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**PURA VIDA ADVENTURES EMPOWERS WOMEN THROUGH SURFING**  
**- *The “pure life” is discovered at Costa Rican surf and yoga retreat for women -***

**MALPAIS, COSTA RICA – October 16, 2008** – Pura Vida Adventures, a surf and yoga retreat for women, announces its new beachfront location at the gorgeous Hotel Tropico Latino, situated at a favorite local surf break in Malpais, Costa Rica. Encapsulating the Pura Vida Adventures philosophy, Hotel Tropico Latino epitomizes the essence of the “pure life” where guests enjoy the perfect blend of island attitude and atmosphere with upscale amenities in a spacious private villa. Surf by day, lounge in beach-front hammocks in the afternoon, relax poolside by night – all amidst the natural landscape of the Costa Rican jungle and white sandy beaches.

Pura Vida Adventures is more than a surf camp for women; it’s a place where women are encouraged to embrace the “pure life” mentality. Here, women are empowered to try new things, find balance, make lasting friendships and above all – have fun – in a safe, nurturing environment. Tierza Davis, founder of Pura Vida Adventures, says, “Building a community that inspires women to embrace the experience of surfing – fears included – and introducing them to the beautiful Costa Rican culture is the magical part of my job.”

Pura Vida Adventures is known for delivering life changing experiences for women who seek a simple ‘Pure Life’ retreat. Each week-long package includes world-class surf instruction, daily yoga sessions, deluxe beachfront villa or bungalows, delicious local culinary cuisine, a one-hour private massage, and much more.

Pura Vida Adventures is a surf camp that is truly dedicated to the art of surfing. With superb surf instruction for all levels, individually designed surf programs based on skill level and experience, a wide collection of premium surf boards and the freedom to “go where the waves are”, surfing always comes first at Pura Vida Adventures.

For a daily dose of wellness and relaxation, guests begin each day overlooking the Pacific Ocean while practicing yoga in the open-air dojo. Classes vary from day to day, usually alternating from hatha, vinyassa or anusara yoga. Additionally, each guest enjoys a one-hour private massage at Tropico Latino's "Spa Natural". A full menu of spa services is also available during their retreat.

Every memorable vacation is filled with delectable local cuisine and culture. Guests will enjoy a premier dining experience with fresh specialty dishes such as Caribbean style Mahi-Mahi, organic salads and devilish desserts prepared by Chef Gerado at Tropico Latino's beachfront restaurant "Playa Boa". Additionally, guests will enjoy several meals at the best restaurants in town to experience true Costa Rican dining, including light and delicious meals like fresh lobster, fire roasted chicken or fish tacos.

For more information or to book a Pura Vida Adventure, please visit [www.puravidaadventures.com](http://www.puravidaadventures.com).

### **About Pura Vida Adventures**

Located on the beautiful coast of Malpais, Costa Rica, Pura Vida Adventures aims to provide an empowering, active retreat for today's modern woman. Founder Tierza Davis discovered a passion for surfing when traveling through Costa Rica and opened Pura Vida Adventures shortly thereafter in 2003. The revitalizing seven-day, six-night adventure combines surfing, yoga and rich cultural experiences, along with the expansive rainforest and stunning beachfront locale, for a fulfilling retreat that might just transform your outlook on life. During select dates, Pura Vida Adventures extends an invitation to the Pura Vida girls' male cohort and holds co-ed surf retreats. For more information, visit [www.puravidaadventures.com](http://www.puravidaadventures.com).