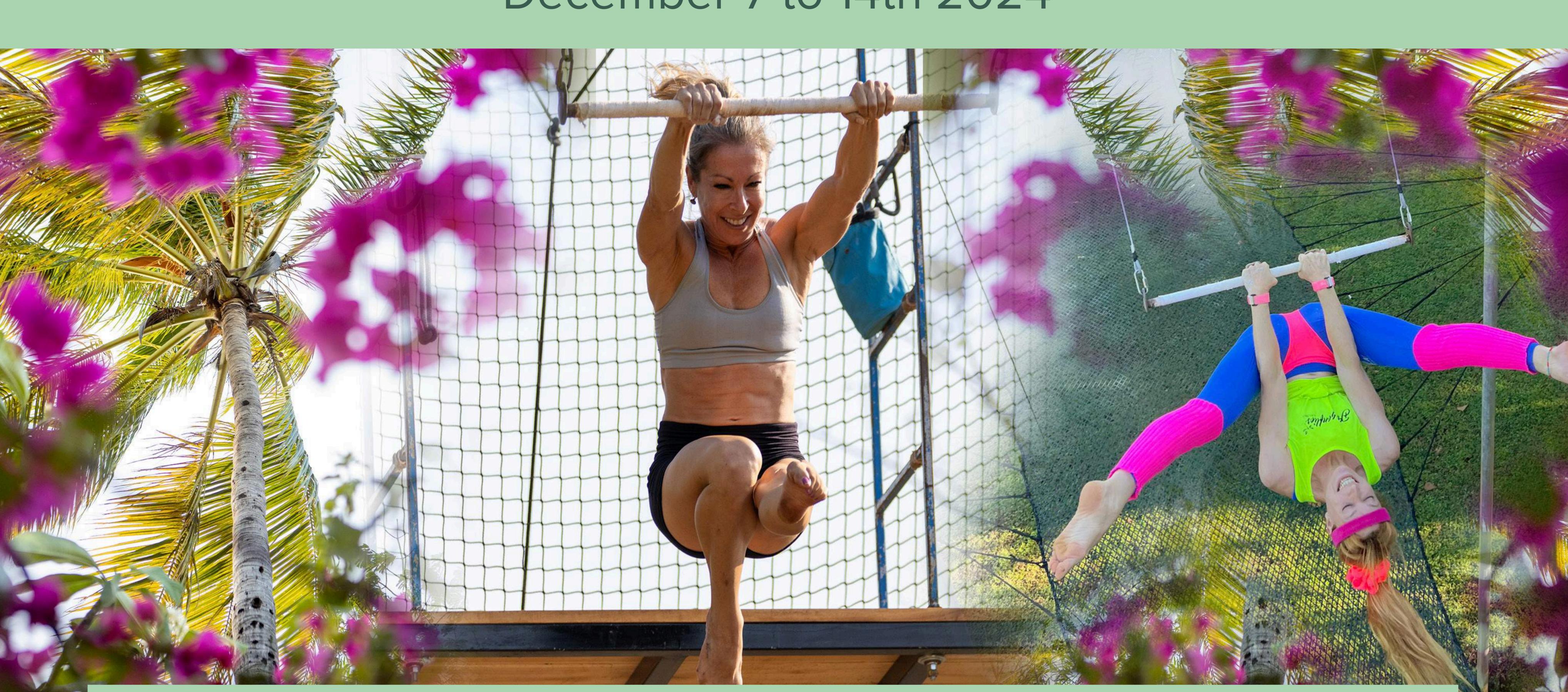


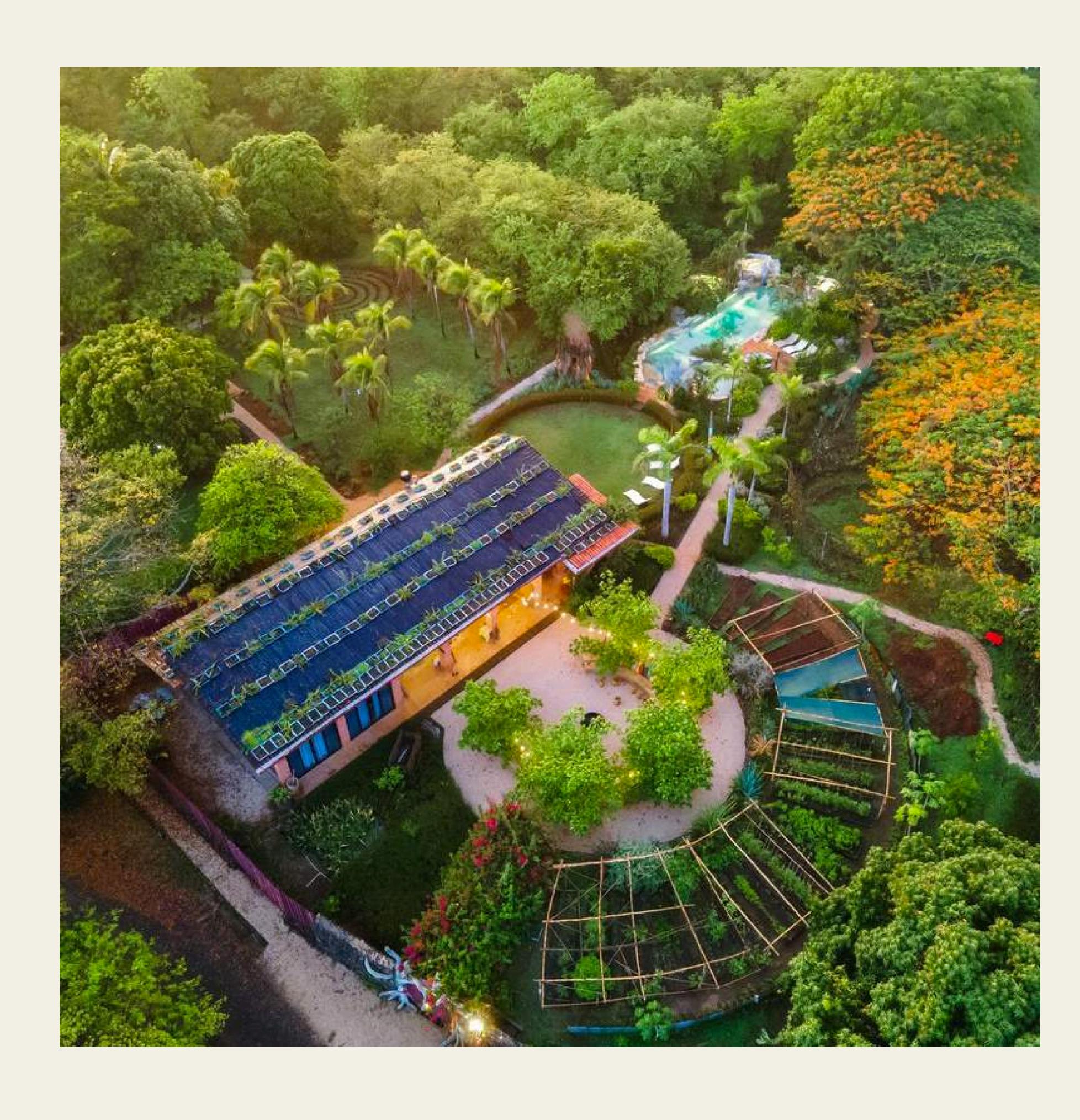
# Flying Trapeze Retreat For all flying trapeze enthusiasts

# LATICA LODGE PLAYA NEGRA COSTA RICA December 7 to 14th 2024



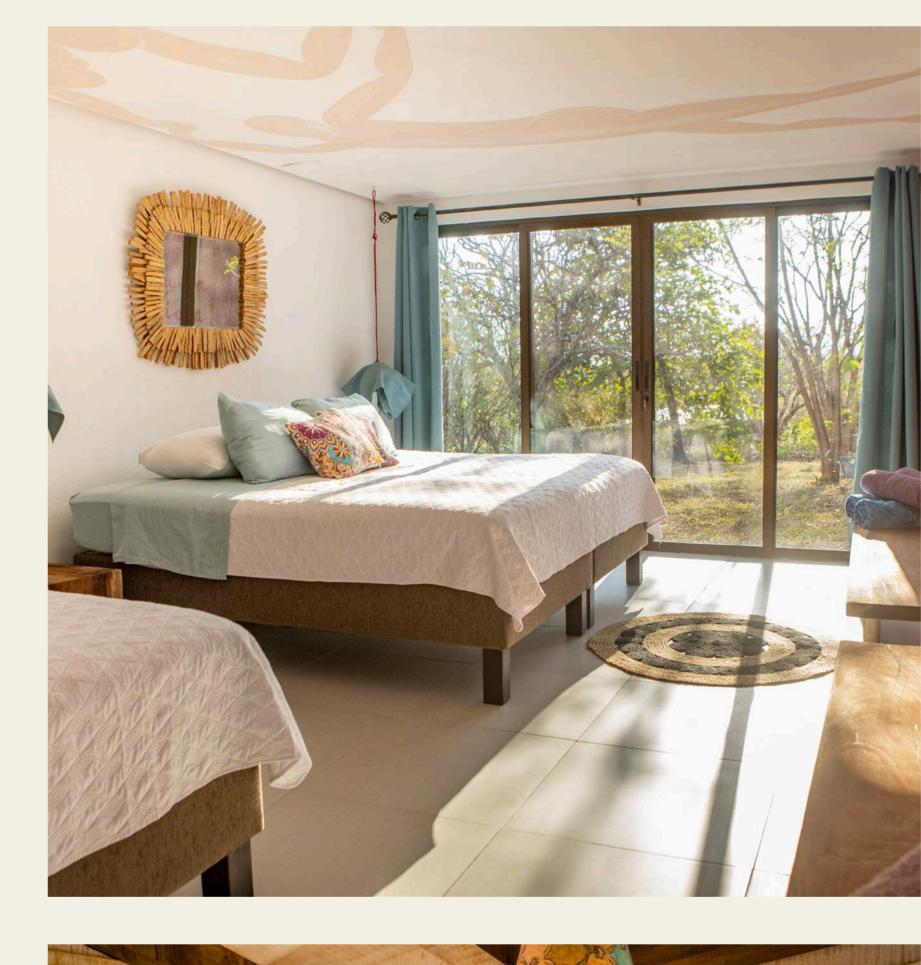
FLYING TRAPEZE WORKSHOPS + SOME AERIALS, AND CONDITIONING

If you love flying trapeze and dream of a vacation in Costa Rica, this retreat is for you! An exceptional experience of acrobatics and self-improvement awaits you! Everything is organized in advance: there will be two flying trapeze sessions each day, catches, and even a show. It's an adventure in the heart of nature in Costa Rica with access to your favorite circus toys. It's the perfect place to enjoy the sun, flowers, fruits, animals, and circus. Come have fun with us up high alongside monkeys and tropical birds!



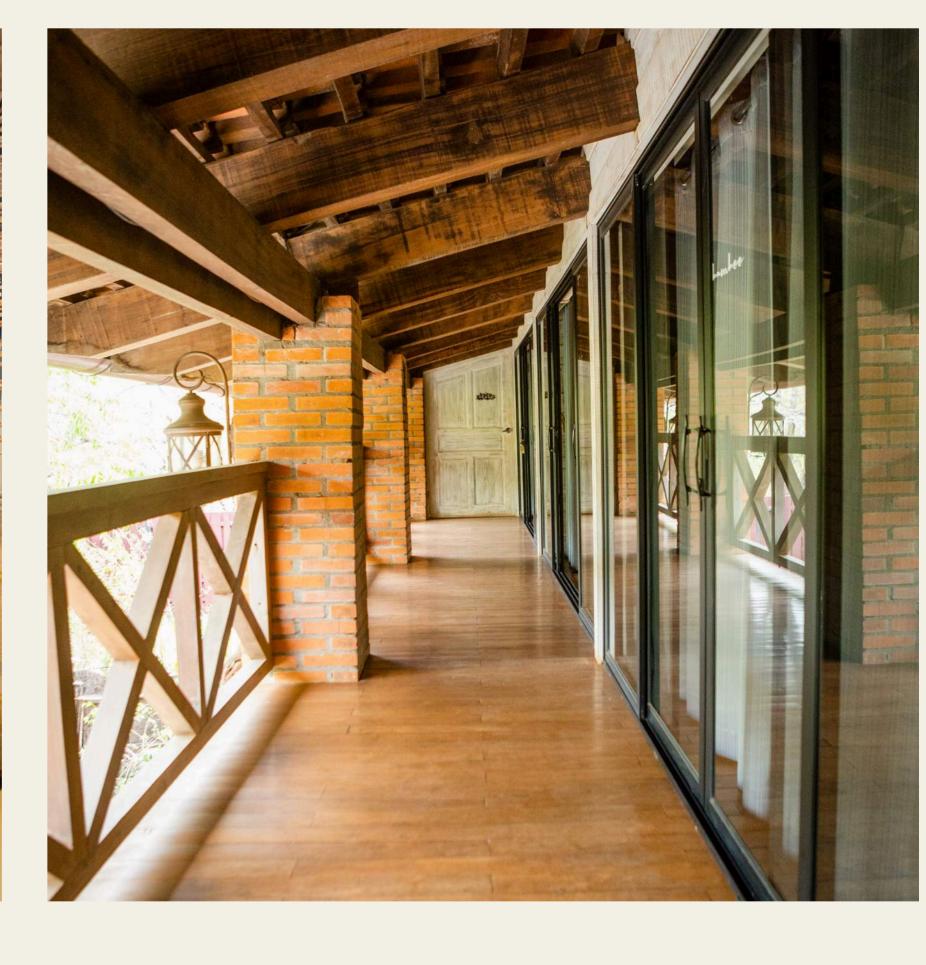
# Accommodation

Latica Lodge offers comfortable accommodation in a natural environment, with a rustic and unique artistic decor. A fantastic team awaits you, ready to make your stay perfect. All rooms have a private bathroom and air conditioning. Shower and pool towels are provided in the room. Accommodation that luxuriously nourishes the soul!



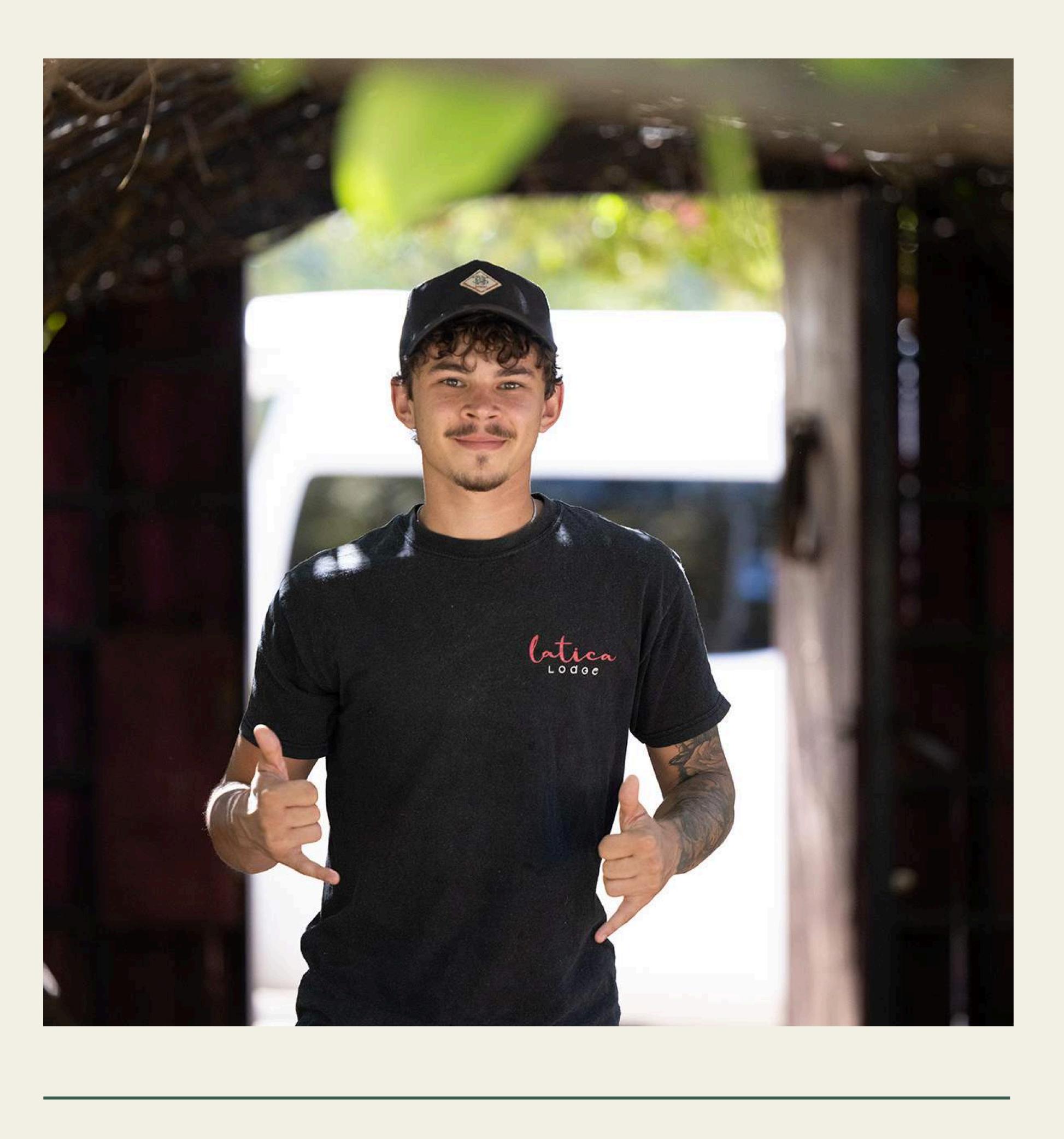






# Cuisine

Our Chef Luca works his magic every day to provide you with a spectacular culinary experience! International flavors and tasty dishes will be presented at each meal. Healthy, protein-rich dishes with carefully selected ingredients await you at every meal. A gastronomic feast for optimal energy levels.



# Stay

Your days will be filled with training, fun, and relaxation. Approximately 3 to 4 hours of training per day, divided into 2 or 3 blocks. There will be flying trapeze sessions with a catcher every day, in addition to technical training. Conditioning workshops and other aerial disciplines will also be offered during the retreat. An adventurous excursion to discover Costa Rica is planned for the fourth day, as well as a circus show for the community on the evening before departure.

# SAMPLE DAY

6h45: coffee -toast 7hl5 à 8h30 : fly session 8h45 à 9h45 : Breakfast 9h45 à 11h : aerial mixes

(choice of: spiral, fabric, hammock, hoop, straps)

Ilh à 12h: Flexibility and conditionning 13h: lunch + Beach and relaxing on site

16h30 à 18h: Fly with catch 19h: Dinner and evening activities

# INCLUSIONS

- 7 nights at Latica Lodge with options for single, double, or quadruple rooms.
- 3 meals a day, snacks, and smoothies prepared by Chef Luca at Latica Lodge.
- Round-trip transfer from Liberia LIR Airport to Latica Lodge.
- Approximately 4 hours of activities including flying
- trapeze workshops and other related workshops.
- Excursion to a waterfall.
- Circus show evening with musicians.

# **EXCLUSIONS**

- Round-trip airfare. Alcoholic beverages.
- Other transportation or excursion activities. • Tips.

Travel, baggage, and medical insurance.







#### Plane

You must book your flight to Liberia Airport under code LIR and provide us with your itinerary. A shuttle with an identified Latica Lodge driver will be waiting for you at Liberia Airport to take you to the lodge. Expect a journey of about 1 hour and 20 minutes. You can book your flight online or seek assistance from a travel agency.

#### Price

- \$2400 USD for a single room.
- \$1950 USD for a double, triple, or quadruple room.

#### PAYMENT TERMS

- \$500 USD for reservation (non-refundable).
- 50% due 60 days before (non-refundable).
- Full payment 30 days before your departure (non-refundable).

You can make payments directly to us via PayPal, Wise, bank transfer, or credit card.

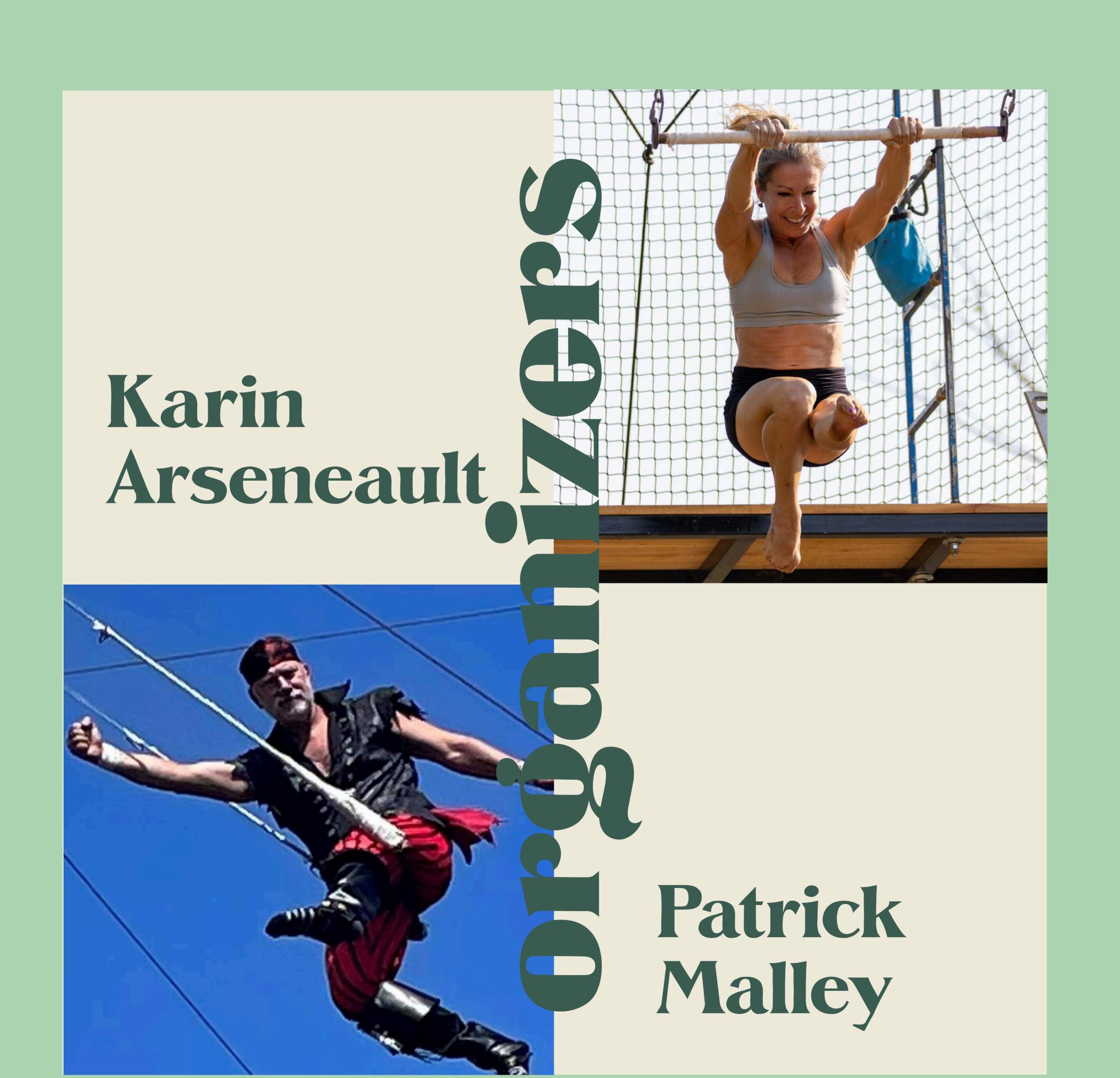
#### **TEMPERATURE**

Located in a dry forest, it's sunny and around 30 degrees Celsius every day, especially between November and May. Evenings are also warm.

#### ADDITIONAL INFORMATION

We recommend bringing a kit of light or white clothing for the group acrobatic activity at sunset on the beach. Optional participation is planned for a show; if you have a costume or special clothes you like to wear for such occasions, we suggest adding them to your luggage.

For any questions or to make a reservation, please contact us via WhatsApp at +1514347-0914 or by email at info@laticalodge.com.



#### Karin Arseneault

Founder of Cirque Carpe Diem and the Montreal based circus studio Le Château de Cirque, she recently brought the circus from Canada to this beautiful land in Playa Negra Costa Rica. Aerial specialist, she has been performing and producing shows for almost 20 years and still enjoys it very much! Her enthusiasm inspires!

cirquecarpediem.com & lechateau-cirque.com

#### Patrick Malley

Founder of the flying trapeze school Le voltigeur, Patrick is an experienced instructor professional catcher who travels the world with his art. He is passionate and knows what it takes to turn someone into a trapeze artist. You will learn.