

Yoga Article 3

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 Costa Rica yoga retreats packages or check out our homepage to find out more about our school.

Costa Rica
Yoga?

Costa Rica. The name conjures up vivid imaginations of sun, surf, lush forests, but Yoga? Costa Rica Yoga is something that doesn't immediately come to mind, but Costa Rica is perhaps the Yoga capital of the world, next to India of course. Let's face it, Costa Rica offers a lot to the vacation minded traveler. Swimming, surfing, sun bathing, and naturally, excellent food are what is expected and what is offered in Costa Rica. Now, add to that image learning Yoga from instructors trained all over the world.

Think about it. There are the beautiful sunny days with the cool ocean breezes, warm, sexy nights and classes in scuba, surfing, Spanish, fire dancing and Yoga. Costa Rica Yoga classes in Montezuma...how much more relaxing can it be than that? The setting alone will create an attitude of inspiration. Whether it's Anusara, Hatha Vinyasa, or any discipline, there is nothing as fulfilling as yoga in Costa Rica. Once experienced, it will never be forgotten.

Originally from India, Yoga was most often connected with meditation. But it is much more than that. Yoga will increase flexibility, assist with slimming down, reduce stress and improve overall health by combining physical and mental disciplines discovered centuries ago. It creates a balance within a person that enables the mind to find new places of rest and relaxation and the body to explore new awakenings.

These Costa Rica Yoga classes are for everyone, not just the long time experienced Yoga enthusiasts. From novice beginner to experienced practitioner, there are classes to fit any need and

experience level. All of these classes are in an outdoor covered pavilion and are exclusive for the students enrolled.

Located just south of Nicaragua, Costa Rica is bordered on the east by the Caribbean Sea and on the west by the Pacific Ocean. A perfect place to spend some time is the city of Montezuma on the Pacific Ocean. This once small fishing village has grown into a thriving beach town with people from all over the world now making it their home. It is here an exciting adventuresome vacation begins with water sports of every description, lush jungle trails to explore with magnificent wildlife, restaurants of every variety, and friendly helpful locals. In this setting, there is also Costa Rica Yoga, an experience of a lifetime.