

Yoga Article 1

La Escuela Del Sol offers vacation packages that include your choice of yoga, surfing, Spanish, fire dancing and scuba certification. See our Yoga Vacation page to learn more about our yoga retreat packages or check out our homepage to find out more about our school.

Relax at an Exciting Yoga Resort in Costa Rica

If you love to practice yoga or have always wanted to take up this ancient art of relaxation and exercise you should consider the best opportunity to practice at a yoga resort in Costa Rica. There are many benefits and exciting opportunities for those who decide to embark on a trip to Costa Rica to practice or learn yoga. Here is a look all you can experience when you choose the best yoga resort Costa Rica has to offer.

In Costa Rica you can stay at a relaxing yoga resort Costa Rica has on its beautiful peninsula. Here in Costa Rica you will get the opportunity to pick a program that is as short as one week or as long as four weeks depending upon your own wants and personal schedule. Whether you are just starting out in yoga or looking to take the more advanced program you will have the opportunity to practice with others on your skill level in a very relaxing, intimate atmosphere. In addition to this you will be taught by professionals whose goals are to help assist you in getting to new yoga levels and who want to help you reach the ultimate in relaxation.

In addition to getting the opportunity to learn yoga at the best yoga resort in Costa Rica you will get the opportunity to visit and explore beautiful Costa Rica. In your down time you can go relax on one of the magnificent beaches or go swimming in the clear ocean. Others who visit Costa Rica enjoy scuba diving or going surfing for some added excitement. Costa Rica has also been blessed with a plethora of beautiful waterfalls. You can go for a hunt of all the different ones you can see or pack a picnic lunch to enjoy next to them.

Costa Rica also has many beautiful trails for those who enjoy hiking. Keep your

eyes open to see all the neat birds and wildlife that live in Costa Rica while you are out on these trails.

Besides getting to learn yoga at a beautiful resort dedicated to this art you also have the opportunity to learn other new exciting things such as surfing, fire dancing or brush up on your language skills by learning Spanish. Costa Rica is the perfect place to learn all these things as the people are very friendly and you will find the culture and atmosphere to be very inspiring.

If practicing yoga in Costa Rica sounds right for you now is the time to go. You do not even have to bring along your own mat as they will provide you with one of your own you can use while you are in the program of your choice. Upon graduation you will feel relaxed, refreshed and ready to go home with new yoga knowledge!