

Yoga Courses

Yoga may be combined with Spanish, surfing, scuba or fire dancing courses

Teeming with waterfalls, endless beaches, and a bountiful rainforest, Montezuma is the perfect place for a yoga retreat!

Our classes are exclusive for La Escuela Del Sol students to ensure the best quality experience. Over the period in which you are here, you will fall gently into the flow of the class, not having to slow down for newcomers from day to day. You will get to know our instructors' next moves before they make them and our instructors will get to know your strengths and your weaknesses so that together, you can take your practice to the next level. We often have outside yoga instructors take our programs and leave proclaiming that it was the best yoga class they've ever taken!

Our Hatha Vinyasa classes have a touch of Anusara inspiration. They are held in an open, covered pavilion overlooking the ocean while listening to the sounds of birds, monkeys and crashing waves. We are open for all levels, teach in English, and space is limited to 15 people so that we can maximize your individual attention.

We have mats and props available for use and all levels of proficiency are welcome. But wherever you are in your practice, our resident instructors will guide you mentally and physically to reach an inner peace you'd be lucky to find anywhere else.

Share

Yoga Only Program

If you choose the Yoga Only option, you may join our morning classes as well as our private evening classes, M-F at no extra charge. Note that while our evening classes are exclusive for our students, the morning classes are open to drop-in visitors. The consistency and progression are slightly different, but the program is more yoga intensive for you personally if you choose to participate in the extra classes.

****Yoga courses are very popular. Book early to guarantee enrollment****

Please see our Rates and Dates page for program fees and schedules.

Here's a look at what you will find in our Yoga or our Yoga combination programs:

1 Week Yoga Program

-
90 minutes of Hatha Vinyasa-style Yoga, evenings M-F

-
Option for additional 90 mins. each morning, M-F

-
Guided waterfall hike

-
6 nights accommodation at La Escuela Del Sol
2 Week Yoga Program

- Features of 1 Week Program plus:

- 1 more week's accommodation (13 nights total)

- Optional zip line canopy tour or guided horseback riding to private waterfalls (weekends only)
3 Week Yoga Program

- Includes all features of 2 Week Program plus:

- 1 more week's accommodation (20 nights total)

- Optional class on third Friday to allow for extended travel
4 Week Yoga Program

- Includes all features of 3 Week Program plus:

- 1 more week's accommodation (27 nights total)

- 4th week graduation bonfire

1 Week Spanish and Yoga Program

- 2 hours of classroom, Spanish instruction, M-F

- 2 hours of applied learning (in class or outside), M-F

- Books and instructional materials

- 90 minutes of Hatha Vinyasa-style Yoga daily, M-F

- Guided waterfall hike

- 6 nights accommodation at La Escuela Del Sol
2 Week Spanish and Yoga Program

- Features of 1 Week Program plus:

- 1 more week's accommodation (13 nights total)

- Optional zip line canopy tour or guided horseback riding to private waterfalls (weekends only)
3 Week Spanish and Yoga Program

- Includes all features of 2 Week Program plus:

- 1 more week's accommodation (20 nights total)

- Optional class on third Friday to allow for extended travel
4 Week Spanish and Yoga Program

- Includes all features of 3 Week Program plus:

- 1 more week's accommodation (27 nights total)

- 4th week graduation bonfire

1 Week Yoga and Poi Program

- Introduction to fire safety if lighting up

- 90 minutes of poi instruction, on beach or in covered veranda, M-F

- 90 minutes of Hatha Vinyasa-style Yoga, M-F

- Guided waterfall hike

- 6 nights accommodation at La Escuela Del Sol
2 Week Yoga and Poi Program

- Features of 1 Week Program plus:

- 1 more week's accommodation (13 nights total)

- Optional zip line canopy tour or guided horseback riding to private waterfalls (weekends only)

3 Week Yoga and Poi Program

- Includes all features of 2 Week Program plus:
- 1 more week's accommodation (20 nights total)
- Optional class on third Friday to allow for extended travel

4 Week Yoga and Poi Program

- Includes all features of 3 Week Program plus:
- 1 more week's accommodation (27 nights total)
- 4th week graduation bonfire

1 Week Yoga and Surfing Program

- Surfboard rental
- Introduction to surfing on beach for beginners
- 2 hours of surfing instruction at Playa Grande, M-F
- 90 minutes of Hatha Vinyasa-style Yoga daily, M-F
- Guided waterfall hike

2 Week Yoga and Surfing Program

- Features of 1 Week Program plus:
- 1 more week's accommodation (13 nights total)
- Optional zip line canopy tour or guided horseback riding to private waterfalls (weekends only)

3 Week Yoga and Surfing Program

- Includes all features of 2 Week Program plus:
- 1 more week's accommodation (20 nights total)

- Optional class on third Friday to allow for extended travel
4 Week Yoga and Surfing Program

- Includes all features of 3 Week Program plus:
- 1 more week's accommodation (27 nights total)
- 4th week graduation bonfire

2 Week Yoga and Scuba Program

- 90 minutes of Hatha Vinyasa-style Yoga daily, M-F
 - Guided waterfall hike
 - Week 1: Daily Scuba instruction in classroom, pool, beach or boat
 - Weekend Scuba diving from boat
 - Week 2: Finish last dive for certification plus 2 fun dives during week
 - 7 total Scuba dives
 - Basic CPR training
 - Snacks and drinks on boat
 - Official certification card in hand before you leave
 - 13 nights accommodation at La Escuela Del Sol
 - Optional zip line canopy tour or guided horseback riding to private waterfalls
- 3 Week Yoga and Scuba Program
- Includes all features of 2 Week Program plus:
 - 1 more week's accommodation (20 nights total)
 - 1 more week of Yoga classes (M-F)
 - Optional fun dives (1 tank \$150; 2 tanks \$180)

4 Week Yoga and Scuba Program

- Includes all features of 3 Week Program plus:
- 1 more week's accommodation (27 nights total)
- 1 more week of Yoga classes
- More optional fun dives
- 4th week graduation bonfire

[Click Here To Apply](#)
[Contact Us](#)

The following articles paint a general picture of a LEDS yoga vacation and may not be relevant to your upcoming trip:

[Relax at an Exciting Yoga Retreat in Costa Rica](#)
[Costa Rica Surf and Yoga](#)

[Best Yoga School Costa Rica](#)

[Costa Rica Yoga?](#)

[Costa Rica Yoga for a New You](#)
[Exciting Costa Rica Yoga Vacations](#)

[Finding The Best Costa Rica Yoga School](#)

[Why Choose a Costa Rica Yoga Vacation?](#)