



Nosara, Costa Rica – Bodhi Tree Yoga Retreat

"A Transformational Journey to Lifelong Wellness"



The Nicoya Peninsula, home to Costa Rica's wellness haven of Nosara, is one of just five Blue Zones. The Bodhi Tree Yoga Resort, our home away from home, is a luxury, boutique resort located in Nosara in the northern Pacific province of Guanacaste. The facilities at Bodhi Tree Resort are second to none, featuring yoga shalas, two types of gyms, a spa, jungle trails, salt water pool, a juice bar, and a restaurant. This retreat is not just a vacation; it's a transformative journey that will leave you refreshed, rejuvenated, and ready to embrace the flow of life. The Pacific Ocean is just a 10-minute walk away. Inspired by Balinese design, the resort features exceptional accommodations with great views, private outdoor showers, Wi-Fi, air conditioning, and stone sinks from Bali. It's a sanctuary unlike any other Costa Rica hotel or resort.

The science of Blue Zones is very real. “Blue Zones” are geographic areas with lower rates of chronic diseases and a longer life expectancy. Diet and exercise are factors associated with Blue Zones. Italy, Greece, Japan, Costa Rica, and the U.S. have a Blue Zone. In other words, the Blue Zones can teach us about the behaviors we should adopt, in order to live longer and enjoy more fulfilling lives. And since we will be there, we will have a chance to explore what you can do to live your own “blue zone” lifestyle—eating a diet full of whole plant foods, exercising daily, getting enough sleep, being religious or spiritual, having a life purpose, establishing a healthy social network, and more!

A brief video

360 tour of the property

[CLICK HERE for our new Costa Rica itinerary in March and November 2025](#)



Blue Zones

Blue Zones are five isolated geographical regions where the population has a longer lifespan. They were identified in 2004 by Dan Buettner, an American author and a fellow of National Geographic. Some of the key factors believed to contribute to longevity and a healthier life include:

- Natural movement throughout the day (approximately every 20 minutes)
- A plant-based diet
- Relationships with family, friends, and people of faith
- A strong sense of purpose in life

Buettner says, “Though we in the United States live in the most prosperous country in the history of the world, we’re more overweight, divided, and unhealthier than ever. Life expectancy has dropped every year for the past few years, as has overall happiness.”

Your best bet for longevity and happiness is to follow the lessons from the Blue Zones.



[Click here and select "Donate" to donate for special Easter meals and blankets.](#)

Consider Donating \$25 for Food going to Mayan Widows in Guatemala

We reached our fund-raising goal of \$500 for food for the Mayan Mothers Food Program to be delivered in two weeks. We now would like to extend that goal to \$1000 for two important reasons. We want to provide meals for 43 with fruit (a rare treat) for Easter that will also include the oldest and poorest widows. And, they are "keen in having blankets for new and much needed mattresses recently purchased".

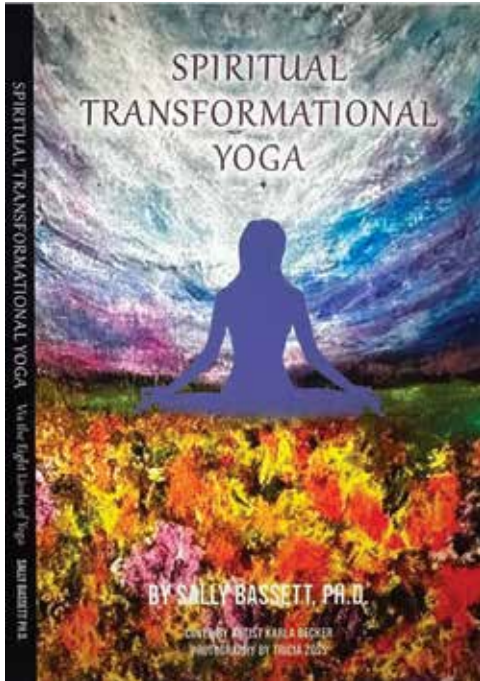
This local project has no administrative costs, so all the donated funds go directly toward buying food and blankets. 100% of your tax-deductible donation will go toward these women. You will receive a 501c3 tax letter for your 2024 filing. Thank you for your consideration.



Dominica Never Disappoints!

The Isle of Dominica is one of the most fun travel adventures! The group last month enjoyed hiking in the rainforest, kayaking and snorkeling in turquoise waters and much more. A huge thanks to all of the group members implementing successful experiences for the local teen girls and preschoolers. PTYF started a local library for the girls and supports a preschool. The people on the island have sent wonderful emails including, "it was absolutely amazing and we are so grateful for all the surface tablets and books delivered."

[Click here for Dominica itinerary February 11-18, 2025](#)



New Book Soon To Be Released on Amazon

Spiritual Transformational Yoga via the Eight Limbs of Yoga by Sally Bassett is a book soon to be released on Amazon. It takes a step-by-step approach to help readers of all faiths find inner peace and a deeper spiritual life. Most individuals initially come to the mat because of the physical practice and all the benefits that yoga offers for strengthening the body and calming the mind. There is so much more! Hopefully, all of us, one yogi at a time, will be able to take the peace developed internally through this process “off the mat and into the world.” Stay tuned.

