

Transition Sonatas

El Silencio Lodge & Spa is located at a climate transition point between Costa Rica's central highlands and the Caribbean-side plains. This is the root of the area's breathtaking natural diversity and thriving ecosystems. It also gives us a more pleasant weather pattern during the months of September and October, right in the midst of Costa Rica's Green Season, when flora and fauna are at its peak. It is the perfect time to enjoy river-rafting, hiking, and other eco-adventures in the rich natural setting of our country's Atlantic lowlands. We cordially invite you to explore Costa Rica in the coming months. Please contact us at: www.elsilenciolodge.com/reservations.htm



Photographer Bill Tipper

Yoga author and photographer, Bill Tipper, recently graced us with some of the most moving images of El Silencio Lodge & Spa and its surroundings. We look forward to updating our website with his wonderful eye for color, subtle movement, and incidental harmonies. To preview some of his most outstanding captures, please visit our Facebook [photo album](#). To learn more about Bill Tipper and his work, please visit his site: www.billtipper.com



Karma Trekkers!

Costa Rica was selected by global lifestyle show, [Karma Trekkers](#), as one of the life-enhancing destinations to be featured in Season 3. El Silencio Lodge & Spa was thrilled to be one of the selected shoot locales. Host Damon Redfern toured our facilities in the company of our management and staff, learning about our unique travel focus, wellness program, culinary secrets, and tidbits about our organic garden. It was a true pleasure to share this media adventure with the filming crew and we certainly look forward to the episode's premiere. We will keep you posted!



Thai-Twist Garbanzo Salad

- 4 cups canned chickpeas (drained)
- 1 cup diced green or under-ripe mango
- 1 finely-chopped red chili pepper
- 1/4 cup finely-chopped fresh cilantro
- 1/4 cup unsweetened coconut flakes
- **Dressing:**
- 1 tbsp Thai fish sauce
- 2 tbsp fresh lime juice
- 1 tsp raw sugar
- 1 tsp fresh ginger (grated)

Mix salad ingredients in a glass bowl. Shake dressing ingredients and pour. Toss and chill for an hour. Savor!



Lost Golden Treasure... To Be Found?

National Geographic reports that a group of international biodiversity experts is on a quest for rare amphibian species long thought to be extinct. Led by *Conservation International* and the *International Union for the Conservation of Nature*, scientific expeditions will attempt to search for possible surviving specimens, including Costa Rica's brilliantly-colored Golden Toad. Last seen in 1989, this spectacular creature is one of the most famous of their targets. Read the full [National Geographic](#) article or follow an interactive [blog](#) of the actual expeditions.



Facebook Photo Contest

We thank our friends for the incredible submissions in our inaugural photo contest. The diversity of images has been fascinating, ranging from broad landscapes to close-ups of delicate flowers and tiny insects. Please remember that the contest closes on August 31st, 2010. There is still time to post your own masterpiece or vote for your favorites. The winner will be rewarded with a complimentary two-night stay at El Silencio Lodge & Spa. [Good luck!](#)

