

# Daily Activities at The Retreat

**Sunday, February 1**

**7:00–8:00 AM: Yoga Flow**

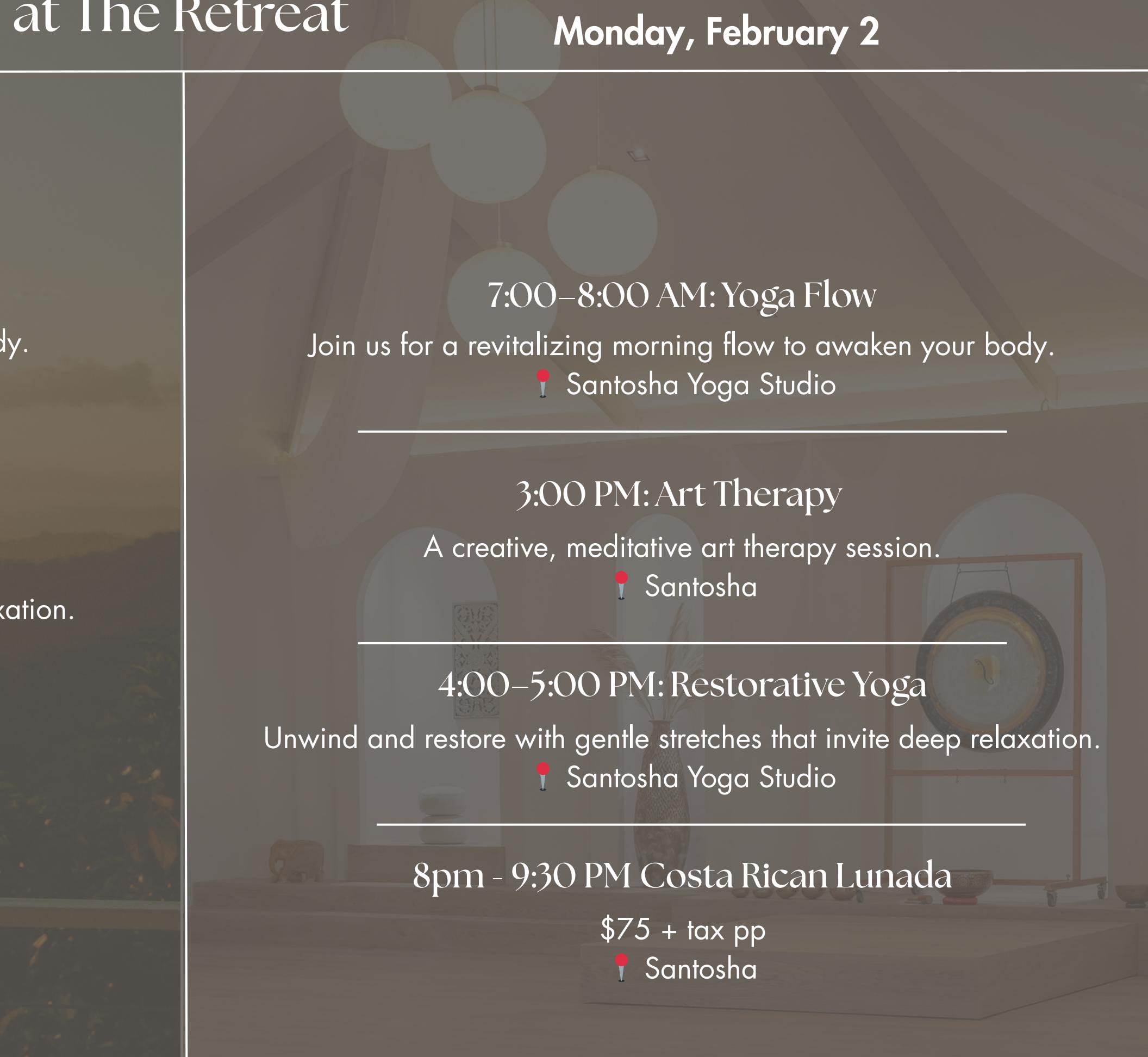
Join us for a revitalizing morning flow to awaken your body.

● Santosha Yoga Studio

**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

**3:00 PM: Art Therapy**

A creative, meditative art therapy session.

● Santosha

**4:00–5:00 PM: Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.

● Santosha Yoga Studio

**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

**9:30AM Aquatic Aerobics**

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

● Santosha Pool

**3:00PM: Glutes and Legs**

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

● Santosha Gym

**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

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

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

● Guanacaste Tree

**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

**3:00 PM: Sound Healing**

Soothing vibrations calm the nervous system and restore balance.

● Santosha Yoga Studio

**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

## 3:00 PM Pranayama

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

📍 Santosha Yoga Studio

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

## 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

## 9:30 AM: Coffee Tour

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

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

## 3:00 PM: Stretch and Mobility

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

📍 Santosha Gym

## 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

## 3:00 PM Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

## 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

## 9:30 AM: Guided Nature Hike

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

📍 Meet at the Front Desk

## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

## 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.

📍 Santosh Yoga Studio

## 10:30 AM: Coffeeteando

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

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

## 3:00 PM: Art therapy

A creative, meditative art therapy session.

📍 Santosh

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosh Yoga Studio

## 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.

📍 Santosh Yoga Studio

## 9:30 AM: Aquatic Aerobics

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

📍 Santosh Pool

## 3:00 PM: Glutes and Legs

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

📍 Santosh Gym

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosh 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

## 9:30 AM: Guanacaste Tree Meditation

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

● Guanacaste Tree

## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

● Santosha Yoga Studio

## 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

## 3:00 PM Pranayama

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

● Santosha Yoga Studio

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

● Santosha Yoga Studio

## 5:30 PM: Guanacaste Sunset Fire

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

\$60 + tax pp

● Guanacaste Tree

# Daily Activities at The Retreat

**Friday, February 13**

*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

**9:30 AM: Coffee Tour**

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

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

**3:00 PM: Stretch and Mobility**

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

 Santosha Gym

**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

**9:30 AM Emotional Release Workshop**

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

 Santosha Yoga Studio

**3:00 PM Sound Healing and Reiki**

Sound healing combined with Reiki for deep energetic balance.

 Santosha Yoga Studio

**4:00–5:00 PM: Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.

 Santosha Yoga Studio

**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

**9:30 AM: Guided Nature Hike**

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

 Meet at the Front Desk

**3:00 PM: Sound Healing**

Soothing vibrations calm the nervous system and restore balance.

 Santosha Yoga Studio

**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

**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

**3:00 PM Art Therapy**

A creative, meditative art therapy session.

 Santosha

**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

## 8:15 AM: Harvest with the Chef

Collect fresh ingredients and prepare a nourishing breakfast.

📍 Sol Terrace

## 9:30 AM: Aquatic Aerobics

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

📍 Santosha Pool

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

## 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

## 9:30 AM: Guanacaste Tree Meditation

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

📍 Guanacaste Tree

## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

## 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

## 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

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

● Santosha Yoga Studio

## 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

## 9:30 AM: Coffee Tour

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

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

## 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

## 9:30 AM: Guided Nature Hike

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

📍 Meet at the Front Desk

## 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

## 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

## 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.

📍 Santosh Yoga Studio

## 3:00 PM: Art therapy

A creative, meditative art therapy session.

📍 Santosh

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosh Yoga Studio

## 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.

📍 Santosh Yoga Studio

## 9:30 AM: Aquatic Aerobics

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

📍 Santosh Pool

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosh Yoga Studio

## Wednesday, February 25

### 7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

### 9:30 AM: Guanacaste Tree Meditation

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

📍 Guanacaste Tree

### 10:30 AM: Coffeeteando

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

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

### 3:00 PM: Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Yoga Studio

### 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 26

### 7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

### 3:00 PM Pranayama

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

📍 Santosha Yoga Studio

### 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

### 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

## 9:30 AM: Coffee Tour

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

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

## 3:00 PM: Stretch and Mobility

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

📍 Santosha Gym

## 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

## 9:30 AM: Guided Nature Hike

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

📍 Meet at the Front Desk

## 3:00 PM Sound Healing

Soothing vibrations calm the nervous system and restore balance.

📍 Santosha Studio

## 4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Studio

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

\$75 + tax pp

📍 Santosha