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HOME ABOUT EVENTS BLISS RETREAT YOGA + WELLNESS STUDIO DIRECTORY WRITE FOR US ADVERTISE PRAIRIE LOVE YOGA FESTIVAL SHOP

16 Oct 2014

POPULAR INSPIRATIONS



WHAT IT MEANS TO BE A PRAIRIE YOGI

Photography by Tine Butler - Written by Rachelle Taylor It seems like it's during the winter months that prairie yogis shine bright...



5 TIPS ON SURVIVING THE COLD PRAIRIE WINTER

Written by our December PY of the month, Adrienne Shum Icy mornings, endless blankets of snow, short days, long underwear - winter has...



WHY I GAVE UP

Written by Laura Wittig / Image by

Monique Pantel I've always

Learning Adventures Costa Rica. Good Vibrations - Yoga, Health and Wellness



Sponsored Content - Learning Journeys powered by Perillo Tours, Inc.

Celebrate the holidays and winter with a gift of self-discovery and giving back!



Monique Parthenay always wondered why there has been such a negative connotation attached to "gi...



10 TIPS FOR NEW YOGA TEACHERS

YAY! You've just graduated

from your first teacher training program. Now what?! Here are some tips to keep in mind as you launch from yo...



KEEP YOUR COOL OVER THE HOLIDAYS!

Jingle bells

and mistletoe have arrived- but so has the added stress involved with the extra activity December brings. Winter holid...



Made in November MOGA event

The tradition of November

began ten years ago in the land down under with 30 Mo Bros trying to raise awareness for men's health i...



Join Perillo Tours as we venture through beautiful Costa Rica, a land alive with natural beauty and energy. This trip is designed to welcome all who are looking for a sojourn of the soul. You will enjoy daily yoga and meditation, farm to table food, community service projects, horseback riding, zip-lining, canopy walks and even a cooking demonstration in a rural mountain village. Perfect for single travellers as well as friends and couples!

"A truly transformational experience" -Susan-Los Angeles, CA

At Learning Journeys, we believe in a new kind of wellness vacation. One where you are moving, touching, feeling a destination - not just staying put in one location. Our unique journeys help you explore the world, give back to the community and ultimately re-connect with yourself. All while keeping your daily practice and enjoy delicious, healthy food that works with your diet.

With a Nomadic Health and Wellness Experience you're not limited to one place but rather have the pleasure of enjoying several destinations in one trip. All of our journeys incorporate culture, nature, culinary traditions, community service and meeting the locals. We think this variety of sensory experiences only serves to broaden the mind, body and spirit. Join us on an adventure of the mind, body and soul.

What Sets Learning Journeys Apart?

Keeping Our Practice

Each of our trips has yoga and meditation built into the itinerary. Who says you can't travel *and* keep your practice? Learning Journeys makes it easy.

Delicious, Healthy Food

Learning Journeys believes that healthy, locally sourced food is an integral part of the travel experience. Are you a vegan? Gluten-free? No problem. We can work with your special diet to be sure you eat well while traveling with us!

Giving Back to Community

Getting involved in the local community is the best way to truly understand a culture. At Learning Journeys, we take it one step further and give back with a local community service project. Our guests say this unique interaction with the locals is often what they remember most about their travels with us.

Small, Inclusive Group Size

Our programs are small, limited to 25 guests maximums. We are also happy to welcome and work with yogis of all levels, even beginners. If your non-practicing travel companion wants to come along too, no problem, we welcome them!

Perfect for Any Occasion

Looking to mark a special birthday or anniversary? Do a mother/daughter trip? Just get away on your own? Our trips are versatile and welcoming to everyone.

Supported By Years of Experience

Powered by Perillo Tours, Learning Journeys offers the best of all worlds. We are on the cutting-edge of new spiritual and thoughtful travel but also bring nearly 70 years of travel planning experience to the mix. Let's just say, we know how to plan the journey of a lifetime!



PRAIRIE YOGI STORIES

▼ 2014 (88)

► November (4)

▼ October (10)

TWO THINGS ABOUT DEATH THAT THE LIVING NEED TO KNOW...

CELEBRATING THE BIG SKY IN THE LAND OF THE LIVING ...

HOW TO MAKE THE MOST OF YOUR MASSAGE

INTO THE WILD

Learning Adventures Costa Rica. Good Vibrations -

PRAIRIE LOVE FESTIVAL - GRATITUDE - RECAP

TRANSITIONING: ON - OFF THE MAT

PY House Warming PARTY!

- ▶ September (4)
- ▶ August (7)
- ▶ July (7)
- ▶ June (9)
- ▶ May (6)
- ▶ April (11)
- ▶ March (10)
- ▶ February (9)
- ▶ January (11)
- ▶ 2013 (119)
- ▶ 2012 (16)

SEARCH PRAIRIE YOGI

Good Vibrations Itinerary



TAGS

Prairie Magazine Yogi Canada
Yoga Winnipeg Prairie Yogi
Self love Spine Health Tantra Yoga
for your Spine

Receive Email Updates!

Day 1: Arrive in Costa Rica

Afternoon transfer to San Ramon Cloud Forest, at a Five Green Leaves by The Certification of Sustainable Tourism (C.S.T.), Costa Rica's highest award for sustainable practices and operations. Enjoy accommodations where comfort and conservation co-exist in harmony, reflecting a commitment to sustainable hospitality.

Day 2: Cloud Forest, San Ramon, Nature Hike, Optional Zipline/Hanging Bridges

AM Yoga class. After breakfast we will take a relaxing walk into the clouds as you step into the heart of the cloud forest with our own nature interpreters who will unveil a secret world of rich tropical life along four different user-friendly trails. As a part of only 2.5 % of the planet's remaining cloud forests, this unique forest habitat continues to amaze all who enter this protected nature reserve of over 2,000 acres. Relax and enjoy the magic of the cloud forest or visit Arenal

Day 3: San Ramon. Community Project, PM Cloud Forest Walk

AM Yoga class. After breakfast we gather to work on a community project at a local primary Costa Rican School. Lunch upon return. Afternoon to relax at the spa or wellness center.

PM Cloud Forest Walk: If you're looking for the region's wildest nightlife, look no further. When the sun goes down, the cloud forest transforms like no other habitat in the world. Night is when the cloud forest breathes, pumping out higher concentrations of oxygen along with layers of the sweet fragrances of nocturnal plants and flowers. You'll discover a world rarely seen by visitors to other parts of Costa Rica. PM – Guided meditation after dinner. (B, L, D)

Day 4: AM Yoga Class

AM Yoga Class. Morning to enjoy the sauna and whirlpool. Mid-morning, transfer to Quepos in Manuel Antonio National Park. Whole foods boxed lunch. Afternoon at leisure to relax poolside or visit the stunning beaches. Dinner at hotel included. (B,LD)

Day 5: AM Yoga, Manuel Antonio

AM Yoga Class. After spend the day in Manuel Antonio National Park. Beach picnic and guided meditation on the beach. PM return to the hotel for dinner. (B, L, D)

Day 6: Manuel Antonio Rural Mountain Adventure, Community Project

AM Yoga. After breakfast, we will depart for the mountain range of Fila Chonta. Experience a unique piece of Costa Rican rural heritage and biodiversity during the Santa Juana Rural Mountain Adventure. This unique mountain adventure is a guided nature, conservation and cultural expedition. Visit the tiny farm village while enjoying an authentic "Campesino" style lunch in a typical rancho co-hosted by members of the local community.

Day 7: Departure. Early departure to International Airport Juan Santamaria (SJO) to take your flight back home.



Costa Rica Good Vibrations- Yoga, Health and Wellness

7 Days/6 nights

December 14-20th, 2015 or February 22-28th, 2015

Investment: \$2175USD per person – Includes all accommodations, daily yoga & meditation, activities and all meals-farm to table!

Single supplement- \$450

Limited space opportunity- Book by October 30th and receive a \$250 discount per person

Book by calling *Learning Journeys* at 888-884-8259

Or by emailing Info@LearningJourneys.com

<http://www.learningjourneys.com/wellness/>



Posted by Prairie Yogi at 11:44 am

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