



Serenity X. Costa Rica Immersion ITINERARY

Saturday September 13th 2025

Arrival San Jose Costa Rica

Overnight Stay:

San Jose (included in cost)

Self-guided sightseeing in San Jose
(Optional)

Sunday September 14th 2025

Bus ride, San Jose to Punta Uva

7:00 am: Shuttle Departs from San Jose

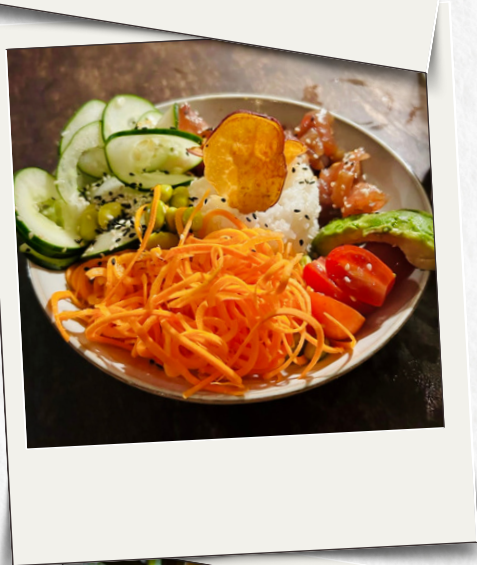
8:30 am: Restroom & (optional) Snacks/Meal

1:00 pm: Arrival/Check in at Resort

1:30 pm: Lunch and Arrival Meeting

2:00 pm: Exploration (Multiple activities available)

7:00 pm: Dinner – At Dragon Fly followed by
Bonfire on the Beach



Monday September 15th 2025
Cultural Immersion & Exploration

6:30-8:00 am: Coffee, Snacks

8-9:30 am: Yoga Flow

9:30 am: Breakfast

10:30 am: Self-guided Cultural Immersion
(Multiple Options)

4:00 pm: Dancing Lessons – Salsa

5:30 pm: Sunset Ocean Swim

6:30 pm: Dinner – At Dragon Fly

Tuesday September 16th 2025
Cacao & Waterfall Jungle Hike

6:30-8:00 am: Coffee, Snacks

8-9:30 am: Yoga Flow

9:30 am: Breakfast

11:00 am: Depart for Cacao &
Waterfall Jungle Hike Excursion

4:00 pm: Self-guided exploration & Dinner



Wednesday September 17th 2025
Boat & Beach Day

8:00 am: Breakfast

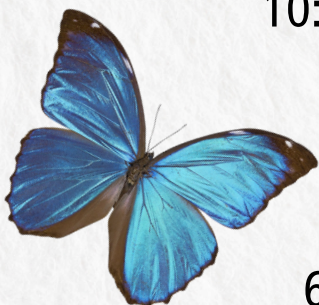
10:00 am: Boat Trip, Reef Tour & Beach Break

Picnic on Beach, & Snorkeling (Optional)

2:30 pm: Return to Dragon Fly

5:00 pm: Yin & Meditation

6:00 pm: Self-guided exploration & Dinner



Thursday September 18th 2025

Ecstatic Dance

6:30-8:00 am: Coffee, Snacks
8-9:30 am: Yoga Flow
9:30 am: Breakfast
10:30 am: Self-guided exploration
4:30 pm: Cooking Class/Dinner (Dragon Fly)
7:30 pm: Ecstatic Dance

Friday September 19th 2025

Jungle & Ocean Kayak Trip

6:30-8:00 am: Coffee, Snacks
8-9:30 am: Yoga Flow
9:30 am: Breakfast
10:30 am: Kayak Trip
6:00 pm: Dinner at Dragon Fly with Calypso Band

Saturday September 20th 2025

Journey Home

6:00 am: Coffee, Fruit, Packed breakfast
7:00 am: Shuttle to airport
(approx. 4-5 hour Bus Ride)
Flight Home: Please Ensure all Flights depart
after 2pm San Jose Time



**SCAN FOR
MORE INFO**

