

Yoga and Mindfulness in Costa Rica

March 7, 2026 - March 13, 2026



Spring Break 2026 Travelearn

This travelearn investigates how Costa Rica became a mecca for mindfulness, yoga, and wellness will be examined. The influence of culture, lifestyle, and environment will be explored and relevant sites visited.

Program Highlights

- Walking tour of San Joaquin and Heredia
- Daily yoga session & discussion
- Visit el Arca de las Hierbas botanical gardens
- Guided hiking tour of Manuel Antonio National Park

Info Session

9/22 at 3:30pm
Virtual and In
Person



Apply Here!