TIME								
6:30 AM		Fruit & Coffee	Fruit & Coffee	Fruit & Coffee/breakfast	Fruit & Coffee	Fruit & Coffee	Fruit & Coffee	Fruit & Coffee/breakfast
7:00 AM		Morning Yoga		White Water Rafting		Manual Antonio Wildlife Preserve		
8:00 AM		Breakfast	Morning Yoga		Morning Yoga	and White Sand Beaches	Morning Yoga	
9:00 AM		Rainmaker Forest Hike with Hanging Bridges	Breakfast		Breakfast		Breakfast	Shuttle to SJO
10:00 AM					Stand Up Paddle Boarding			
11:00 AM								
12:00 PM		Lunch at Rainmaker	Lunch at Vida Asana	Lunch at Vida Asana or while rafting	Lunch at Vida Asana	packed lunch on the beach	Lunch at Vida Asana	
1:00 PM	Arrive to SJO Airport						Ziplining	
2:00 PM	Shuttle to Vida Asana		Surfing		Temascal Group 1 (sweat lodge)		Temascal Group 2 (sweat lodge)	
3:00 PM				Afternoon Restorative Yoga & Meditation		Stop at the famous airplane restaurant		
4:00 PM	Stop at Crocodile Bridge					for snacks and drinks (buy your own)		
5:00 PM	Surf Competition and Sunset at the Beach!	Sunset at the beach	Sunset at the beach	Sunset at the beach	Sunset at the beach	Sunset at the beach	Sunset at the beach	
6:00 PM	Evening Yoga	Evening Yoga	Evening Yoga	Evening Yoga	Evening Yoga	Evening Yoga	Evening Yoga	
7:00 PM		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	