

DISCOVER & RECOVER YOGA RETREAT

March 19th – 23rd 2018

Through yoga, beach workouts, meditation, nutrition and workshops, this 5 day retreat will initiate new healthy habits and you will leave with the knowledge you need to live a more balanced lifestyle.



- Incorporating a blend of hatha, Vinyasa and yin / restorative teachings and classes (2 x day)
- Daily beach fitness activities and workouts
- Day trip to San Juan del Sur via authentic nicaraguan panga
- 1 x one hour massage
- Hike giant's foot with sunset meditation class
- 2 yoga classes per day
- One-on-one self-care workshop – nutrition, healthcare, mental wellness
- Transport to & from managua airport to aqua
- Daily breakfast with vegetarian, vegan and gluten-free options

This incredible retreat will see you spending your days along a pristine private stretch of beach in Redonda Bay and your nights among the jungle in one of our renowned tree house suites. Paddle boards, surfboards, kayaks, bodyboards and snorkeling equipment are all included in your stay for both invigorating or relaxing water activities.

- Single Occupancy
- \$2100 per person in a studio tree house or add just \$500 for a luxury tree house suite!
- Double Occupancy
- \$1100 per person in a studio tree house or add just \$400 for a luxury tree house suite!
- Triple occupancy available only in our luxury tree house suites for \$1500 per person



Limited Space with room for only 16 guests to keep the retreat as personal as possible.

To learn more contact us at yoga@aquanicaragua.com