

MACAW LODGE NEWSLETTER

VOL. ABRIL, 2019



VISITORS FROM UGANDA

At Macaw Lodge, we are always very excited to receive visitors from all over the world, especially when they come with and for knowledge about our space and environment. Ministers from Uganda came to learn about our agroforestry system. Among the people who represented this nation was Mr. Hon Sam Cheptoris, Minister of Water and Environment. They came to Macao Sanctuary to experience first hand the biodiversity of this part of the country, our crops and of course our cacao agroforestry system. We explained to them the history of Costa Rica's reforestation law 7575 and how it has evolved through time. Nowadays, we are privileged to have PSA or payment for environmental services, meaning that reforestation is actually compensated by the government. Uganda is a country that is facing environmental degradation, mostly because of water contamination and wetland encroachment. The government is working on developing and implementing policies and we are hoping that their visit to Macaw inspired them in one way or another. We truly value cultural exchanges such as this one because in the end, we are all aiming and working towards bettering the planet and caring for the limited resources humankind has.



OCELOT OBSERVED IN OUR NEW TRAP CAMERAS

Special thanks to Fred Rubin who donated trap cameras to observe wildlife around the lodge. Ever since we placed these around our area, we have been able to identify up to 10 types of mammals. It is very important to us to monitor the fauna surrounding us so we have a clear record and picture of our biodiversity. Macaw is known as a hotspot for birds and plants, but it is until now that we can precisely keep track of bigger animals. Because ecological tourism relies on the whole picture, we want to be able to grasp the entire biosphere around us. We are grateful the technology exists and we are happy to share a picture of the ocelot that was spotted around Cabin 12.



YOGA RETREATS IN OUR DECKS

This April we had the pleasure to receive two yoga groups and host very refreshing and powerful retreats. Our decks were designed with a relaxing and peaceful view to the gardens, bamboos and flowing water. They are perfect for both yoga and meditation. Pranaluz's retreat titled 'Retiro Ser Consciente' or 'Conscious Being Retreat' and Vital Yoga Center's 'Yoga Chikitsa' were both a success. Participants get to practice yoga, meditate and also eat our locally grown food. We aim to provide a healthy experience and also allow the surroundings to enhance the process of immersion. Nature is an essential element to both the physical and mental aspect of these practices and we feel and share the positive energy that our yoga retreat guests come looking for and actually create.