

# Daily Activities at The Retreat

Sunday, February 1

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Monday, February 2

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 3:00 PM: Art Therapy

A creative, meditative art therapy session.

📍 Santosha

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 8pm - 9:30 PM Costa Rican Lunada

\$75 + tax pp

📍 Santosha



# Daily Activities at The Retreat

Tuesday, February 3

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30AM Aquatic Aerobics

A low-impact aquatic aerobics class that builds strength and mobility.

📍 Santosha Pool

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## 3:00PM: Glutes and Legs

A dynamic lower-body workout focused on toning your glutes and legs.

📍 Santosha Gym

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Wednesday, February 4

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Guanacaste Tree Meditation

A grounding meditation beneath the Guanacaste tree for deep presence and calm.

📍 Guanacaste Tree

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## 12 PM - 3 PM: Catch of the Day Special

Catch of the day paired with a craft beer flight tasting.

PxP \$90+tax

📍 La Diosa

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## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Thursday, February 5

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 3:00 PM Pranayama

Guided breathwork to calm the mind, the body, and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 4:00–7:00 PM: Galana Boutique Shopping Event

15% Off and Complimentary Beverage Shopping Event

📍 Galana Boutique

Friday, February 6

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Coffee Tour

Explore Costa Rica's coffee culture with a guided tasting.

📍 Meet at Front Desk (Price: \$45 + tax)

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## 3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through fluid movement.

📍 Santosha Gym

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

**Saturday, February 7**

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 3:00 PM Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 5:30 PM: Sunset Sangria at La Diosa

Handcrafted sangria with golden hour views.

\$75 pp + tax

📍 La Diosa

**Sunday, February 8**

*15% Off at Galana Boutique All Day*

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Guided Nature Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

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## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Monday, February 9

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 10:30 AM: Coffeeteando

Coffeeteando: a relaxed coffee tasting to connect, sip, and savor.

📍 Meet at Front Desk (Price: \$45 + tax)

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## 3:00 PM: Art therapy

A creative, meditative art therapy session.

📍 Santosha

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 5:30 PM: Infusion Mixology Class

A hands-on infusion mixology class exploring creative cocktails.

📍 Sol Terrace Bar

Tuesday, February 10

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Aquatic Aerobics

A low-impact aquatic aerobics class that builds strength and mobility.

📍 Santosha Pool

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## 3:00 PM: Glutes and Legs

A dynamic lower-body workout focused on toning your glutes and legs.

📍 Santosha Gym

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Wednesday, February 11

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Guanacaste Tree Meditation

A grounding meditation beneath the Guanacaste tree for deep presence and calm.

📍 Guanacaste Tree

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## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Thursday, February 12

*20% Off Jewelry Crystals and Spa Items at Galana Boutique All Day*

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 3:00 PM Pranayama

Guided breathwork to calm the mind, the body, and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 5:30 PM: Guanacaste Sunset Fire

A sunset fire beneath the Guanacaste tree for connection and reflection.

\$60 + tax pp

📍 Guanacate Tree



# Daily Activities at The Retreat

## Friday, February 13

*20% Off JewelryCrystals and Spa Items at Galana Boutique All Day*

### 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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### 9:30 AM: Coffee Tour

Explore Costa Rica’s coffee culture with a guided tasting.

📍 Meet at Front Desk (Price: \$45 + tax)

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### 3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through fluid movement.

📍 Santosha Gym

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### 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

## Saturday, February 14

*15% Off Storewide Galana Boutique + Complimentary Beverage*

### 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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### 9:30 AM Emotional Release Workshop

Guided breathwork to calm the mind, the body, and restore balance.

📍 Santosha Yoga Studio

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### 3:00 PM Sound Healing and Reiki

Sound healing combined with Reiki for deep energetic balance.

📍 Santosha Yoga Studio

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### 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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### 6:30 PM: Special Valentines Dinner

Ask Front Desk For Details - Reservation Required

📍 Mystique Restaurant



# Daily Activities at The Retreat

## Sunday, February 15

*15% Off Storewide Galana Boutique + Complimentary Beverage*

### 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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### 9:30 AM: Guided Nature Hike

Connect with nature’s power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

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### 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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### 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

## Monday February 16

### 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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### 10:30 AM - 12:00 PM Mimosa and Bloody mary

A fun hands-on Bloody Mary and mimosa cocktail class.

\$50 + tax pp

📍 Sol Terrace Bar

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### 3:00 PM Art Therapy

A creative, meditative art therapy session.

📍 Santosha

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### 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

**Tuesday, February 17**

**7:00–8:00 AM: Yoga Flow**

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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**8:15 AM: Harvest with the Chef**

Collect fresh ingredients and prepare a nourishing breakfast.

📍 Sol Terrace

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**9:30 AM: Aquatic Aerobics**

A low-impact aquatic aerobics class that builds strength and mobility.

📍 Santosha Pool

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**4:00–5:00 PM: Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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**5:30 PM: Sunset Sangria at La Diosa**

Handcrafted sangria with golden hour views.

\$75 pp + tax

📍 La Diosa

**Wednesday, February 18**

**7:00–8:00 AM: Yoga Flow**

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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**9:30 AM: Guanacaste Tree Meditation**

A grounding meditation beneath the Guanacaste tree for deep presence and calm.

📍 Guanacaste Tree

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**3:00 PM: Sound Healing**

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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**4:00–5:00 PM: Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Thursday, February 19

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 12 PM - 3 PM: Catch of the Day Special

Catch of the day paired with a craft beer flight tasting.

PxP \$90+tax

📍 La Diosa

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 5:00 - 8:00 PM: Galana Shopping Event

Tiered discounts—10% off one item, 15% off two, 20% off three or more.

📍 Galana Boutique

Friday, February 20

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Coffee Tour

Explore Costa Rica's coffee culture with a guided tasting.

📍 Meet at Front Desk (Price: \$45 + tax)

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Saturday, February 21

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Guided Nature Hike

Connect with nature's power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

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## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 5:30 PM: Sunset Sangria

Handcrafted sangria with golden hour views.

\$75 pp + tax

📍 La Diosa

Sunday, February 22

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Monday, February 23

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 3:00 PM: Art therapy

A creative, meditative art therapy session.

📍 Santosha

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 5:30 PM: Guanacaste Sunset Fire

A sunset fire beneath the Guanacaste tree for connection and reflection.

\$60 + tax pp

📍 Guanacate Tree

Tuesday, February 24

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Aquatic Aerobics

A low-impact aquatic aerobics class that builds strength and mobility.

📍 Santosha Pool

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio



# Daily Activities at The Retreat

Wednesday, February 25

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Guanacaste Tree Meditation

A grounding meditation beneath the Guanacaste tree for deep presence and calm.

📍 Guanacaste Tree

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## 10:30 AM: Coffeeteando

Coffeeteando: a relaxed coffee tasting to connect, sip, and savor.

📍 Meet at Front Desk (Price: \$45 + tax)

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## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Thursday, February 26

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 3:00 PM Pranayama

Guided breathwork to calm the mind, the body, and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 1:00–6:00 PM: Galana Shopping Event

Enjoy 15% off the entire boutique plus a complimentary refreshing drink.

📍 Galana Boutique



# Daily Activities at The Retreat

Friday, February 27

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Coffee Tour

Explore Costa Rica’s coffee culture with a guided tasting.

📍 Meet at Front Desk (Price: \$45 + tax)

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## 3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through fluid movement.

📍 Santosha Gym

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Saturday, February 28

## 7:00–8:00 AM: Yoga Flow

Join us for a revitalizing morning flow to awaken your body.

📍 Santosha Yoga Studio

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## 9:30 AM: Guided Nature Hike

Connect with nature’s power and find clarity on the sacred quartz trail.

📍 Meet at the Front Desk

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## 3:00 PM Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

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## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

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## 8pm - 9:30 PM Costa Rican Lunada

\$75 + tax pp

📍 Santosha