursday, January 6, 2011: Thermal Spring Adventure**

Begin another spectacular morning with meditation, followed by outdoor morning yoga. Afterwards, a nourishing breakfast is at the table waiting for us. Today, we have an exceptional experience to share. Not far from Ama Tierra are natural, hot thermal springs. Choose to travel to the springs by hiking a few miles in on foot after a short drive, or be dropped off directly at the springs. Experiencing the springs and nearby waterfalls and streams allows for deep relaxation and immersion in the beauty and healing properties of nature. Refresh and rejuvenate yourself by splashing around in the cool water, which feels like Heaven on Earth. Returning back to the hot spring feels like Heaven re-invented. Lunch will be provided for us in this awesome natural setting.

Returning from our adventure, enjoy some fresh fruit or a smoothie and take some time to relax. We will gather again before dinner for meditation and yoga. After dinner, the rest of the evening is at your Leisure. Optional activities will be offered. The rest of the evening is at your Leisure. Optional activities will be offered. **(B, L, D)**

### **Day 6: Friday, January 7, 2011**

This day begins with our morning yoga session, combined with a deep meditation to cultivate a state of grace and gratitude. After breakfast, gather for a local group hike or feel free to enjoy a full day of leisure, reading in your private hammock, swimming, or enjoying the company of others within the group.

A yoga class will be offered in the late afternoon, including a guided meditation to infuse your entire being with the healing power of gratitude, openness, and expansiveness to send energy and love to others. After a beautiful group dinner, Aimee and Rawles will offer an evening of journeying with buffalo drums.

***Session Highlight: Journeying with the Drum:*** *The healing and spiritual traditions of the world teach that there is unseen energy that sustains and supports life as we know it. Quantum physics also describes our true nature as energetic beings. Aimee and Rawles teach a drumming technique for*

*exploring the inner worlds that is a powerful tool for facilitating insight, inspiration, and personal transformation. (B,L,D)*

### **Day 7: Saturday, January 8, 2011: Relax or Hike**

Another stunning day in Costa Rica begins with our morning meditation and yoga session. After breakfast, we choose to spend a day relaxing and swimming around the resort, or enjoy some additional spa services. For the adventurous at heart, there is an opportunity to enjoy a waterfall hike.

So this hike offers you two popular destinations the La Paz Waterfall gardens and Poas Volcano. The waterfall gardens give you the opportunity to enjoy lush tropical rainforests, flowing white rivers, beautiful waterfalls, and a variety of birds, butterflies and flowers. Over 3.5 kilometers of hiking trails allow you to take it all in at your own pace.

A visit to Poas Volcano allows you to look into the heart of a live volcano. Although there is no lava flow, the steam arising from the crater and occasional geyser eruptions make this a spectacular sight. You will get a birds-eye view 320 meters down into the powerful crater - the deck is practically at the rim of the crater.

This evening, our last together as a group, is celebrated in song, music and dance. We are treated to a Traditional Trio Entertainment evening with Salsa dancing, and a variety of styles of Costa Rican music. **(B, D)**

**NOTE:** For those on a 6 Night Itinerary Option, you will be transferred to the airport, and your journey will end with us at breakfast.

### **Day 8: Sunday, January 9, 2011: Depart for Home**

A brief morning session for meditation, then breakfast before we must say our goodbyes and head back a new, re-energized person...ready to attract our desires, all the while incorporating balance and peace into our hectic daily routines.

Our friends at AmaTierra transport us to the airport in San Jose. **(B)**

Activities on this agenda may change slightly due to weather or other unforeseen circumstances. For more information about this tour, please contact LUX World Travel at **1-866-269-2659**.



## ACCOMMODATIONS

Feel at home cradled by nature amidst the mango trees and sounds of the living forest in your **simple, elegant suite**. Allow yourself to truly relax in the comfort and peace of the mountains that Costa Rica is famous for.

Tastefully designed with unique decor to allow you to enjoy the **serenity of your surroundings**, each Suite comes with its own bathtub, private terrace and garden with outdoor seating. Hardwood furniture and a ceiling made of teak brings the ambiance of the forest into your room.



The sleeping area has a comfy queen-sized bed, and an additional double bed can be arranged in the living room if needed. Ceiling fans, a refrigerator, coffee/tea maker, phone, complementary snacks and TV/DVD player. Choose a movie, free from over 250 in our collection, make your stay even more inviting.

Settle in to a cool evening with a bottle of Chilean Cabernet and watch the sunset from your private terrace. In the morning, **awaken to the sounds of nature**. Take a walk to the stream or hike to where you can see the Nicoya Peninsula in the distance. Meditation is an extra special experience here in Costa Rica.

### **Tour Inclusions and Pricing**

7 nights resort Deluxe Accommodations

3 meals daily, with the exception of Day 4, a day of leisure shopping, and beach hopping

1 Massage

Airport greeting and ground transportation

Daily Yoga Classes with Aimee and Rawles

All meditations and classes and sessions with Aimee and Rawles

Evening Toning with Sound Vibration, Crystal Bowls

All Tours and Activities mentioned in the Itinerary

All Gratuities and hotel taxes

Evening of traditional salsa dancing

*To register, please print a form from our web site, or call for a form to be mailed or faxed to you.*

<b>Tour Price Per Person (Land Only)</b>	<b>Single Supplement</b>	<b>Prepaid Gratuities</b>
7 Nights USD \$1980.00	USD \$275.00	
6 Nights USD \$1870.00	USD \$275.00	



### **Not Included**

Alcoholic beverages, travel Insurance, overweight baggage fees to airlines, additional sightseeing, additional spa treatments, ground transfers for personal excursions or activities, golf fees, items of personal nature such as laundry, long distance phone calls, International Airfare and departure taxes, Meals and drinks not specified in the Itinerary.

### **Single Supplement and Roommates**

Single people may sign up for accommodations desired on a shared basis; roommates can be chosen from other tour members. If a roommate is unavailable, the participant will be notified of the adjusted price for a single supplement, which is **\$275.00**

### **Deposit Information**

**A deposit of \$500.00 per person** is due at the time of booking, and is non-refundable. LUX World Travel will incur costs to hold space and reservations for each booking, and as a result cannot return deposit payments. ***However, we will offer a \$50 discount per person for deposits applied before August 10, 2010.***

We highly recommend purchasing Travel Insurance to protect your Vacation Investment. Full payment will be due November 2, 2010. Please contact us after that date to check on availability.

### **Cancellation Policy**

Cancellation penalties imposed on LUX World Travel by its suppliers are stringent, and are per person for land arrangements. Airline tickets are different, and hold a completely separate penalty and we will advise you at the time of your cancellation of this additional penalty.

The following terms apply effective as of the date LUX World Travel receives written notice of cancellation.

### **Days prior to departure:**

More than 90 days prior to departure – \$500 per person

89 to 60 days prior to departure – 25% of trip cost; 59 to 30 days prior to departure date – 50% of trip cost; 29 days or less prior to departure – 100% of trip cost to include handling fee and liquidated damages for LUX World Travel.

LUX World Travel reserves the right to cancel this retreat to lack of participation to create a minimum number of passengers, or for any other foreseen reason that may create hazards or jeopardy to our clients. In the case that LUX World Travel needs to cancel or post-pone any tour, all monies collected will be returned in full for the land portion. Penalties from the airlines may occur depending on the type of air purchased, for which LUX World Travel is not responsible. We do highly recommend **Cancel for Any Reason Insurance** for at least the flight portion of your journey to insure our clients with full flight protection coverage.

### **Passport, Visa, and Health Requirements**

For entry into Costa Rica, U.S. citizens must present valid passports that will not expire for at least thirty days after arrival, and a roundtrip/outbound ticket. Some U.S. airlines may not permit passengers to board flights to Costa Rica without such a ticket. Passports should be in good condition; Costa Rican immigration will deny entry if the passport is damaged in any way.

### **Travel Insurance**

We highly recommend travel insurance for this journey. We will be happy to provide you with a variety of quotes to fit your specific travel needs. **1.866.269.2659**.

### **To Register for this Retreat**

To register for this retreat, please call or email us for a Registration Form. The Registration Form may also be downloaded from our web site. <http://www.luxworldtravel.com>

## **About Your Tour Leaders**

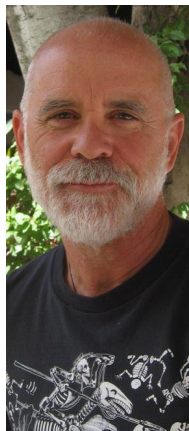


**Aimee Roberson** is a conservation biologist, yoga teacher, wellness coach and lover of life. Her passions include yoga; exploring the spiritual traditions of the world; holistic health from personal to planetary; being in nature; vibrant, healthy food; and being of service to people who want to create a life full of freedom, love, and joy.

Aimee has studied and practiced yoga for over 20 years, began teaching in February 2007, and is continuing her studies with a focus on Anusara Yoga. She completed yoga teacher training in 2006 with the Living Yoga Program in Austin, Texas, and is registered with Yoga Alliance.

Aimee has studied various methods of yoga, including Ashtanga Primary Series Teacher Training with Manju Pattabhi Jois and teacher training workshops with Doug Swenson, Gary Kraftsow and Max Strom. Aimee incorporates Ayurveda, Qi Gong, chanting, and other healing methods from around the world into her yoga practice and teaching.

Aimee has studied with and been greatly influenced by Toltec masters don Miguel Ruiz and Susan Gregg. Aimee's spiritual practice has also been shaped by the teachings of Jesus Christ, Guatama Buddha, Maharishi Patanjali, Jalal al-Din Rumi.



**Rawles Williams** is a wildland fire manager, yoga teacher, wellness coach, and wilderness guide. He is also an author and a student of history who embraces all authentic spiritual traditions. Rawles rejoices in family, good friends, simple living, being close to Nature, gardening, and guiding others in their personal journey of self-discovery.

Influenced by experiences in Nature, Rawles integrates Yoga, Reiki, Vendanta, Vajrayana Buddhism, Christian and Toltec wisdom traditions through movement, meditation, pranayama, kriyas, and mantra. The focus of Rawles' teaching is to assist students in developing a healthy lifestyle and guide them in the heart-felt discovery of the transformation of an outward search to an inward knowing. Rawles honors all traditions and respects all spiritual beliefs in the exploration of the Sacred Fire that leads to Self-Realization.

Introduced to hatha yoga by his parents in the early 1970s, Rawles practiced Kundalini and Tibetan yoga during the 1980s, but resisted a regular practice until he discovered the joy of Yoga in 2001. He is attending hatha yoga teacher training in March 2010 at Sivananda Bahamas. Rawles has studied with many wonderful teachers including his wife Aimee, who remains his primary yoga teacher and mentor.



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1.585.672.5587