



Yoga & Wellness Retreats at the Lanktuary

- Location: Potrero, Costa Rica
- Duration: 5 days, 6 nights
- Yoga experience: All yoga levels are welcome

Dates:

May 2-8, 2020

with Calli Sorensen doing massage

June 13-19, 2020

with Amy Christopherson doing massage

About the Lanktuary

The Lanktuary is the home & retreat space of Align Spa owners, Harriet McEntire-Lanka and Adam Lanka, it will be your home away from home during your time in Playa Potrero, Costa Rica. The Lanktuary was built by the Lankas in 2019. It is a mountain-side and ocean-view gem that is slightly removed from the beach and close to the jungle giving you easy access to the best of both worlds. "Lanktuary" is a term created by Harriet & Adam that combines both their last name and the word Sanctuary, which captures the vision for what they've created.

Featuring three-private studio apartments on the first floor, Adam and Harriet's home on the second floor, and a stunning third-floor common space that has a queen-size murphy bed, giving it the ability to double as a private apartment when needed. There is also an outdoor pool with a covered lounge area, a common kitchen where breakfast, snacks and other meals can be ordered, and their on-site yoga studio with a private massage room, which is called "Heart & Flow Yoga."

Accommodations & Prices

On www.aligncostarica.com you can see a virtual tour of the apartments

Each studio has a full kitchen (stove, sink, fridge, oven), bathroom & shower, secured closet for valuables, a dining table, couch, outdoor seating area, & wifi.

Balance Studio (Full size bed):

*1 person- \$1,805

*2 person- \$1,370 ea.

Serenity Studio (Queen size bed):

*1 person- \$1,805

*2 person- \$1,370 ea.

Abundance Studio (King size bed and twin trundle):

*1 person- \$1,865

*2 person- \$1,415 ea.

*3 person- \$1,235 ea.

*4 person- \$1,145 ea.

Tranquility Studio:

*1 person-\$1,985

*2 person-\$1,505 ea.

**Your retreat price is subject to change depending on additional massages, excursions, shuttle rides, or additional food requested. **

Helpful travel information

- You are responsible for booking your own flights, so please plan to arrive on Saturday and depart on Friday, unless you would like to extend your stay in Costa Rica.
- For ease and proximity, we recommend flying into the closest airport (one hour away from Potrero) which is Liberia International (LIR). The airport in San Jose (SJO) is also an option, but you'd need to get yourself from San Jose to Potrero (4-5 hours) either by private shuttle, renting a car or booking a commuter flight into Tamarindo, which is more time and money.
- Once in Liberia, to get to the Lanktuary you can rent a car (we recommend Enterprise car rental) or we can help you book an airport shuttle, which is \$65 for one person, and \$25 for two or more people.

- We will also have a daily shuttle service available at the Lanktuary for \$15 per day to get you around town and to the beach.

What is included in the price

- Yoga classes offered two times a day (variety of meditation & yoga)
- Specialized yoga & sound healing experience
- Daily Breakfast, coffee & tea (vegan, vegetarian, & gluten-free can be available with advanced notice)
- Daily snacks
- Group Day excursion (1:30-6 pm) Catamaran Sunset Tour
- Two CBD massages with an on-site Align Spa massage therapist (additional massages can be arranged)
- Gift bag & snack upon arrival
- Closing ceremony dinner with complimentary beer & wine
- Bathrooms stocked with shampoo, conditioner & body wash

General Schedule:

6:45-8:45am: Breakfast

9:00 am Morning Yoga

10:30-4 pm free time

4:30pm: Afternoon Class

Classes are dependent on activities. There will be a schedule posted on the kitchen door for everyone to see.

Things to see or do

- During your free time, several beaches are within 6-15 minute drive from the Lanktuary: Playa Penca, Flamingo, Potrero, Prieta, Danta & Sugar Beach.
- You can also take a visit to Las Catalinas, a nearby community (15-minute drive) that has received worldwide attention for its architecture, restaurants, views and paddle-boarding.
- If you would like to rent a stand-up paddle board (SUP), boogie board, kayak, or snorkeling gear, it is available at the Costa Rica Sailing Center which is just a few minutes away from the Lanktuary.
- If you would rather stay onsite at the Lanktuary, you can take personal time to journal, hike a nearby trail, or choose a book to enjoy from the Lanka's extensive library of books. You can always lounge at the pool,

play a board game or simply relax. When the retreat gets closer, you will receive a list of hikes & popular restaurants, and that list will also be available in each room.

Additional retreat details

- **Erin from Align Spa is your retreat coordinator** and she will be both your pre-retreat contact and your go-to during the entire retreat. Erin is available to help your experience feel easy. She has visited Potrero and is in close contact with Adam and Harriet so she can help you with any questions, recommendations, booking of excursions, & will gladly tag along under your request.
- **The currency** in Costa Rica is colones. You do not need to change your money ahead of time because you can pay with American dollars anywhere and receive your change in colones. Credit cards are accepted in most places.
- **A passport** is required to visit Costa Rica. The U.S. Department of State recommends your passport have at least six months of validity—beyond your actual travel date—to avoid expensive and lengthy travel disruptions. The normal rule for most countries is that they require you to have three months from your actual travel date before your passport expires.
- As much as we love children & families, **this retreat is for adults only.**
- Please note that Adam and Harriet have **six dogs & two cats on the Lanktuary grounds**, so it's helpful if you enjoy animals. Not to worry, the dogs seldom enter the guest spaces.

Tipping: Most Costa Rican restaurants include a 10% gratuity on their tickets, so how much extra you leave is at your discretion. Tipping is encouraged and appreciated on your excursions, and if you'd like to leave a tip for all the helpful hands at the Lanktuary, you're welcome to do so. It's always appreciated, but not expected.

Look forward to having you join us this summer!