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For more than two decades, Daveed Hollander, the present day president of the Master Franchisor for Coldwell Banker Costa Rica, Co-Founder and Managing Partner of Coldwell Banker Vesta Group, as clearly distinguished himself as a leading realtor in the south Pacific area with his proven indispensability in the Industry. He delivers first-class professional and customer-centered service to his clients on stipulated budgets, requirements and customer specifications.

Daveed has achieved top rankings internationally and locally for substantial and unique sales. His business model always includes the latest technology and system to showcase his listings nationally and internationally thus ensuring wide customer choice and satisfaction.

JAMES DREWS

James moved to Costa Rica in 1996 and began his real estate career here by co-founding Dominical Realty. In 2001, the company obtained a Coldwell Banker independent franchise to become Coldwell Banker Vesta Group.

James goes out of his way to seek out new frontiers that are ahead of the wave, and specializes in rural and remote farmland, developing land and collecting legacy type of properties.



Costa Rica does not require real estate brokers to be licensed and that is why it is essential to work with a broker who is professional and qualified. We are active members of the National Association of Realtors®, Coldwell Banker International, and Global Luxury® Certified, and designated as Certified International Property Specialist (CIPS). The experience and training don't stop there. We are also licensed by the two real estate boards of Costa Rica.

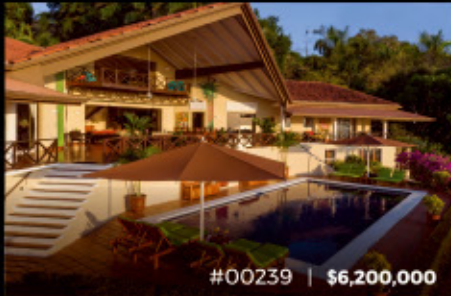




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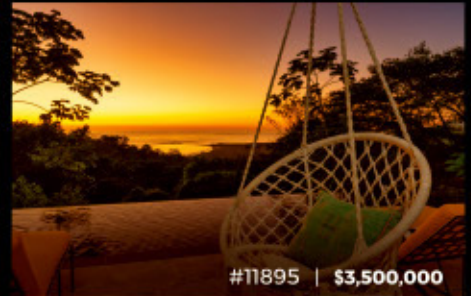
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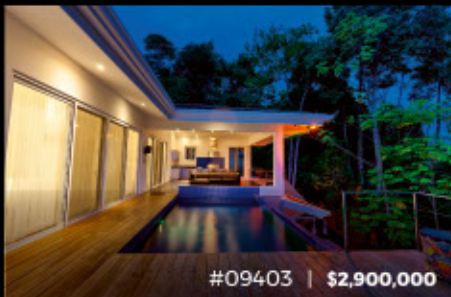
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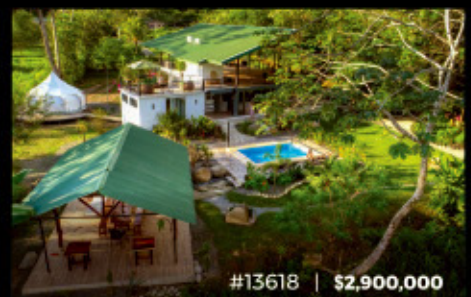
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exist, but it must
find you working.”*

-PABLO PICASSO

Welcome ONCE MORE,

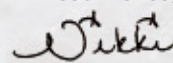
There is such a thing as growing too fast. The broken ground around tree roots, those stretch marks, those are some known physical growing pains we speak of; but as always, as above so below, as within, is without. Spiritually when one is presented with growth there usually is some fear that comes with it. The excitement of a new challenge is sure to get your blood pumping, nonetheless there is a potential to loose yourself, to get into depths beyond ourselves. There is a certain trust in the process that one must succumb to in order to grow. It helps to be curious. Growth is not an easy thing. But I think first, if we are all grounded, growth is a wonderful experience. After all, we are all here for that!

As I walked on the beach one day, I realized there was three paths to be taken and each had their intrinsic story to tell. There is close to the shore, where you whisper your secret desires to mother Gaia as she carries them across her waters in order to manifest. The middle way, where the sand sinks just enough to break a sweat and the hot sun above casts down rays that kiss your skin and make the beads sweat stream down your forehead. It's both glorious and a bit messy, but I do believe it is the middle way that Allan Watts spoke of again and again. And finally close the tree line, or some say trash line, one can observe the treasures the ocean may have brought and see the lay of the land as the ocean meets the shores. One man's trash, another's treasure. Which path is best? Ha, well, all the great sages know: to each his own.

And it's always great to see someone when they get it "right". But who gets it right the first time? It may seem that way from the outside, but from the inside you always know what changes you would make the second time around. And really, isn't it always in hindsight that we are able to spot the shortcomings. That's why it's important to take it slow, and not overlook the organic improvements that may be had once the process has started, Relish, in it. Truly, the mantra start where you are planted pays off. And it starts with that first step, the realization you must water your own grass. So go get grounded, put your feet in the soil, do the rain dance if you are so inclined and remember, let's have some fun! •

**May we all grow in light and love,
and ground ourselves in depth and truth.**

Best wishes,

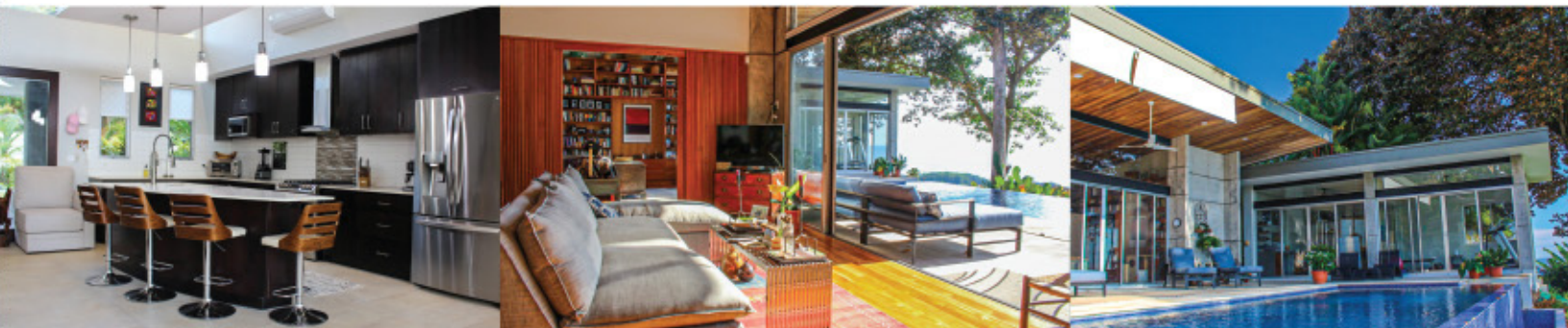


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Galería Antígono y sus proyectos

Orlando Sotela Alvarado, con 39 años de experiencia en el campo del Arte y la Cultura, actualmente es el Director para el Desarrollo del Arte de Galería Antígono, el Delegado Cultural de la Universidad Católica de Nueva España, el encargado de la Gestión Cultural tanto de la Academia Internacional de Ciencias Sociales como representante ante el Poder Ejecutivo de la Fundación Transformación en Tiempos Violentos.

Trabajan y representan a más de 300 Artistas de manera directa y representan entre emergentes, reconocidos, consagrados y maestros, tanto nacionales como internacionales, para difundir, promover y vender sus Obras a nivel nacional como internacional.

Fué nombrado Socio Honorífico de la Real Sociedad de Armígeros de España, Caballero de Mérito de la Noble Compañía de Bernardo de Gálvez y Miembro Honorífico de la Academia Nacional de Historia y Geografía de México.

Se han posicionado en el mercado y desde sus inicios, nuestro Director es un Promotor de Arte, Galerista, Gestor Cultural y Coleccionista. Iniciamos un Curso de Apreciación de Arte con la Universidad Católica de Nueva España.

Son la única Galería de Arte privada del país (no en centro comercial) han trabajado como Gestores Culturales para buscar espacios de exhibición y exposición a decenas de Artistas en distintos lugares del país, tales como: Las diferentes Casas de Cultura del País, la famosa Casona del INA y Museos Nacionales.

Actualmente mantienen exhibición de manera permanente en el Hotel Hilton Garden Inn en Liberia, en el GAT (General Aviation Terminal) y en el Salón Diplomático, ambos del Aeropuerto Internacional Juan Santamaría y en la cadena de Hoteles Selina.

Tienen una constante presencia en la modalidad de Ferias de Arte en importantes Centros Comerciales, Clubes Sociales y Hoteles exclusivos.

Trabajan, su hija Marianela Sotela Bejarano, que es la Directora Ejecutiva y Diseñadora Gráfica, de ilustración y fotografía como el reconocido Artista Nacional y Co Gestor Cultural Tonny Salazar.

Recientemente realizaron exposiciones internacionales en España, Estados Unidos, México y Ecuador; en los próximos meses harán en Colombia, Estados Unidos, España.



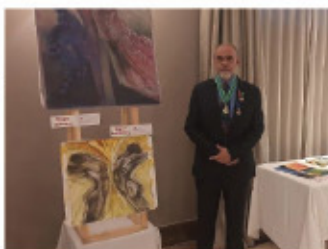
Orlando Sotela y La Ex Presidenta Rosalia Arteaga, Exposición Uniendo Culturas, Costa Rica-Ecuador



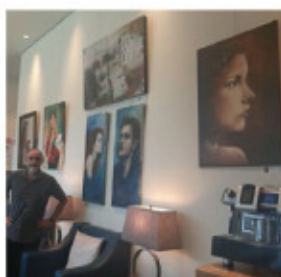
Exposición Uniendo Culturas en la Universidad CUGS en México



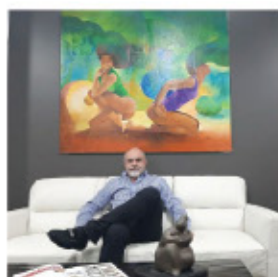
Exposición New Horizons en Albany, Georgia, Estados Unidos



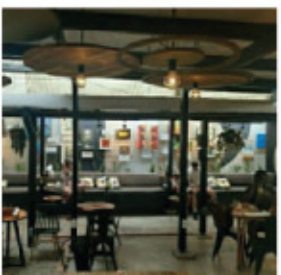
Exposición, Madrid Hoy.... Costa Rica Sorprende..., en España



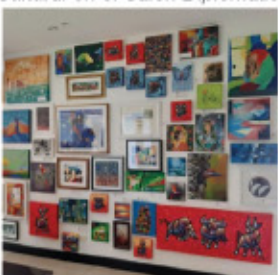
Exposición Arte sin Fronteras en el GAT



Exposición Diplomacia Cultural en el Salón Diplomático



Exposición Costa Rica Tropical Art en el Hotel Selina, Costa Rica



Exposición el Arte Vive, en el Hotel Hilton Garden Inn



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INVEST IN A HOTEL AND LIVE THE DREAM!

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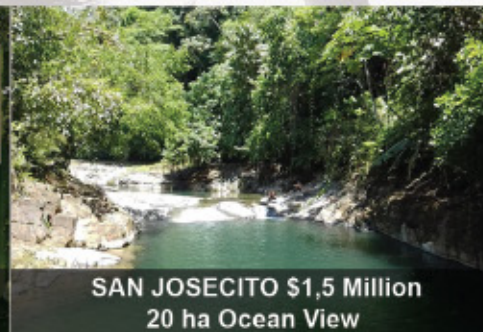
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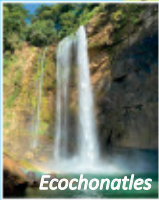
COSTA RICA

A few of our *top picks* of places to visit along the Pacific Coast of Costa Rica

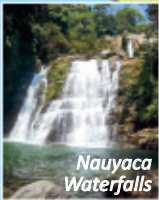
CARRIBEAN OCEAN

NATIONAL PARKS

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Ecochonates



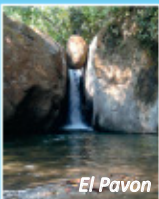
Nauyaca Waterfalls



Catarata de Uvita



Cascada de Ojochal



El Pavon

BEACHES



Playa Guapil



Playa Dominical



Playa Hermosa



Playa Ballena



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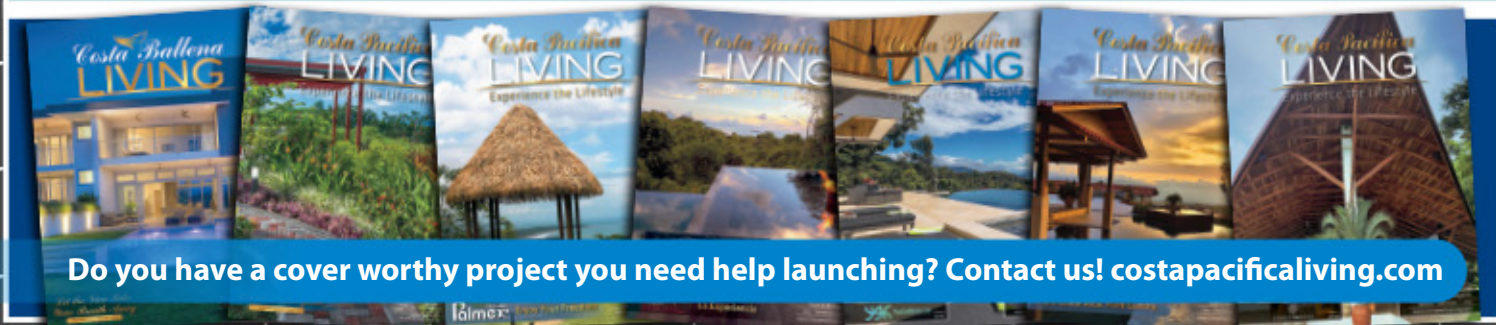
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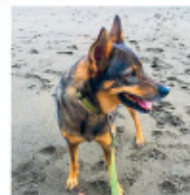
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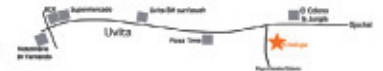


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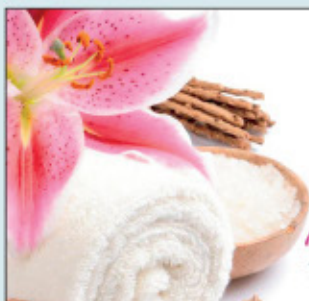
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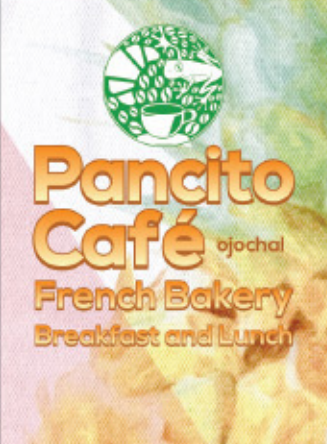


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COSTA BALLENA A Coastal Community

Having exploded in popularity over the last two years, Costa Ballena is a close knit community made up of three coastal towns: Dominical, Uvita-Bahía and Ojochal. It is physically designated as the area from Río Barú until Boca Coronado. You won't want to miss it.

DOMINICAL An artsy surf town where the big river mouth of Barú meets the ocean. Big heavy waves are commonplace, as are the expert surfers who catch them. A stroll through town will only take about 20 minutes and it's a great place to meet up with locals. The hippie beach vibes are what makes 'Domi' a must stop town to visit in Costa Rica.



Humpback Whales



UVITA-BAHÍA A typical Costa Rican town that is the bustling urban centre and melting pot of Costa Ballena. All essential services can be found, and you will see expansion taking place all around. From new buildings and services, like the medical centre to schools adding on to their programs. As well, the famous Whales Tail at Marino Ballena National Park is located in Bahía. Many families have settled in the area and enjoy a relaxed pace of rising with the sun and planning their day in accordance to the rhythm of the changing tides - this is of course to get the maximum amount of everyone's favourite, beach time!

OJOCHAL The furthest town South in the Costa Ballena stretch. Other than the first few kilometres at the main entrance, the town is vastly spread out with residents in their mountain homes that pepper the cloudy slopes of the back hills of the town. Many retirees and snowbirds have found safe haven from the cold in their beautifully manicured works of art, they call gardens. It also hosts fine dining options and is the gateway to the Osa Peninsula that opens up to Sierpe, Golfito, Pavones, and Drake. Many families have now begun to settle in the tranquil village and call Ojochal their new home.





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Amazing 20 Room Boutique Hotel

All with Whales Tail ocean view, oversized yoga deck, facilities to handle groups of any size, pool bar, wine room, minutes to the center of Uvita!



**UNDER CONTRACT
\$699,000**

Amazing Opportunity! Hotel OR Private Residence.

Vista Castillo is an amazing waterfront residence with private dock in the heart of Golfito overlooking the bay. Newly renovated, it boasts 13 bedrooms for guests + owners & staff suites. The new restaurant has a wood fire oven for the best pizza around!



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Glorious River Home in Ojochal Area! Peace & Quiet!

Colorful, mature landscaping, private river access with swimming holes, & a home full of love & character. Just under 3 acres in one of the most sought-after areas in Ojochal, step into a low-maintenance, inviting slice of paradise with modern amenities, ample space where you need it.



\$649,000

Stunning Ocean Jungle Sunset View On Desired Perezoso!

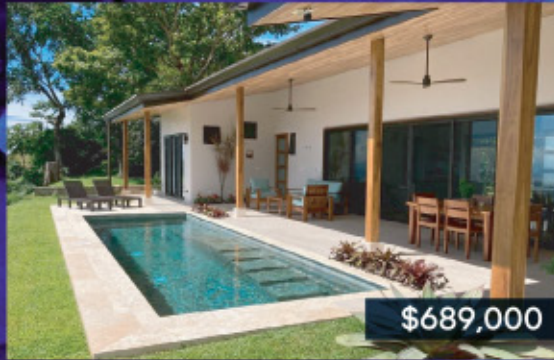
This custom-designed home offers you 3 + bedrooms and 5 bathrooms supporting enough living space for you to enjoy with or without visitors. The unique and intelligent layout allows for privacy even when guests are invited over to enjoy the year-round sunset views with you with two separate bedrooms and bathrooms upstairs.



\$139,000

Cascada Sándalo Building Lot

This gated community located in Tres Ríos is one of a kind. You feel like you have entered Jurassic Park. Huge mountain view with a view of the ocean as well. Legal Water. Ready to build with soil tests completed.



\$689,000

Tres Rios, Cascada Sándalo - Unbelievable Views!

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CALYPSO:

A PIECE OF HERITAGE

As they say, it's as Caribbean as rice'n'beans and sunshine, of course! Calypso music has been popular along Costa Rica's Caribbean coast since the late 1800s. More than a century later, special recognition was given to Calypso as part of Costa Rica's cultural and historical identity, more than a decade ago the government of Costa Rica has declared the style of music "national patrimony."

Costa Rican calypso music is one of the most famous musical styles to come out of Costa Rica. along with soca, salsa, merengue, and cumbia. Most recently reggae, raggaeton and ska are popular musical genres which also fit the mood of the country's tropical beaches. For visitors, listening to interesting and culturally relevant music is yet another element of getting to know Costa Rica. Music is something that unites Costa Ricans of all ages and is a part of their heritage and upbringing, as is dancing!.

Calypso was introduced into Costa Rica by Jamaican immigrants who settled along the Caribbean coast. It is considered Afro-Caribbean music. The style of music combines simple, yet catchy, chord structures with lyrics that tell stories as diverse as a region's history, a family's financial woes or a no-good, drinking, cheating and gambling spouse! The subject of a calypso text, usually witty and satiric, is a local and topical event of political and social import, and the tone is one of allusion, mockery, and double entendre.

In Costa Rica, the calypso and other afro-caribbean rhythms are most present in the Province of Limón, where most of the Jamaican immigrants first came in the nineteenth century. An important figure of Costa Rican calypso is Walter Ferguson. Two of his most important albums are *Babylon* (2003) and *Dr. Bombodee* (2004). A popular song is El Negrito (Calypso de Limón, Costa Rica), check it out and groove to the island inspired vibes. •



THE NATIONAL MUSICAL INSTRUMENT OF COSTA RICA:

THE MARIMBA

In 1996, the marimba was declared a "Symbol of traditional Costa Rican wealth". The province of Guanacaste is one of the country's musical hot spots for music playing the marimba and much of its traditional songs were designed with dancing in mind. Given it is a percussion musical instrument, it is a lively music and it relies on the interplay between trumpets and the marimba to create an upbeat, almost marching-band style sound.



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SOME LIKE IT HOT!

A

ny self respecting soda has a *chilera* to offer patrons that adds some *picante* to any *casado*. And if you are not fluent in Spanish, that may be a lot to unpack in one sentence.

First, a *chilera* is a jar of spicy fermented vegetables. A *casado* is a hearty, “married” man’s meal, a typical plate usually consists of rice, beans, a choice of meat, *picadillo* (vegetable medley) and salad, that is usually topped with a mandarin as dressing.

The *chilera* is almost a superfood given its fermented properties and its use of natural vinegar. Vinegar’s therapeutic properties include antibacterial activity, reduced arterial pressure, an antioxidant boost, reduced effects of diabetes, and cardiovascular illness prevention. •

INGREDIENTS

- carrot
- red bell pepper
- white or yellow onions
- cucumber
- 4 cloves of garlic
- white vinegar
- 2 hot peppers (can be habanero)
- water
- jar (preferred glass)

INSTRUCTIONS

1. Wash your vegetables and chop them into large pieces. The carrots are usually cut on the width, so left round and the cucumber is usually sliced on a mandolin into very thin slices. The onion is usually pretty thin too.
2. Place the water in a stockpot and boil the vegetables until just tender. You do not want them fully cooked.
3. Place the cooked vegetables into cold water or rinse them with cold water.
4. Crush the garlic and add to the jar.
5. Place all vegetables into your jar. Cover with vinegar.
6. Add the spice of choice and close the jar.
7. Ferment for 2-3 days and serve.

This dish can be stored at room temperature or in the refrigerator for up to three months.



EXPERT'S TIP

Really you can add any vegetable you like, from celery to chayote. Traditionally, many families made this popular recipe with vinegar made from the banana called “guineo negro,” but plain white vinegar will suffice and for that extra flavour you can use the juice from jarred jalapeños or a previous batch to flavor your *chilera*.

*¡Que lo disfrutes!
Enjoy it!*



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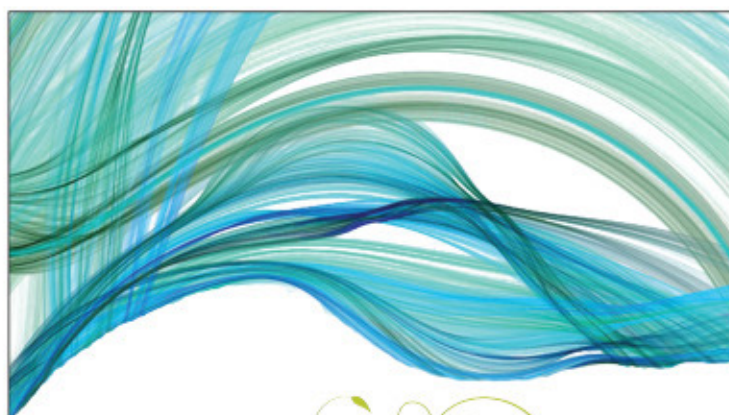
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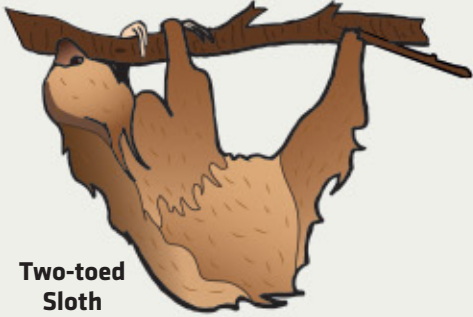
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VEINS, WRINKLES, STRETCH
MARKS, SKIN TAGS,
MOLES, SCARS, ACNE
SCARS, BOTOX, LIP
FILLERS



NOCTURNAL ANIMALS

OF COSTA RICA'S SOUTHERN ZONE



Two-toed Sloth

21-29 inches (53-74 cm)
9-17 lbs. (4-8 kg)



Vampire Bat

2.8-3.5 inches (7-9 cm)
2 onz (57 grams)



Burrowing Owl

10 inches (25 cm)
6 onz (170 grams)



Kinkajou

17-22 inches (43.18-55.88 cm)
4.4-6.5 lbs. (2-3 kg)



Striped Hog-nosed Skunk

17.5-36.8 inches (44.4-93.4 cm)
2.49-9.92 lbs. (1-4.5 kg)



Dark Four-eyed Opossum

24 to 26 inches (60.96-66 cm)
6-12 lbs. (2.7-5.4 kg)

Margay
18-31 inches (36-79 cm)
5-9 lbs. (2-4 kg)



Paca

23.6-31.5 inches (60-80 cm)
13-31 lbs. (6-14 kg)



Ocelot

28-35 inches (71-89 cm)
28-35 lbs. (12-16 kg)



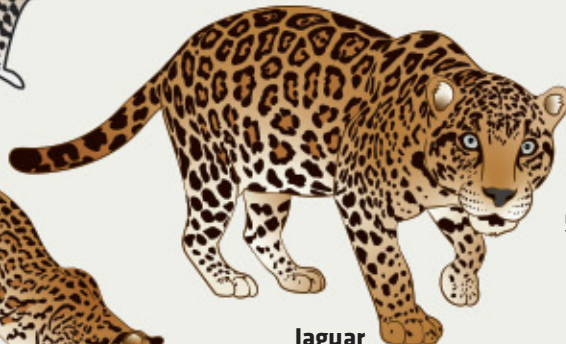
Boa Constrictor

6-10 feet (1.8-3.0 m)
50-90 lbs. (22.6-40 kg)



Red-Eyed Tree Frog

2-3 inches (2.54-7.62 cm)
0.2-0.5 onz (6-15 grams)



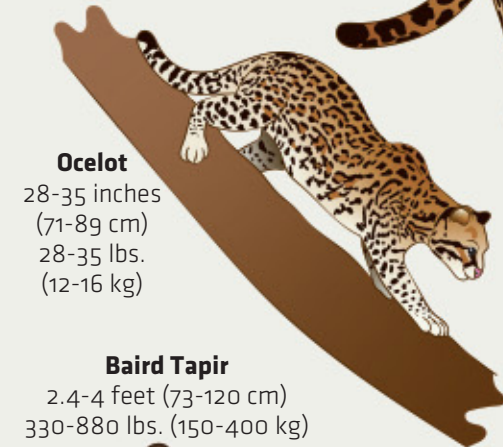
Jaguar

4'10"-6 feet (147-183 cm)
80-250 lbs. (36-113 kg)



Nine-banded Armadillo

2.5 feet (0.7 meters)
12 lbs. (5 kg)



Baird Tapir

2.4-4 feet (73-120 cm)
330-880 lbs. (150-400 kg)



Jaguarundi

22-30 inches (56-76 cm)
6-20 lbs. (3-9 kg)



Cougar

59-108 inches (150-274 cm)
75-250 lbs. (34-113 kg)

Tamandua Anteater

5-7.5 inches (182-217 cm)
60 to 110 lbs. (27-50 kg)





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NOCTURNAL ANIMALS IN COSTA RICA

C

osta Rica is home to approximately 260 mammal species, including marine mammals. This is roughly six percent of the world's species. Seven of these are endemic to Costa Rica and exist nowhere else in the world. It is one of the few countries in America that retains the same number of mammal species today as it did when Spanish colonizers arrived five hundred years

ago. Given it's rough terrain and thick jungle canopy it's not hard to see why.

One of the top places to see wild animals in Costa Rica is the Osa Peninsula. At Corcovado National Park, there are over 463 bird species and 140 mammal species. You may see monkeys, tapirs, sloths, jaguarundis, pumas, ocelots, and jaguars. And as they say the jungle comes alive at night.

TWO-TOED SLOTH

These animals are mainly nocturnal and they forage high in the canopy. They are active about 8 hours per day. Although they are active for shorter periods than Three-toed Sloths, Two-toed Sloths are more mobile. They change trees frequently and are rarely found in the same tree on consecutive days. Two-toed Sloths feed mainly on leaves but they supplement their leafy diet with fruit, buds, flowers, insects, and even bird eggs and small vertebrates. Two-toed Sloths have an incredibly long gestation period, about 11.5 months. Baby sloths cling to their mother during the first 6 months of their lives, never leaving her side of her.



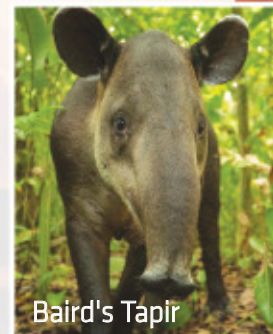
Two-Toed Sloth

THE PACA

Costa Rica's largest rodent and is a nocturnal denizen of Drake Bay. Pacas are closely related to Agoutis but are strictly nocturnal. They spend their days sleeping in burrows, which have one main entrance and one or more escape routes. The Pacas stuff their escape routes with leaves. If a predator enters the den, the Paca will burst through the leaves covering their escape route and flee to safety. Dens may be up 9 meters long and are usually dug into the side of a bank. Pacas mostly feed on seeds and fruit. They live in monogamous pairs throughout the year, but usually sleep in separate dens and forage solitarily. Breeding takes place year round and females normally give birth to a single offspring.



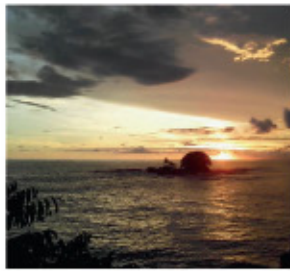
Paca



Baird's Tapir

BAIRD'S TAPIR

Costa Rica's largest land mammal. While they are not very tall, standing just under 120 centimeters, they are quite rotund. Baird's tapir can weigh in at a hefty 150 to 400 kilograms. These gentle giants feed mostly on leaves, stems, fruit, and tree bark. Tapirs are shy, mostly solitary animals. They can be active day or night. They do not easily stand the heat and can be found close to water, they spend the hottest hours of the day in their preferred mud wallows. In recent years, we have seen an increase in Drake Bay's Baird's Tapir population thanks to conservation efforts in the area. •



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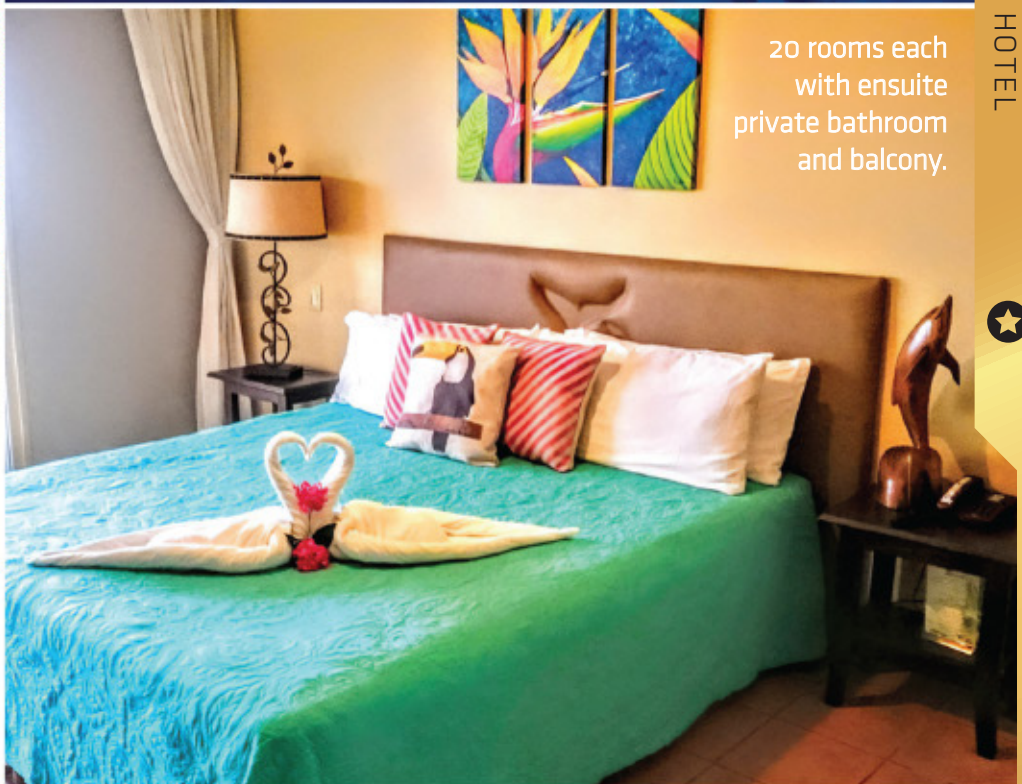
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Resto-bar with stage area.

GROUNDING

When someone mentions grounding, also known as “earthing,” what comes to mind for me is when my husband was planning the landscape design of our property - he asked, “Is there anything in particular you want?”

“GRASS,” I replied! Grass was the one thing he definitely didn’t want to hear from me. “Grass is the most wasteful thing to plant,” I recall him responding.

There was something about standing barefoot in the green grass, wiggling my toes into the roots, and feeling the cool blades of grass between my toes, that I knew would be something I’d miss from Canada. So for us, as soon as we entered our property we knew this was the one. A farmers field with an ocean window view and land to plant and hike.

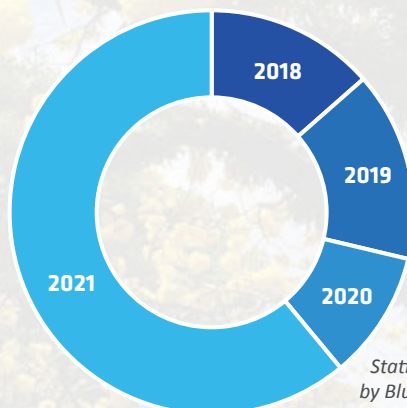
I see many people renting first, but that wasn’t for us. When you see exactly what you want, why chance waiting? Prices have risen over the past two years. In some cases up to 30% for homes. With the strong demand to live here in paradise, and have “room to breath,” and the past two years seeing many decide to not sell, there is a pressure on inventory. That usually means prices are only traveling in an upward motion. Rising interest rates in North America don’t affect a purchase here because sales are most often a cash purchase.

Properties that are a bit further from the beach are selling well, and are generally larger than in-town

lots. Prices are still good. I’ve recently sold a 2 acre lot with forest and a lovely trail to a creek and small ocean window-view for just \$140,000, and just an extra 15 minutes to the beach. The same lot closer to town would now be almost double that.

All this said, it is important to use a realtor. New buyers often get dazzled from the beauty of the country, but focusing on the importance of the due diligence process prior to closing will require your full attention to protect your investment. Once you chose the realtor you wish to represent you, be a good listener. We have a lot of information to offer, and remember that Costa Rica is a developing nation. Developing countries learn as they go, and can sometimes change laws and requirements. A real estate professional matched with an excellent attorney can advise you best so you can make the right decisions to reach the goal - so you can enjoy your version of “bare foot in the grass,” and create your grounding space. •

SALES COMPARISON CALENDAR YEAR



About the Writer

Ben Rutherford is a Senior Sales Associate with Blue Zone Realty International. He and his husband moved to the Costa Ballena area in 2013 and quickly started to enjoy a social lifestyle volunteering, playing beach volleyball, enjoying a good pot-luck, and hosting new friends at their home!



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LIGHT IT UP!

Lighting has been called, “the jewellery of the room” for a reason. It’s highly decorative, creative and also functional. Nothing sets a mood like lighting. In fact, lighting is everything you need to set the stage to create real atmosphere. There is a reason candlelight dinners are romantic – holding hands across the table under glaring fluorescents just isn’t the same vibe, is it?

A prominent lighting expert I worked with taught me there is pin, pool, and wash lighting. One could also see it as task, ambient and decorative. Pin refers to a very directed beam of light, while pool is more broad, overhead LED lights or a chandelier which create pools of light, while a wash, could be a strip of LED light down a wall or across a ceiling.

I would wager that most readers get the basics, here are some things we’re doing that sometimes are not considered, yet add so much for a very small

investment. Wash lighting, either an accent wall (stone, tile or contrasting colour), or up-lighting a vaulted ceiling adds real atmosphere for rooms. It highlights and creates a dramatic focal point.

Floor level lighting, either as an LED strip, or as directional single units, beautifully illuminate hallways, staircases and the bathroom to create subtle warmth yet is also a guide you’ll be grateful for in the wee hours when you don’t have to snap on the overheads.

In Costa Rica, we blend indoor with outdoor spaces, and considering a lighting plan for the pool area and landscape is very impactful and feels luxurious. Up-light adds interest to trees and wash light along the base of plantings. Don’t forget the pool deck, there are fantastic glowing globes and we’re creating concrete lights in organic shapes for outdoors, add another level of experience to a home. •

About the Writer

Michael Seven lives part-time on the coast and on Georgian Bay, Canada. He’s a graphic, brand and interior designer, digital marketing strategist, writer and artist. Get in touch with him at michael.seven@gmail.com



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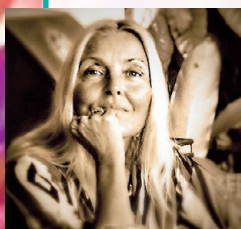
GROUNDING: RECONNECTING TO THE PRESENT MOMENT

W

hat is grounding? Are we thinking about energy and electricity, are we thinking about the esoteric, are we thinking about our lives? All three of these things relate to Grounding. Grounding in our daily lives means being aware of the present moment, being attentive/connected to what's happening to us and around us, as well as creating connection to the center of our beings that allow us to be strong, stable and balanced (vs. disassociating, or disconnecting ourselves from reality).

The easiest and most common way to regain our connection is through our breath. Slow deep breaths through the nose connect us directly to our central nervous system and almost instantly change us. Breathe work has a tradition in Yoga called Pranayama, but also in a variety of religions via chanting or song. The deep regular inhalation is used to sustain a word or note and regulates our breathing patterns and calms us allowing us to reconnect to the present moment.

About the Writer



Lura Doeblér Shopteau M.A., LPC, C-IAYT, E-RYT500. Working with others to care for themselves.



People who have witnessed or experienced trauma often need solutions to stay grounded and there are many other simple techniques to reconnect to our bodies and bring awareness back to the present. All of these techniques involve focusing our attention on ourselves or something close by, examples of actions you can take include;

- Becoming aware of our own physical being, the weight and shape of our body on the chair or floor, our bodily sensations, or touching our own skin.
- Stamp your feet, clamp your hands, or get up and walk slowly focusing on each step.
- Stretch or Lead your mind through your body parts (called a body scan).
- Or it can involve your five senses, touch, taste, see, hear, smell:
- The feeling of drinking a cold glass of water, or focusing on a hot mug of tea.
- Use your eyes to look and notice what's closest to you and then focus on each object in front of it moving further and further away or do the same with sounds and get lost in the sounds of the jungle - it's an awesome meditation.

So to build your awareness, your connection, take the time to reconnect to the physical self. Through a few minutes of focused awareness using breath, senses, or physical connection you can become more grounded, more aware of the power of now. •



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“As long as you are thinking. Think positive thoughts. We all become what we think about.”

COASTAL KIDS WANT HAPPY KIDS? GROUND THEM IN GRATITUDE

In the turmoil of surf, we need a firm, balanced foothold to skim happily to the shore. In the turmoil of life, we need grounding in healthy habits, attitudes, a positive identity, and loving relations to enjoy a happy life. Let's begin by focusing on the end goal of that equation: happiness. Kids are masters of happiness, but often mistakenly believe there is only one kind: ecstatic. Many adults, too, overlook a deeper, more enduring kind: peace.

To some that may seem to be a poor substitute for the “real thing”. But think about what it means to be unhappy. We feel distressed, miserable, in conflict with ourself and life. Would you not want peace at such moments? Is not peace a kind of happiness? A deep, satisfaction with our existence because we are content, not fighting to escape our present for some imagined utopian elsewhere. Knowing we will be OK.

How then can we help our kids enjoy such happiness? Ground them in gratitude! It finds the good in life, especially during moments of misery, and truly the attitude of gratitude ends all strife within and even with life's problems. Could we hope for more for our kids?

Gratitude asks us to pause and acknowledge the positive aspects of life experience. That helps kids to remember there is always still good in life, even when it may be buried behind pain. It helps them remember that things have been and can be good once again. This too shall pass. It brings a sense of peace knowing this.

How do we give our kids the gift of gratitude? Be grateful ourselves. Demonstrate daily moments of gratitude. Make it a habit. Give your kids examples of your gratitude for aspects of your life, especially when storm clouds may hang above, and gratitude for who they are and what they've done. Then when life's turmoil inevitably surges, your kids can find peace by grounding their understanding of existence in a genuine gratitude for life's blessings. •

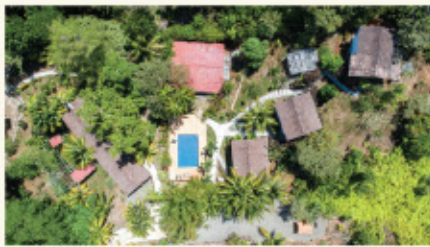
About the Writer

Tony Johnson is a retired university mental health therapist. He and his wife have 2 kids and 4 GRAND-kids!! You can reach him via email at: johnson.tony4536@gmail.com

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THE LIFECYCLES OF BEACHES

Natural beaches take thousands of years to evolve, a process that is the result of constantly moving water that erodes the land located around its edge. Essentially, beaches are formed by rocks or coral reefs located off the shore that are worn down by moving waves as well as earth sediments being moved by storms.

The Pacific Coast of Costa Rica has been blessed with 1,016 km (631 miles) of beach front. In Costa Ballena, the ebb and flow of the tides combined with storms change the beaches along our coast every season. The fundamental cycles of beaches include storms and their associated erosion, plus the post-storm recovery period and tidal cycles. These cycles may have a period of between one-half day and several weeks, even years in some local cases that we have seen.

Truly, the extent of changes along our shores can also be measured by the amount of rainfall that contributes to the impact of what we see on our beaches every time the rainy season hits in full force. Each one of the beaches in our area that are exposed to the elements (versus being cove or shaped as a natural harbor) have underwent major transformations over the past decade, and even beyond those years.

In recent past years (2017), Playa Dominical underwent a major transformation after a heavy rainfall. There were homes that were river front that got swept away and went down the Barú river. For a while, at low tide, you could walk out on a sand bank at Playa Dominical that led in front of the river mouth. With time that sand embankment disappeared and the beach returned to its now current, natural shape.

At one time, the natural reef barrier that forms the Whales Tail was destroyed by a storm. Now 10 years later, the damage that was done goes undetected and the beach has retaken its natural shape.

In Ojochal, you can now explore caves and see a mimic in stone of an Elephants trunk in the rocks that protrude forms he ocean, whereas twenty years ago the beach went yards out, and there was even a restaurant where Isla Garsa now finds itself. With the heavy movements from the Terraba river, which is the largest river mouth in Costa Rica, it is no wonder erosion has played a massive role in shaping Playa Tortuga. But perhaps it is because of the river mouth that a the Olive Ridley Turtles return year after year to lay their eggs on the shores.

During this time of year, July through to December we can find plancton at night on many beaches along the coast. With the full moon that lights up the night sky, a low tide and equipped with curiosity it is a natural wonder of the world that is a delight to experience. •



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The I CAN Foundation is a non profit organization with the mission to foster hope, opportunity, and positivity for underserved youth worldwide for a successful future.

We do this through our two programs: S/Y Wisdom and Robin's Tent.

S/Y WISDOM

On our 100ft sailboat we take aged-out foster children on 80-day trips around the Caribbean. On their journey they learn essential life skills, participate in outreach and conservation programs and get certified in 10+ certifications, including sailing and diving. It is a transformational journey for these young adults to be exposed to new cultural and new skills.

ROBIN'S TENT

Community events that run every Saturday around the world. Currently we are set up in Costa Rica, Antigua, Bahamas and South Africa. Through our local volunteers we currently have over 1000 kids visit our tents, every week. We provide a hot meal, play sports with them, and give them a safe space to interact with one another. Through our tents, we give underserved youth consistency in their lives, simply by having our presence each week. Through our Robin's Tent in Costa Rica we have set up English, swimming and soccer lessons. Our goal is to continue to implement this lesson structure at our current locations and future locations. •

Written by Robin Prest



"OUR VISION IS TO EMPOWER UNDER-RECOGNIZED YOUTH WITH THE AMBITION, CONFIDENCE AND KNOW-HOW TO BUILD ANY FUTURE THEY CAN POSSIBLY IMAGINE."

To find out more or get involved contact Robin Prest at robinprest@i-can-foundation.org or visit our website www.i-can-foundation.org

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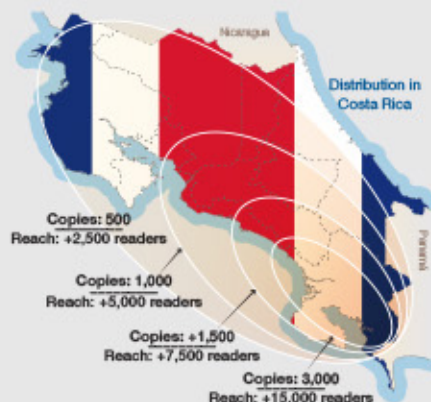
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ACCOMMODATIONS ▾

Osa Property Management	Online Rental Services	Costa Ballena	Plaza Perla, Uvita	7100-1006
YouGetHere.com	Online Rental Services	Costa Ballena	yghteam@yougethere.com	4701-5242
Espadilla Ocean Club	Beachfront Designer Villas	Manuel Antonio	Playa Espadilla	2777-6810
Cheeky Monkey Cabins	Affordable Studio Apartment	Uvita	400 mtrs East of BCR	8768-7540
Cristal Ballena	Boutique Hotel	Ballena	www.cristal-ballena.com	2786-5354
El Castillo	Luxury Boutique Hotel	Ojochal	Calle Perezoso	2786-5543 / 8692-3861
Tangara Azul	Boutique Hotel	Ojochal	Plaza Tangara	2786-5118
The Alma Hotel	Hotel	Ojochal	Calle Perezoso 2 km from Hwy North	2786-5295
Playa Cativo	Luxury Eco Lodge	Golfito	www.playacativo.com	2775-6262

ADVERTISING SERVICES ▾

Costa Pacifica LIVING	Publishing & Content Redaction	Uvita	costapacificalliving@gmail.com	8768-7540
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ART GALLERY ▾

Galeria Antigono	Art Exhibitions & Gallery	San Jose	osotela@gmail.com	7096-6476
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CONSTRUCTION ▾

Ecostudio	Architects	San Jose	www.ecostudiocr.com	8811-2249
Ecomaderas	Lumber Store & Wood Builder	San Isidro	www.ecomaderasdelsur.com	2770-4147 / 2771-9602
Living Space	Custom Design & Construction	Dominical	www.livingspacecostarica.net	8918-2450
Coto Company	Engineer & Construction	Costa Ballena	www.cotocompany.com	2743-8550 / 8872-9766
Vidrios La Costa	Stained Glass & Special Orders	Costa Ballena	www.vidriosanisidro.com	2743-8397
Elemental	Home & Interior Design	Uvita	www.southpacific.design	michael.seven@gmail.com
Ballena Homes	Real Estate & Construction	Ojochal	Plaza Ventanas	8856-9800
iBuild Costa Rica	Custom Design & Construction	Ojochal	ibuildcr.com	+(905) 371-4656
Palmex	Synthetic Palm Roofing	Ojochal	www.palmexcostarica.com	2786-5126

DENTIST ▾

Dental Inn	Orthodontic & Dental Clinic	3 locations	Quepos, San Isidro, Palmar Norte	8373-6713 / 8303-6258
Dra. Paula Zúñiga	Orthodontic Specialist	PZ, Curridabat	www.drapaulazuniga.com	8836-5391
Dra. Mariela Solís Rojas	Dentist	Ojochal	Plaza Ventanas	8484-1733

EDUCATION ▾

Uvita Christian Academy	Bilingual Education Center	Uvita	Rincón de Uvita	2743-8589 / 8618-9302
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GAS STATION ▾

Plaza Ventanas	Gas Station	Ojochal	Off of Costanera Hwy	8705-2560
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GOLF ▾

San Buenas Golf Resort	Osa Golf Resort	San Buenas		6296-5354
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HARDWARE STORE ▾

Iguana Verde Ferretería	Hardware Store	Uvita-Bahía	150 meters South West from The Dome Plaza	2743-8929 / 2743-8241
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HOME DECOR ▾

Royal Palm	Furniture Store & Home Design	Uvita	Around the corner from BCR	2743-8323
Adornment	Custom Furniture & Home Design	Dominical	www.adornmentdesign.com	8303-9205

LEGAL SERVICES ▾

CR Trópico	Law & Accounting Services	Barú (& San Isidro)	By the Airplane Restaurant	2787-0500 / 2787-0300
Pacific Coast Law	Notary & Attorney at Law	Dominical	1 km south of Plaza Pacifica	2787-0446
Randall Sanchez & Associates	Attorneys at Law	Uvita	Plaza del Pacifico (Cake Building)	2771-3501
Uvita Law Firm	Attorneys at Law	Uvita	The Dome Plaza - 2nd floor	2743-8416
Ballena Legal Team	Lawyer & Notary	Ojochal	Plaza Ventanas	4701-9776 / 8721-2291

MEDICAL ▾

Vargas Médico	Doctor	Uvita	Paso de Ballenas Building across from BCR	8750-9118
Farmacia y Macrobiótica Ibarra	Pharmacy & Macrobiotic Store	Uvita	The Dome Plaza	2743-8460
Farmacia y Macrobiótica Ibarra	Pharmacy & Macrobiotic Store	Ojochal	Plaza Tangara	2215-4940

PAINT STORE ▾

Sherwin Williams	Paint Store	Uvita	Next to Restaurante Marino Ballena	2215-2077
Centro de Pinturas Ojochal	Paint Store	Ojochal	Plaza Ventanas	2201-7906

PERSONAL CARE ▾

Alegría Soul Spa	Massage Services	Dominical	Pueblo Del Río, next to Café Mono Congo	2787 0210
Esthetica La Mariposa	All Your Beauty Needs	Uvita	See ad page 25	6404-5961

PET CARE ▾

Lord & Magic Pets CR	Pet Grooming	Ojochal	See ad page 18	8374-7902
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PROPERTY MANAGEMENT ▾

Epiphany Property Management	Property Management	Costa Ballena	epiphanypropertycr@gmail.com	8915-5564
Lu Dawson	Property Management	Costa Ballena	ludawson.com	6296-5354

LOCAL PHONE NUMBERS

Osa Property Management YouGetHere	Property Mangement Property Mangement	Costa Ballena Costa Ballena	Plaza La Perla, Uvita yghteam@yougethere.com	7100-1006 4701-5242
REAL ESTATE ▾				
Coldwell Banker Vesta Group	Real Estate	Dominical	3 km south of Dominical off of Costanera Hwy	2787-0223 / 2787-0220
Blue Zone Realty: David Orozco	Real Estate	Uvita	davidbluezonerealty@gmail.com	8868-3476
Blue Zone Realty: Diego Moya	Real Estate	Uvita	ben@bluezonerealty.com	8318-7591
Blue Zone Realty: Ben Rutherford	Real Estate	Uvita	diego@bluezonerealty.com	8729-6439
Real Estate Listings in Costa Rica	Real Estate	Uvita	relincr.com	8455-2634
Blue Zone Realty: Janet Chantry	Real Estate	Ojochal	janet@bluezonerealty.com	8617-0677
Century 21 Ballena Properties	Real Estate	Ojochal	Plaza Ventanas	2786-5801
On Point Real Estate Solutions	Real Estate	Ojochal	onpoint-cr@outlook.com	8731-6779 / 6296-5354
Remax: Anton Ry	Real Estate	Ojochal	anton@we-sell-paradise.com	8429-3767
Osa Tropical Real Estate: Katherine Apsey	Real Estate	Coronado	katherine@osatropicalproperties.com	8415-7752
Karith Real Estate	Real Estate	Southern Zone	See ad page 16	6404-5961
RESTAURANTS ▾				
Café Mono Congo	Coffee & To Go Orders	Dominical	Pueblo Del Río	8384-2915 / 8485-5523
Jolly Rogers	Bar, Wings & Burgers	Dominical	1.7 km up the Escaleras road	8858-8841
La Parcela	Seaside Seafood Dining	Dominical	KM147, Dominicalito Bay	2787-0016 / 2787-0241
Phat Noodle	Asian & Street Food	Dominical	Next to Green Leaf Realty	2787-0017
Río Lindo	Riverfront Bar & Grill	Dominical	Entrance of Playa Dominical	2787-0028
Sushi Dominical	Fresh Sushi	Dominical	Pueblo Del Río	8826-7946
Tortilla Flats	Beachfront Restaurant & Bar	Dominical	Front of Playa Dominical	2787-0033
Beehive	Mediterranean Restaurant	Uvita	300 meters North of Gas Station	2201-7100
Le French Cafe	Bakery & French Restaurant	Bahia	Plaza Moana, main road to Bahía	2201-8253
The Dome Drive Thru	American Food Options & Take Out	Uvita	The Dome Plaza, across from Firestone	2743-8506
Vista Ballena	Restaurant & Hotel	Uvita	End of road, Jardines del Morete	2743-8150
Pura Vida Restaurant	International & Costa Rican Cuisine	Ballena	www.cristal-ballena.com	2786-5354
Ballena Bistro	Lunch & Special Events	Ballena	KM 169	2786-5407
Fusión	Restaurant	Ojochal	200 meters North of the La Costa Ferreteria	2786-5152
Bamboo Room	Awesome Food	Ojochal	Calle Peresozo, Alma Hotel	8380-5353
Citrus	Restaurant & Wine Bar	Ojochal	Plaza Tangara	2786-5175
Exotica	Fine Dining	Ojochal	Located 1 km on the main road	2786-5050
Los Gatos Locos	Mexican Food with Costa Rican Flair	Ojochal	Calle del Jardín Ojochal	2786-5059
Pancho Café	Bakery & Pastry Shop	Ojochal	Entrance of Ojochal	2786-4774
Terraba Restaurante	Bar & Restaurant	Ojochal	200 meters South of Ojochal Entrance	4702-9868
SHOPPING ▾				
Young Living	Essential Oils	National	costaricayoungliving@gmail.com	8768-7540
Tico Roots Souvenir Shop	Costa Rican Souvenirs	Dominical	Pueblo Del Río	8843-4788
Malú	Women's & Men's Fashion	Dominical	Pueblo Del Río	8349-9392
Krill	Authentic Souvenirs	Uvita	50 meters South of Banco Nacional	8843-4788
Uvita Discount Liquor	Liquor Store	Uvita	Next to Uvita Gas Station	4701-3218
Uvita Surf Shop	Surf Board Rental & Surf Shop	Uvita	The Dome Plaza, across from Firestone	2100-6948
L'Epicerie	Specialty Food Store	Ojochal	Plaza Tangara	2786-5118
SOLAR ▾				
Om Energy	Solar Energy	Ojochal	Plaza Tangara	8727-4507
TOURS ▾				
Hacienda Barú	Birdwatching, Eco-Tram & Zipline	Barú	3.5 km North of Dominical	2787-0003
Dominical Information Center	Local Information Center	Dominical	Pueblo del Río, entrance of Dominical	2787-0454/8651-9090
Pineapple Tours	Kayak, SUP, Surf	Dominical	Next to Tourist Police Station	8873-3283 / 8362-7655
Bahía Aventuras	Whale & Boat Tours	Uvita	Across from Tatiana Super	2743-8362
Uvita Info Center	Tours and Mailings Services	Uvita	Located at Bus Terminal, off of Hwy	2743-8072
Amigos Kayak y SUP Tours	Adventure Tours	Ojochal	www.myCRadventure.com	8734-4158
Kokopelli	Wildlife Tours	Sierpe	www.sierpemangrovetour.com	8897-1678 / 2788-1259
TRANSPORTATION & VEHICLE RENTAL ▾				
Roberto Pérez	Car Locksmith	Uvita	50 meters west of Luna Decor, off of Hwy	8664-9656
Hertz	National Vehicle/Car Rental	Uvita	Above Veterinarian Office	2743-8044
INVESTMENT ▾				
Costa Rican Network	Business & Personal Investment	National	consulting.crn@gmail.com	8982-9612
YOGA ▾				
Bienestar	Yoga Shala & Therapy	Uvita	Calle Uvita, 500 meters west of BCR	8505-1369
Serenidad Yoga	Yoga: www.serenidadyoga.org	Ojochal	Calle del Jardín Ojochal	8415-7752



Wondering how to get to the Beaches?

Here's a list of beaches from North to South:

- Playa Linda - Off of the Costanera, Matapalo
- Playa Dominical - Turn into Dominical and head towards ocean
- Playa Dominicalito - off of Costanera, KM 146
- Playa Hermosa - off of Costanera, KM 157
- Whales Tail/Playa Chaman - National Park Entrance in Bahía & off of Costanera, KM 164

- Playa Ballena - off of Costanera, KM 169
- Playa Pinuelas - KM 162, off of the Costanera
- Playa Ventanas - off of Costanera, KM 173
- Playa Tortuga - 50 meters South of Ojochal Bridge, off of Costanera, turn towards ocean, go to end of the road

TIDE CHARTS

July 2022

Day	High	Low	High	Low	High
F01	04:25 8.20 ft	10:18 1.57 ft	16:30 8.57 ft	22:43 0.65 ft	
S02	05:04 8.27 ft	10:57 1.54 ft	17:09 8.44 ft	23:20 0.74 ft	
S03	05:42 8.29 ft	11:38 1.55 ft	17:49 8.25 ft	23:57 0.89 ft	
M04	06:21 8.28 ft	12:19 1.59 ft	18:30 8.01 ft		
T05		00:35 1.07 ft	07:01 8.26 ft	13:03 1.63 ft	19:13 7.75 ft
W06		01:15 1.27 ft	07:42 8.25 ft	13:49 1.66 ft	19:59 7.52 ft
T07		01:59 1.44 ft	08:28 8.28 ft	14:40 1.65 ft	20:51 7.36 ft
F08		02:48 1.56 ft	09:18 8.36 ft	15:35 1.56 ft	21:48 7.30 ft
S09		03:42 1.60 ft	10:14 8.51 ft	16:34 1.36 ft	22:49 7.40 ft
S10		04:42 1.54 ft	11:13 8.74 ft	17:34 1.05 ft	23:51 7.68 ft
M11		05:44 1.34 ft	12:13 9.05 ft	18:34 0.63 ft	
T12	00:52 8.11 ft	06:46 1.03 ft	13:11 9.41 ft	19:32 0.17 ft	
W13	01:50 8.63 ft	07:47 0.65 ft	14:09 9.74 ft	20:27 -0.26 ft	
T14	02:46 9.14 ft	08:45 0.29 ft	15:03 9.97 ft	21:19 -0.59 ft	
F15	03:39 9.57 ft	09:40 0.03 ft	15:57 10.06 ft	22:11 -0.75 ft	
S16	04:31 9.85 ft	10:34 -0.08 ft	16:49 9.96 ft	23:01 -0.71 ft	
S17	05:22 9.94 ft	11:28 -0.01 ft	17:41 9.67 ft	23:50 -0.46 ft	
M18	06:13 9.82 ft	12:21 0.23 ft	18:32 9.21 ft		
T19		00:40 -0.04 ft	07:04 9.54 ft	13:14 0.60 ft	19:25 8.65 ft
W20		01:30 0.51 ft	07:57 9.14 ft	14:09 1.02 ft	20:21 8.06 ft
T21		02:22 1.10 ft	08:51 8.70 ft	15:07 1.43 ft	21:19 7.53 ft
F22		03:17 1.67 ft	09:47 8.30 ft	16:07 1.73 ft	22:21 7.15 ft
S23		04:15 2.12 ft	10:44 8.01 ft	17:09 1.86 ft	23:24 6.98 ft
S24		05:16 2.38 ft	11:42 7.88 ft	18:08 1.83 ft	
M25	00:24 7.01 ft	06:15 2.45 ft	12:35 7.89 ft	19:01 1.65 ft	
T26	01:17 7.21 ft	07:09 2.34 ft	13:25 8.03 ft	19:48 1.39 ft	
W27	02:04 7.51 ft	07:57 2.12 ft	14:10 8.23 ft	20:29 1.10 ft	
T28	02:47 7.84 ft	08:40 1.83 ft	14:52 8.44 ft	21:07 0.83 ft	
F29	03:26 8.17 ft	09:20 1.54 ft	15:31 8.60 ft	21:44 0.62 ft	
S30	04:03 8.45 ft	09:58 1.28 ft	16:10 8.69 ft	22:19 0.50 ft	
S31	04:39 8.66 ft	10:36 1.08 ft	16:47 8.68 ft	22:53 0.48 ft	

August 2022

Day	High	Low	High	Low	High
M01	05:14 8.79 ft	11:14 0.97 ft	17:25 8.57 ft	23:28 0.54 ft	
T02	05:49 8.84 ft	11:52 0.94 ft	18:02 8.37 ft		
W03		00:04 0.68 ft	06:26 8.83 ft	12:32 1.00 ft	18:41 8.11 ft
T04		00:41 0.88 ft	07:05 8.76 ft	13:15 1.11 ft	19:24 7.81 ft
F05		01:23 1.11 ft	07:49 8.64 ft	14:03 1.25 ft	20:14 7.53 ft
S06		02:11 1.36 ft	08:40 8.50 ft	14:58 1.38 ft	21:12 7.31 ft
S07		03:07 1.58 ft	09:40 8.40 ft	16:01 1.40 ft	22:19 7.27 ft
M08		04:13 1.68 ft	10:46 8.43 ft	17:09 1.25 ft	23:29 7.49 ft
T09		05:24 1.56 ft	11:54 8.63 ft	18:15 0.89 ft	
W10	00:37 7.96 ft	06:34 1.21 ft	12:58 8.99 ft	19:17 0.40 ft	
T11	01:38 8.58 ft	07:38 0.72 ft	13:58 9.39 ft	20:13 -0.11 ft	
F12	02:33 9.22 ft	08:36 0.22 ft	14:52 9.73 ft	21:05 -0.53 ft	
S13	03:24 9.75 ft	09:29 -0.17 ft	15:43 9.92 ft	21:54 -0.76 ft	
S14	04:13 10.07 ft	10:19 -0.37 ft	16:32 9.89 ft	22:40 -0.76 ft	
M15	05:00 10.15 ft	11:08 -0.33 ft	17:19 9.64 ft	23:25 -0.52 ft	
T16	05:46 9.98 ft	11:55 -0.07 ft	18:06 9.18 ft		
W17		00:10 -0.07 ft	06:32 9.58 ft	12:42 0.37 ft	18:54 8.58 ft
T18		00:55 0.55 ft	07:19 9.04 ft	13:31 0.90 ft	19:44 7.92 ft
F19		01:42 1.23 ft	08:09 8.44 ft	14:23 1.45 ft	20:39 7.29 ft
S20		02:33 1.90 ft	09:03 7.88 ft	15:22 1.90 ft	21:41 6.82 ft
S21		03:32 2.43 ft	10:03 7.47 ft	16:27 2.14 ft	22:49 6.61 ft
M22		04:39 2.73 ft	11:07 7.29 ft	17:34 2.14 ft	23:55 6.69 ft
T23		05:47 2.73 ft	12:08 7.36 ft	18:33 1.91 ft	
W24	00:52 6.99 ft	06:47 2.47 ft	13:02 7.61 ft	19:22 1.56 ft	
T25	01:40 7.42 ft	07:37 2.06 ft	13:49 7.95 ft	20:04 1.17 ft	
F26	02:21 7.89 ft	08:19 1.59 ft	14:30 8.30 ft	20:41 0.80 ft	
S27	02:58 8.35 ft	08:57 1.13 ft	15:08 8.60 ft	21:16 0.49 ft	
S28	03:33 8.75 ft	09:34 0.73 ft	15:45 8.80 ft	21:49 0.27 ft	
M29	04:07 9.06 ft	10:10 0.43 ft	16:21 8.87 ft	22:23 0.17 ft	
T30	04:41 9.25 ft	10:46 0.26 ft	16:57 8.81 ft	22:57 0.18 ft	
W31	05:16 9.32 ft	11:23 0.24 ft	17:34 8.63 ft	23:32 0.31 ft	

September 2022

Day	High	Low	High	Low	High
T01	05:52 9.25 ft	12:02 0.36 ft	18:13 8.35 ft		
F02		00:11 0.55 ft	06:32 9.06 ft	12:45 0.60 ft	18:56 7.98 ft
S03		00:54 0.88 ft	07:18 8.75 ft	13:34 0.92 ft	19:47 7.60 ft
S04		01:45 1.27 ft	08:12 8.39 ft	14:31 1.24 ft	20:48 7.29 ft
M05		02:46 1.63 ft	09:17 8.08 ft	15:38 1.44 ft	22:02 7.19 ft
T06		03:59 1.81 ft	10:31 7.98 ft	16:52 1.38 ft	23:18 7.44 ft
W07		05:18 1.66 ft	11:45 8.18 ft	18:03 1.03 ft	
T08	00:26 7.99 ft	06:30 1.19 ft	12:51 8.59 ft	19:05 0.51 ft	
F09	01:26 8.68 ft	07:32 0.58 ft	13:48 9.06 ft	19:59 -0.03 ft	
S10	02:18 9.34 ft	08:26 0.91 ft	14:39 9.44 ft	20:47 -0.44 ft	
S11	03:05 9.84 ft	09:14 -0.40 ft	15:26 9.66 ft	21:32 -0.65 ft	
M12	03:50 10.11 ft	10:00 -0.58 ft	16:11 9.64 ft	22:15 -0.62 ft	
T13	04:33 10.11 ft	10:43 -0.51 ft	16:55 9.40 ft	22:57 -0.35 ft	
W14	05:15 9.85 ft	11:25 -0.22 ft	17:38 8.96 ft	23:37 0.12 ft	
T15	05:57 9.38 ft	12:08 0.25 ft	18:22 8.38 ft		
F16		00:19 0.74 ft	06:40 8.77 ft	12:52 0.83 ft	19:08 7.73 ft
S17		01:03 1.43 ft	07:26 8.11 ft	13:40 1.42 ft	20:00 7.11 ft
S18		01:51 2.10 ft	08:18 7.48 ft	14:36 1.93 ft	21:01 6.64 ft
M19		02:51 2.63 ft	09:20 7.02 ft	15:41 2.25 ft	22:12 6.44 ft
T20		04:03 2.89 ft	10:30 6.84 ft	16:53 2.29 ft	23:21 6.57 ft
W21		05:18 2.80 ft	11:37 6.96 ft	17:56 2.06 ft	
T22	00:20 6.96 ft	06:20 2.41 ft	12:33 7.29 ft	18:47 1.68 ft	
F23	01:07 7.47 ft	07:09 1.86 ft	13:20 7.72 ft	19:29 1.24 ft	
S24	01:47 8.03 ft	07:50 1.27 ft	14:02 8.16 ft	20:06 0.81 ft	
S25	02:23 8.57 ft	08:28 0.70 ft	14:40 8.55 ft	20:41 0.43 ft	
M26	02:58 9.05 ft	09:04 0.21 ft	15:16 8.83 ft	21:16 0.14 ft	
T27	03:32 9.42 ft	09:40 -0.14 ft	15:52 8.98 ft	21:50 -0.02 ft	
W28	04:08 9.65 ft	10:17 -0.33 ft	16:29 8.98 ft	22:27 -0.04 ft	
T29	04:44 9.69 ft	10:56 -0.32 ft	17:08 8.83 ft	23:05 0.09 ft	
F30	05:24 9.55 ft	11:37 -0.13 ft	17:50 8.54 ft	23:47 0.39 ft	

Great Low Tide Walking Beaches:

- Playa Dominical
- Playa Hermosa
- Whales Tail/Playa Chaman
- Playa Ballena
- Playa Tortuga

Advanced Surf Beaches:

- Playa Dominical
- Playa Dominicalito
- Playa Hermosa

Beginner Surf Beach:

- Whales Tail/Playa Chaman
- Playa Ballena

Caves:

- Playa Ventanas
- Playa Tortuga

*"I am rooted,
but I flow."*

TIDE CHARTS

AM
Light
BluePM
Dark
BlueNew
MoonFirst
QuarterFull
MoonLast
Quarter

October 2022

Day	High	Low	High	Low	High
S01	06:07 9.21 ft	12:22 0.23 ft	18:36 8.15 ft		
○ S02		00:34 0.81 ft	06:56 8.74 ft	13:13 0.68 ft	19:31 7.74 ft
M03		01:29 1.29 ft	07:54 8.22 ft	14:12 1.12 ft	20:37 7.42 ft
T04		02:37 1.70 ft	09:05 7.80 ft	15:23 1.40 ft	21:53 7.37 ft
W05		03:56 1.83 ft	10:23 7.68 ft	16:40 1.38 ft	23:08 7.68 ft
T06		05:16 1.57 ft	11:37 7.90 ft	17:50 1.07 ft	
F07	00:14 8.24 ft	06:25 1.05 ft	12:40 8.31 ft	18:49 0.61 ft	
S08	01:10 8.86 ft	07:22 0.45 ft	13:34 8.74 ft	19:41 0.18 ft	
○ S09	01:59 9.41 ft	08:11 -0.06 ft	14:22 9.08 ft	20:26 -0.13 ft	
M10	02:43 9.79 ft	08:55 -0.39 ft	15:07 9.26 ft	21:09 -0.26 ft	
T11	03:25 9.94 ft	09:37 -0.51 ft	15:49 9.24 ft	21:49 -0.18 ft	
W12	04:05 9.86 ft	10:17 -0.42 ft	16:30 9.04 ft	22:28 0.09 ft	
T13	04:45 9.56 ft	10:57 -0.14 ft	17:11 8.67 ft	23:06 0.52 ft	
F14	05:24 9.10 ft	11:36 0.28 ft	17:52 8.18 ft	23:46 1.07 ft	
S15	06:04 8.52 ft	12:17 0.80 ft	18:37 7.65 ft		
S16		00:29 1.66 ft	06:48 7.90 ft	13:02 1.35 ft	19:26 7.14 ft
○ M17		01:17 2.23 ft	07:38 7.31 ft	13:54 1.84 ft	20:25 6.75 ft
T18		02:15 2.67 ft	08:39 6.86 ft	14:55 2.19 ft	21:31 6.59 ft
W19		03:25 2.87 ft	09:49 6.66 ft	16:03 2.30 ft	22:38 6.72 ft
T20		04:39 2.72 ft	10:57 6.75 ft	17:06 2.15 ft	23:36 7.10 ft
F21		05:41 2.30 ft	11:55 7.07 ft	18:00 1.83 ft	
S22	00:23 7.61 ft	06:31 1.72 ft	12:44 7.51 ft	18:44 1.41 ft	
S23	01:05 8.20 ft	07:14 1.09 ft	13:26 7.98 ft	19:25 0.97 ft	
M24	01:43 8.78 ft	07:53 0.47 ft	14:06 8.41 ft	20:03 0.55 ft	
● T25	02:20 9.30 ft	08:32 -0.06 ft	14:45 8.77 ft	20:41 0.20 ft	
W26	02:58 9.71 ft	09:11 -0.44 ft	15:24 9.00 ft	21:20 -0.02 ft	
T27	03:37 9.94 ft	09:51 -0.64 ft	16:04 9.09 ft	22:00 -0.07 ft	
F28	04:18 9.95 ft	10:32 -0.63 ft	16:47 9.01 ft	22:43 0.05 ft	
S29	05:01 9.75 ft	11:17 -0.41 ft	17:33 8.79 ft	23:30 0.36 ft	
S30	05:49 9.33 ft	12:05 -0.02 ft	18:24 8.46 ft		
M31		00:23 0.79 ft	06:43 8.79 ft	12:59 0.46 ft	19:23 8.12 ft

November 2022

Day	High	Low	High	Low	High
○ T01		01:23 1.25 ft	07:45 8.22 ft	14:00 0.93 ft	20:30 7.87 ft
W02		02:34 1.59 ft	08:56 7.79 ft	15:10 1.24 ft	21:42 7.86 ft
T03		03:51 1.66 ft	10:11 7.65 ft	16:22 1.30 ft	22:52 8.11 ft
F04		05:07 1.41 ft	11:22 7.78 ft	17:29 1.14 ft	23:54 8.52 ft
S05		06:11 0.99 ft	12:23 8.07 ft	18:27 0.88 ft	
S06	00:48 8.95 ft	07:05 0.53 ft	13:16 8.38 ft	19:18 0.62 ft	
M07	01:36 9.30 ft	07:53 0.17 ft	14:03 8.62 ft	20:03 0.45 ft	
○ T08	02:20 9.52 ft	08:35 -0.07 ft	14:47 8.75 ft	20:44 0.41 ft	
W09	03:00 9.57 ft	09:15 -0.15 ft	15:28 8.76 ft	21:23 0.49 ft	
T10	03:39 9.47 ft	09:53 -0.09 ft	16:08 8.64 ft	22:02 0.70 ft	
F11	04:17 9.22 ft	10:31 0.10 ft	16:48 8.41 ft	22:41 1.01 ft	
S12	04:56 8.85 ft	11:10 0.41 ft	17:29 8.10 ft	23:21 1.39 ft	
S13	05:36 8.39 ft	11:49 0.79 ft	18:12 7.75 ft		
M14		00:03 1.81 ft	06:19 7.90 ft	12:32 1.21 ft	18:58 7.41 ft
T15		00:50 2.20 ft	07:06 7.42 ft	13:19 1.62 ft	19:50 7.15 ft
○ W16		01:44 2.50 ft	08:01 7.02 ft	14:12 1.95 ft	20:47 7.03 ft
T17		02:45 2.62 ft	09:03 6.78 ft	15:09 2.14 ft	21:45 7.10 ft
F18		03:50 2.52 ft	10:06 6.76 ft	16:07 2.14 ft	22:41 7.37 ft
S19		04:50 2.19 ft	11:06 6.95 ft	17:02 1.95 ft	23:31 7.80 ft
S20		05:44 1.69 ft	11:58 7.29 ft	17:52 1.63 ft	
M21	00:17 8.32 ft	06:32 1.10 ft	12:46 7.72 ft	18:39 1.23 ft	
T22	01:01 8.88 ft	07:17 0.51 ft	13:31 8.18 ft	19:24 0.80 ft	
● W23	01:44 9.39 ft	08:00 -0.03 ft	14:15 8.60 ft	20:08 0.42 ft	
T24	02:28 9.80 ft	08:44 -0.45 ft	14:59 8.95 ft	20:53 0.14 ft	
F25	03:12 10.04 ft	09:28 -0.70 ft	15:44 9.16 ft	21:40 0.01 ft	
S26	03:58 10.07 ft	10:14 -0.75 ft	16:31 9.24 ft	22:29 0.06 ft	
S27	04:47 9.88 ft	11:02 -0.60 ft	17:21 9.16 ft	23:21 0.27 ft	
M28	05:38 9.50 ft	11:53 -0.28 ft	18:15 8.98 ft		
T29		00:17 0.60 ft	06:34 9.00 ft	12:47 0.15 ft	19:13 8.74 ft
○ W30		01:18 0.97 ft	07:35 8.46 ft	13:46 0.60 ft	20:16 8.53 ft

December 2022

Day	High	Low	High	Low	High
T01		02:24 1.27 ft	08:41 8.00 ft	14:50 0.98 ft	21:21 8.43 ft
F02		03:35 1.40 ft	09:50 7.72 ft	15:56 1.23 ft	22:27 8.46 ft
S03		04:45 1.33 ft	10:58 7.65 ft	17:00 1.32 ft	23:27 8.59 ft
S04		05:48 1.12 ft	11:59 7.73 ft	17:59 1.30 ft	
M05	00:22 8.77 ft	06:44 0.87 ft	12:54 7.88 ft	18:52 1.24 ft	
T06	01:11 8.92 ft	07:32 0.63 ft	13:43 8.05 ft	19:39 1.18 ft	
○ W07	01:56 9.02 ft	08:16 0.45 ft	14:28 8.18 ft	20:22 1.15 ft	
T08	02:38 9.05 ft	08:56 0.34 ft	15:10 8.27 ft	21:03 1.17 ft	
F09	03:17 9.00 ft	09:34 0.30 ft	15:51 8.30 ft	21:43 1.23 ft	
S10	03:56 8.88 ft	10:12 0.35 ft	16:30 8.26 ft	22:22 1.34 ft	
S11	04:35 8.67 ft	10:49 0.48 ft	17:10 8.16 ft	23:02 1.50 ft	
M12	05:15 8.40 ft	11:28 0.69 ft	17:51 8.02 ft	23:44 1.69 ft	
T13	05:56 8.06 ft	12:07 0.96 ft	18:33 7.86 ft		
W14		00:27 1.88 ft	06:39 7.71 ft	12:48 1.26 ft	19:16 7.71 ft
T15		01:14 2.05 ft	07:26 7.36 ft	13:32 1.55 ft	20:02 7.61 ft
○ F16		02:05 2.15 ft	08:17 7.08 ft	14:18 1.78 ft	20:51 7.60 ft
S17		02:59 2.13 ft	09:12 6.91 ft	15:09 1.91 ft	21:43 7.72 ft
S18		03:56 1.97 ft	10:10 6.90 ft	16:03 1.91 ft	22:36 7.96 ft
M19		04:53 1.66 ft	11:07 7.07 ft	16:58 1.75 ft	23:28 8.33 ft
T20		05:48 1.22 ft	12:03 7.40 ft	17:54 1.46 ft	
W21	00:21 8.77 ft	06:41 0.71 ft	12:57 7.85 ft	18:48 1.08 ft	
T22	01:12 9.22 ft	07:31 0.18 ft	13:48 8.35 ft	19:41 0.67 ft	
● F23	02:03 9.63 ft	08:21 -0.29 ft	14:38 8.83 ft	20:34 0.29 ft	
S24	02:53 9.92 ft	09:11 -0.65 ft	15:29 9.23 ft	21:26 0.03 ft	
S25	03:44 10.05 ft	10:00 -0.84 ft	16:19 9.50 ft	22:19 -0.09 ft	
M26	04:35 9.97 ft	10:49 -0.84 ft	17:10 9.62 ft	23:13 -0.05 ft	
T27	05:28 9.71 ft	11:40 -0.64 ft	18:03 9.57 ft		
W28		00:07 0.15 ft	06:22 9.28 ft	12:32 -0.28 ft	18:57 9.38 ft
○ T29		01:04 0.47 ft	07:18 8.75 ft	13:26 0.19 ft	19:53 9.09 ft
F30		02:04 0.82 ft	08:17 8.20 ft	14:22 0.71 ft	20:52 8.78 ft
S31		03:07 1.14 ft	09:21 7.72 ft	15:22 1.19 ft	21:50 8.57 ft

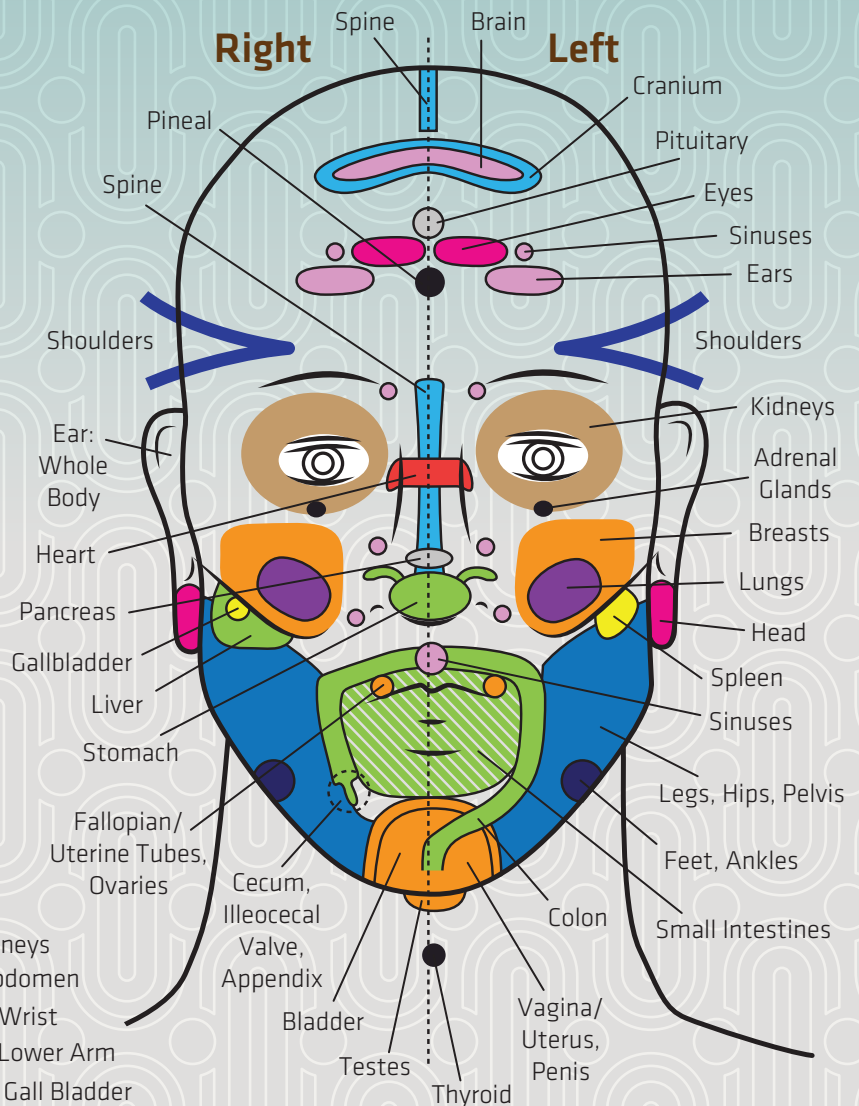
Head Reflexology

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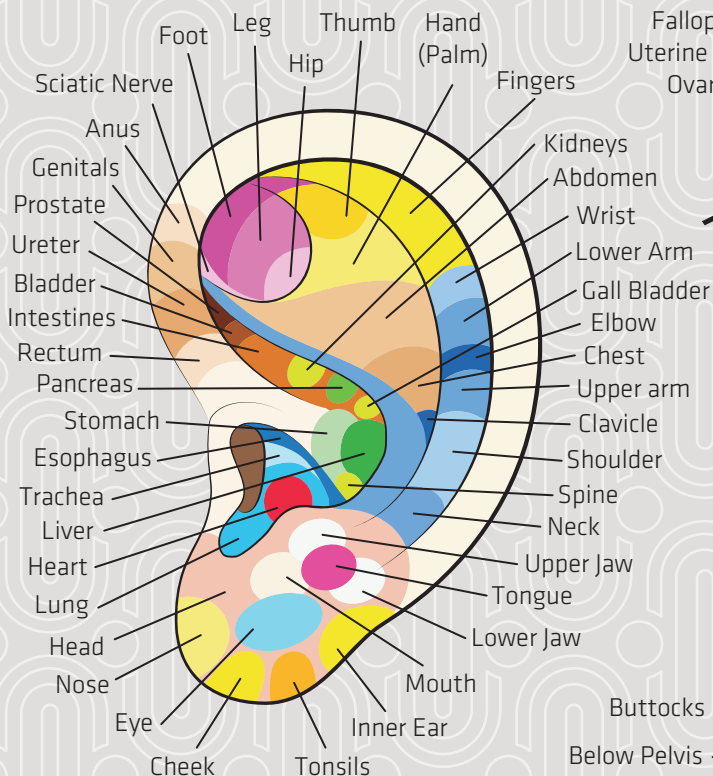
The primary aim of massage therapy is to improve someone's well-being. Anyone who's ever had a great head massage knows they are hard to beat for relaxation. A head massage is usually given to the small muscles surrounding the head. These muscles have sensory nerves that send signals to the brain. When we massage the head we are able to target particular symptoms, such as neck pain, stress, and even memory.

A head massage is a great way to help promote relaxation using reflexology points on the skull and there are many benefits of head massage or merely applying pressure to specific points found on your head. Here is a short list of common benefits:

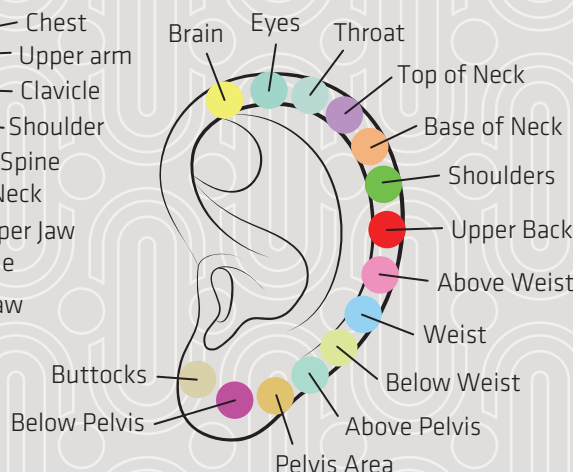
- Renews energy,
- Reduces depression, anxiety, and other stress-related issues,
- May lead to increased levels of creativity, clarity, and cognitive function,
- Promotes sound restful sleep,
- May help strengthen the immune system,
- Improved skin tone, health, and colour,
- Promotes healthy hair and scalp, and
- Balances chakras.

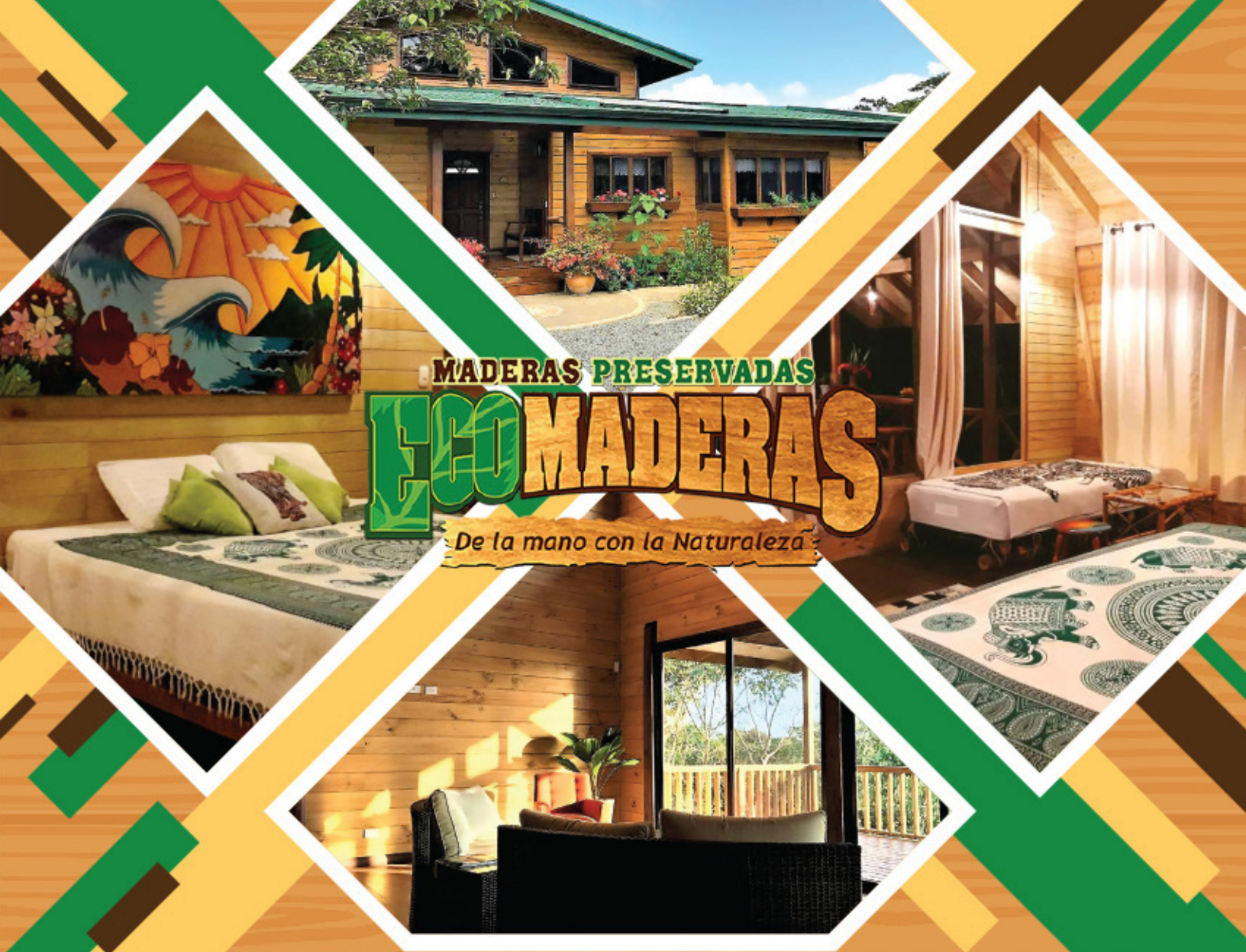


Ear Reflexology



Pressure Points





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