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NEW YEAR'S RESOLUTION #1: SIT BACK, SMELL THE COSTA RICAN COFFEE AND BREATHE IN THE *PURA VIDA*...

What better way to begin the New Year than escaping the drudgery of the 9-to-5 and rejuvenating the body, mind and spirit in a remote tropical rainforest?

Gutsy women from around the world are "gifting themselves" the pleasure and good vibrations of guided women-only vacations, and in January 2012 Gutsy Women Travel is journeying to Central America with [Costa Rican Traditions](#). The trip is chock full of excursions designed to allow women to relax and get away from it all, while forging lifelong memories and friendships with a small, intimate group of similar-minded women. President and Co-Founder of Gutsy Women Travel April Merenda will be accompanying this 2012 inaugural trip.

From pampering coffee-inspired wellness services at a world-class spa to learning how to grind the perfect "bean," Gutsy Women Travel is "perking up" a new meaning to the Costa Rican greeting *Pura Vida* (Pure Life)!

The trip includes educational sojourns to the rich fields of a coffee plantation, gatherings with a women's medicinal plant cooperative that cultivates local medicinal herb plants, a cooking class to hone traditional delicacies and plenty of downtime for bird watching, nature walks, yoga, meditation and, of course, socializing in a typical coffee klatch!

Gourmet dinners, first class accommodations, an exclusive itinerary with activities designed by women for a women's unique sense of relaxed, rejuvenating style.

Visit www.gutsywomentravel.com to view more upcoming 2012 travel experiences!

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For media inquires, additional information or to set up an interview for your exclusive stories, contact Carol Ientile, cientile@civisions.com, or Angela Petersen, apetersen@civision.com, at C.I. Visions Inc, 212-477-4755.