Divine Nature Tours

Soulful Retreats Amid Wonders of Nature
Costa Rica Nature Tour
With Mindful Creativity

For artists, non-artists, spouse/friends: experience the creative process unfold. No prior experience needed.

January 20 – 30th, 2017

Join us for a soul-thrilling adventure in tropical paradise. This exquisite vacation-with-purpose gives space for deep inner listening in the midst of awe-inspiring wonders of nature. Our special feature on this tour is creative art sessions with fine art instructor, Linda Luisi, BFA.

Refresh, renew, reflect ... and fall in love with Life again.

Who says you can’t have it all!

• Explore Costa Rica’s lush and beautiful Caribbean coast
• Bask in the discovery of jungle wildlife on a Tortuguero National Park boat tour
• Experience the thrill of exhilarating zip lines amid a magical rain forest atmosphere
• Relax on palm-lined white sand beaches or snorkel off-shore tropical reefs
• Tantalize your palate with delicious native cuisine
• Attend group creativity sessions and receive one-on-one art coaching with professional artist and fine art instructor, Linda Luisi, BFA, www.LindaLuisi.com.
• Rejuvenate your whole being in this tropical “Spa for the soul!”
Each day, tour leaders Susannah and Larry facilitate a morning wisdom circle, bringing hearts into stillness and exploring the landscapes of inner Being. “We are mindful of this opportunity for depth of connection with the soul of Nature and with our own Essential Self,” explains Susannah. Linda Luisi will lead us in art sessions each day, as well.

Creativity sessions with Linda Luisi will be one to two hours including focused instruction, plus extra time to extend your work. The time slots for these will be announced each day.

There will be art demonstrations, instruction and one-on-one coaching for realistic, expressive and abstract work for all levels: newcomers to art and those with experience. You will expand your observation skills, practice non-judgmental awareness, connect with your creativity, and improve your artistic skills.

Coaching: “Touching Base with Your Work.” At the end of the tour you may show any work created during the tour to receive positive reinforcement and learn what the positive attributes are in your artwork. You will receive tips for improvement to enhance depth, dimension, perspective, color harmony and composition (realistic/expressive/abstract). This is encouraging. It is empowering. This feedback is a valuable learning experience for moving forward.

There will also be free time throughout the tour for you to sketch/paint at your leisure.

Bring any media: a sketch pad, pastels, color pencils, or a paint kit. See materials list for several options.

**Itinerary**

January 20th, Day 1: The adventure begins when you arrive at the San Juan International Airport (SJO), a short ride from our welcoming B&B accommodations in Alajuela. Larry or Susannah will be at the airport to meet you between 10 AM and 4 PM.

Day 2: Driving through the thriving vegetation of the Braulio Carrillo National Park protected area, we come down to the coastal lowland region of Limon. (Watch for the ubiquitous broad-leaf plant called the “poor man’s umbrella” as we come down the mountain side.) We will travel via modern, air-conditioned charter van to the coastal town of Moin where our special-feature wildlife boat tour of the tree-lined rivers and natural canals through the Tortuguero National Park begins. On comfortable, eco-friendly tour boats this unique tour affords extraordinary, close-up views of the jungle wildlife and enables you to appreciate the lush flora and abundant fauna of the Caribbean coastal waterways often called “the Amazon of Costa Rica!” This is truly a heart-capturing tour.

There will be free time during our three days at the **Tortuguero Wildlife and Canal Tour** to hike in the park or on the beach, swim in the pools, visit the butterfly, frog and botanical gardens or take a siesta in a hammock. As with most days, your free time can be used to sketch/paint.

Overnight accommodations here are at **Laguna Lodge**.

Day 3: Guided by our gracious hosts, Fran and Modesto, we offer an early morning boat tour of the Tortuguero National Park for more wildlife viewing. It is a good time to see wildlife such as different species of monkeys, caiman, basilisk lizards and river turtles, as well as many tropical
Day 4: After a leisurely morning and lunch, we head back down the rich, jungle-lined waterways to Moin where we again board a charter van to the Caribbean coastal village of Cahuita. Our Hotel here in Cahuita is right on the beach, overlooking the entrance to the Cahuita National Park.

Day 5: Indulge yourself in the timeless walk meandering along a picturesque nature trail through abundant wildlife-inhabited forest and palm-graced beaches of the Cahuita National Park. Bathe and refresh the body, mind and soul today in the pure ocean essences of beautiful, balmy and playful nature.

Day 6: In addition to enjoying time in that park, there will be ample free time here to let your soul sing for the warmth and beauty of these pristine white and black-sand beaches, delightful fresh fruits and Caribbean cuisine. During our relaxing time on and near the beach, we may choose to explore the quaint area villages and jungle trails, snorkel in waters alive with colors of life beneath the ocean, sketch/paint at your leisure, or perhaps enjoy an optional guided tour to the nearby indigenous region for firsthand experiences of original culture and peoples.

Day 7 and 8: Costa Rica is a land of abundant rainforest and cloud forest regions. We’ve chosen the Veragua Rainforest Research and Adventure facility to immerse ourselves in these lush tropical ecosystems. We will enjoy guided, leisurely strolls along the diverse trails through giant, primary-forest trees and hike to the misty splendor of cascading waterfalls. After these exhilarating rainforest discoveries we will settle down to a delightful lunch served at the park pavilion among the sights and sounds of breathtaking natural wonder.

We also have the opportunity to hear from the biological researchers themselves about the exciting work that is going on there and enjoy a terrarium showing many of the local species of snakes, frogs and toads. In addition, an exhilarating Canopy zipline adventure high up in original rain forest treetops is available as an option ($40).

We have the rare privilege to stay at this remarkable park’s jungle environment for the night. This allows us to participate in a night-hike where we may see owls and many nocturnal insects and mammals. The Veragua Center was designed as a biological research station and a daytime tourist attraction for cruise ships. Therefore the accommodations were designed for students rather than tourists and are a cut below our usual room standards. They are very basic, yet clean, as the facility is new. Bathrooms are separate from the rooms. People on our tours have always told us that it is well worth it!

Day 9: Another unique element to this Adventure Retreat is a visit to Susannah’s family dairy farm where we will enjoy a delicious traditional Costa Rican lunch. Touch the inspiration of peaceful, verdant jungle surroundings today! A plethora of fresh-fruit flavors of gourmet ice cream and yogurt are prepared here daily – not to mention the country’s best coffee!
Recognizing the sacred nature and spiritual vortex present in this area, Susannah has begun the establishment of a conscious community on an additional eleven acres adjacent to the farm. Known as Garden Village, this community, currently in the early stages, exudes essences of peaceful, purposeful living calling to remembrance the original Garden of Eden.

A highlight of this visit is a serene nature hike through the property, reaching the amazing convergence of the two rivers enveloping this magical land.

Day 10: After a nourishing breakfast in jungle peaceful surroundings, we board our charter van back up over the mountains of the Braulio Carrillo National Park and return to our “home-sweet-home” Bed and Breakfast in Alajuela. Afternoon and evening is open for sketching and painting, exploring Alajuela and picking up gifts and souvenirs to take home with you.

Day 11: This is an optional extra day ($175) — not to be missed! We will travel 1 and 1/2 hours up the mountain side of Volcano Poas stretching up into the misty clouds just to the west of Alajuela. Poás is a powerful symbol of the geothermal forces that formed Costa Rica. When the mist and clouds part you'll see the sulfuric, bubbling, green rain-fed lake at the bottom of the crater, surrounded by smoke and steam rising from fumaroles. Various hikes carry you to different experiences of Poás including a cloud forest trail where you can see all of the birds that live in the park, Poás squirrels and beautiful flora including the escalonia tree easily identified by its unique pagoda shape.

The second part of today is at the La Paz Waterfall Wildlife Sanctuary, an immense and beautiful park where you will see a profusion of birds, butterflies, toucans, and many wildlife species mingled with the trails and waterfalls that mark this place as truly extraordinary. The day includes a delicious all-you-can-eat buffet lunch.

For those unable to stay for this extra day, we recommend that you have your flight leave later in the day to give yourself a relaxed breakfast hour with time available for further sight-seeing and relaxing.

Day 12: January 31st. Departure day. Again we recommend a later flight out, giving you a relaxed breakfast and final farewell to Costa Rica.

Retreat cost: $1545 includes two sumptuous meals per day, lodging (double occupancy) and travel in Costa Rica. Airfare not included. Early-bird special, register by October 20, $1495. Extra day tour, add $175.

The wonders of Nature hold a story all their own, of ages past and present.

In a sense they are our stories too – our timeless life, looking back at us. Find yourself in pure wonder and open spirit, receptive to the unfurled truth of Higher Presence.
Retreat Facilitators

Susannah Light is your retreat hostess and founder of Divine Nature Tours, a non-profit organization born of the inspiration to know one’s innermost truths through the silent Teacher and exquisite beauty of Nature. She is a practitioner of Sacred Healing Arts and has initiated a conscious community in Costa Rica called Garden Village.

Co-facilitating this retreat program is Larry Pearlman, author of *Journaling the Journey: 25 Spiritual Insights to Light The Way* and *Journey to Bliss*. Larry has taught courses in “The Art of Creative Living” and recently served in the Peace Corps in Ghana for 27 months.

Artist/Instructor Linda Luisi is a professional artist and fine art instructor with a BFA Degree from Tufts University and The School of the Museum of Fine Arts, Boston. She received rigorous training copying Old Master paintings in the Museum of Fine Arts and has 30 years experience creating murals and paintings for corporations, medical centers, and resorts across the United States. Her work is known for depth and dimension. She has been teaching groups and privately for over 25 years. As a teacher, she is supportive and known for the individual attention she gives each student (realism, expressive, and abstract styles). [www.LindaLuisi.com](http://www.LindaLuisi.com).

“We invite you to connect with the power and beauty of your core essence through conscious presence with Nature. Come away from this Tropical Retreat empowered with a lasting sense of the vastness of Divine Nature within you and around you!”

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