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surf asana

RIDING THE WAVES OF BREATH AND WATER

You don't know what "relaxed" means until the day you've met surfboard and watched sunset in sukasana on a breezy yoga c ocean views.

Can't surf? No problem—let Alvaro Solano, Costa Rica's six-ti surfing champion teach you. Solano, 28, runs the year-round V Surf Camp, just north of the Pacific coast town of Jacó. He acc dozen surfers a week, personally instructing beginners at the c beach and leading more advanced guests to great breaks like Boca Barranca.

With its sunny casitas and stunning vistas, the camp feels glori removed from civilization. But when you crave more company change, you'll find you're close to good restaurants and non-su activities like volcano hiking, white-water rafting, mountain bikir jungle canopy tours.

You can go to Vista Guapa solo or arrange for a group visit—ir and summer surf packages start at \$625 a week for wave-ridin and \$775 for beginners.

For more info, surf to: vistaguapa.com