

Costa Rica School Of Massage Therapy Announces New Yoga Retreats In Costa Rica

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The Costa Rica School of Massage Therapy (CRSMT) is proud to announce that they are expanding their offerings. This year, they are introducing their new one week healthy adventure retreats. One type of these retreats is the yoga retreat and more details about these can be obtained by visiting https://crsmt.com/yoga-retreats-costa-rica/.

Tess McGrath, Retreats Director for the CRSMT, says: "Our carefully curated 5 day adventure retreats include daily adventures to off the beaten path spots in Costa Rica. Adventure like a local and choose one of three tracks as your focus and let our guides and coaches dazzle you in the world's most exotic tropical location."

The new retreats are unlike any other in the world. Three tracks are available: yoga, fitness, and surf. All retreats are taught by local instructors. The adventures are all located in secret hidden gems of the Nicoya Peninsula. Tess McGrath adds: "Our retreats are perfect for couples and groups as each individual may choose a preferred daily activity track of yoga, surf or fitness, but the entire group stays together, and enjoys adventures and meals together."

The surf retreats, as shown on https://crsmt.com/surf-retreats-costa-rica/, enable people to practice their surfing skills at different beaches each day. The retreat is suitable for surfers of any skill level. The retreat is hosted by Fabricio Rodriguez, ISA (International Surf Association) certified surf instructor and an open ocean lifeguard. He is a local of the area and knows all the hidden beaches and gems like the back of his hand.

With regards to the fitness retreat, Tess McGrath says: "The classes are geared toward getting fit outdoors, and doing fun and interesting workouts that you can't do in a gym. Think- beach, jungle, and open-air studio workouts! Our team of fitness instructors love to get creative and make workouts so fun you will forget you're even working out. The classes are open to all levels of fitness."

As with the yoga and surf retreat, the fitness retreat is provided by local experts who know the area like no other. The courses are open for booking now and since places are limited, people are encouraged to book their interest as soon as possible at https://crsmt.com/fitness-retreats-costa-rica/.
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For more information about Costa Rica School Of Massage Therapy, contact the company here:Costa Rica School Of Massage TherapyTammy McGee1-800-770-9893 ext 1info@crsmt.comCostado norte de la plaza de deportesSamara, Nicoya 50205, GTECosta Rica

Costa Rica School Of Massage Therapy

The Costa Rica School of Massage Therapy is the premier study abroad program in the world for Massage Therapy Certification, Yoga Training and Continuing Education!

Website: http://www.crsmt.com

Email: info@crsmt.com

Phone: 1-800-770-9893 ext 1

