

MACAW LODGE NEWSLETTER
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WELLNESS WEEKEND: DIGITAL DETOX

How fast does our mind work on a daily basis? Between emails, to-do lists, messages, notifications and what seems to be an endless waterfall of stimuli and new ideas, we can make pauses. We must! This past Saturday and Sunday the lodge hosted the first 'Wellness Weekend', part of a series of retreats organized by Pura Vida Wellness that aims to promote wellbeing, reconnection with our bodies and spirits, and quality time in nature. This time, the focus and title was 'Digital Detox', with the purpose of disconnecting from technology. Participants separated from their phones as soon as they entered the lodge and checked in.

As the beautiful plates and colorful food was served, and guests starting walking around the garden towards the first yoga session, we all forgot about that little voice in our heads 'I have to respond this message'. Very organically, we immersed in the different spaces around Macaw and each person had their moments of pause and disconnection.

By nighttime, we had practiced a reconnection exercise to set intentions and goals, talked about technology use and the habit of sleep, meditated and learned Reiki, and even participated in a card magic trick. The next morning we closed with another revitalizing and empowering yoga class with Fiorella Facio in the black bamboo deck followed by a delicious breakfast. Thanks to every one who participated! Please keep your eyes open for the next one.





PERSON OF THE MONTH: KAREN

Our manager Karen Sanchez, 25 years of age, born in San José and grown in El Sur de Turrubares, shares her story of how she has grown at and with Macaw Lodge. She is a social worker, loves nature, reading, horseback riding and spending time with family and is part of Macaw’s staff since 2016. In these three years, she has been very dedicated and is grateful for her experience: “I have learnt so many things: from understanding the concept of ecology and sustainability all the way to healthy eating. Macaw has been an inspiration to my lifestyle. To be conscious with the damage you can cause to your body with certain products.” Karen has worked in different departments and roles at the lodge and has been close to our chef Liz. Her dedicated and gentle character shines with the attention and hospitality she provides our guests. “Macaw has given me an opportunity to grow, to perfection my English, to interact with clients.” Regarding her favorite memory here: “A few years back, a guest coming out of a yoga retreat came very liberated and hugged me, crying, telling me how grateful and happy she was, for the attention, for sharing and providing so much inspiration.” Karen is motivated by moments like these. “To have a real smile for them, as soon as they arrive, give them a warm welcome, the best service, and close with a see you soon.”

At the same time, Macaw is grateful for Karen, who has given energy, passion and a positive attitude since the first day and maintains an authentic generosity to provide the best experience and services to our visitors.



ANGOLA VISITORS

Angola delegation visited us this month and despite being a small group of only 4 people, the knowledge and cultural exchange was a great experience. The Angolians started their day in Carara National Park and then drove up to visit Macaw. They wanted to learn more about this Ecolodge that produces and serves Costa Rican food 'in situ'. They were drawn to how we combine ecotourism with agrotourism. Conversations flowed around the topics of forest conservation and of course, we showed them our agroforestry systems.

Miles Geldard, the CEO of the Elephant Protection Initiative, showed curiosity and opened dialogue to other interesting topics. His work focuses mostly in African countries but his experience in multinational companies has also brought him to Europe and Asia. EPI foundation has the purpose of designing and ensuring a sustainable future for elephants and communities close to them in Africa.

We are very happy to have shared with them and we know it's mutual: "I learnt a great deal, all the time in a most beautiful setting. Congratulations on what you have created."



Written by Gabriela Mateo