

## MACAW LODGE NEWSLETTER

DEC. VOL., 2018



### THE NEW CABINS ARE READY

The new cabins are finally ready to host visitors. We are very excited to announce that we have more space in our beautiful, lush and quiet property. We are now able to host a few more people that seek to relax and immerse in the nature that surrounds us. The bamboo structure has melina wood splints holding the roof alongside posts made out of recycled material. Just like the rest of our Ecolodge, these will fully run on solar power. The clay walls were built with a special technique that has been used by Costa Rican traditional constructors for several decades now. The restrooms are open air and the decks have a unique view to our lily pad lake and its surrounding forest, creating a special intimacy with nature that essentially wraps around you. Diverse trees border the sidewalk and the main structure is decorated with calateas and heliconias. We are proud and excited for the first guests to enjoy and relax in our new space.





## INSPIRATION FROM EGYPT: UNITED NATION'S CONVENTION ON BIODIVERSITY

*Late November, Pablo had the unique chance to represent Macaw Lodge and Costa Rica at the Conference of the Parties (COP14), the United Nation's Convention on Biodiversity, in Sharm El Sheikh, Egypt. BPM, or Biodiversity Partnership Mesoamerica, an old ally, sent Pablo and Rafael Gallo, co-founder of Ríos Tropicales. BPM belongs to a bigger group titled Global Partnership for Business and Biodiversity. In these meetings, George Jacksch was an inspiring and important leader. Amongst many names and associations, the topic of **biodiversity as a business** was thoroughly discussed. In certain circles, the importance, and hence the urgency to act, is deeply felt. It is not a secret that our planet is in serious problems and that the message of preservation is an urgent solution. Creating awareness was an idea that stood out. For instance, promoting it within companies that are not necessarily involved with environmental products or ideas.*

*It was a very special experience that motivated us to reflect upon the biodiversity in our own space: Macaw Lodge's agroforestry systems, where cacao plants coexist with almost extinct tree species, has actually caused a visible change in this zone. We can appreciate bats in the mountain almond trees, deer and coatis have been spotted more frequently, and the amount of insects has increased significantly. We invite everyone who has bought our chocolate bars to feel proud of this purchase which has had a positive impact on the environment. Macaw Lodge uses this inspiration brought all the*

*way from Egypt to promote more and more creative ideas to instill in others, and hopefully make the word **biodiversity** more popular every day, in all types of businesses and people.*





## **PURA VIDA WELLNESS HEALTH COACHING**

*Our Macaw writer Gabriela Mateo, just launched her new project "Pura Vida Wellness" where she offers online Health Coaching services. With a lot of ambition, she is on the mission to connect with and help as many people as possible to better their health. The vision sustains that 'Pura Vida' and a healthy lifestyle can be learned and created anyone in the world! A health coach works as a guide and support system through any health change whether it is physical, mental, emotional, or spiritual. Through an establishment of objectives and personalized planning, a health coach is able to help clients make positive health choices to create lasting change. Gabriela is a nature lover, is full of charisma and optimism, has a diverse academic background including science and medical fields, and has just taken her first steps to create a business focused on healing and wellness. A lot of her inspiration comes from her visits to the gardens of Macaw Lodge. She believes it is a unique space, with a positive energy that can be used for healing. Her first yoga retreat with Nango here led her to study more about Ayurveda. "Visiting Macaw is always a learning experience: with a natural relaxation and a lot of peace, I am able to think and feel a lot. It has a special vibe and part of my ideas on health and wellness have grown here." If you are seeking to change your health and wellbeing this upcoming 2019, please check this amazing opportunity:*

<http://puravidawellhealth.com/>

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Written by Gabriela Mateo