

Enhance your  
wellness stay



# The Path to Wellbeing

Workshops, Practices, Therapies  
& Ceremonies





“THIS IS YOUR TIME,  
THE SPACE OF YOUR DREAMS,  
YOUR BLANK CANVAS TO CREATE  
WHAT YOU WANT AND DESIRE  
FOR YOURSELF”.

DIANA STOBO





## *Dr. Shaveta Jasra*

With a mission to awaken the soul by promoting holistic and alternative healing, Dr. Shaveta Jasra has a methodology, which complements The Retreat's own philosophy, combines diet management, yoga and chakra healing along with mental health counseling for self-discovery and self-reflection.



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## *Chakra healing course*

Chakra healing course is designed to help you understand about how energy centers regulate our body. This course will help you learn about health issues associated with each chakra and how to heal your body through these energy centers.

**Benefits:** Learn about energy centers in the body, purpose of chakras, blockages in the body, learn about health issues associated with each chakra, how to heal each chakra.

**7 days course / 60 minutes each session / \$810**

**\*Must book all sessions**

## *Conscious Energy Breathing*

**Benefits:** Reduce stress, anxiety, anger, depression, increase energy levels, boost immune system, increase self-awareness, increase self-love, improve sleep, reduce pains, release toxins from the body, release trauma/ fear stuck in the body.

**45 minutes / \$100**





## *Anger management*

Anger is an emotion which gets triggered due to various reasons. It can have a negative impact on a person's life when not processed. This session will give you a real image behind anger and you will be able to free yourself from anger right after the session. If you feel you are an angry person who easily blows-up or short temperedness is your second nature, then this session is for you. Before having this session, write down about your anger issues in a diary, any episode of anger that caused danger or threat to anyone, did any incident make it worse that you regret till now?

**Benefits:** Release anger, mind map to understand the root cause of anger, how to deal during harsh situations.

**60 minutes / \$135**

## *Life mapping*

Every person on earth has some mission and purpose. Life mapping sessions will give you clarity about your purpose and the streams, hobbies or skills you need to opt in life to become fully aware of your potential and innate resources and how to make the right use of those in your life to find your zest for living. Are you curious to know about your personality and what you are meant for?

**Benefits:** knowing your personality, know your life purpose.

**2 days session / 60 minutes each / \$270**

**\*Must book all sessions**





## *Take your power back*

A need is something necessary for living and a want is something that improves the quality of your life. Do you know what your needs and wants are? This session will help you categorize different sections of your life to set priorities and make powerful decisions.

**Benefits:** Clarity about needs and wants

**60 minutes / \$135**

## *Neurobics*

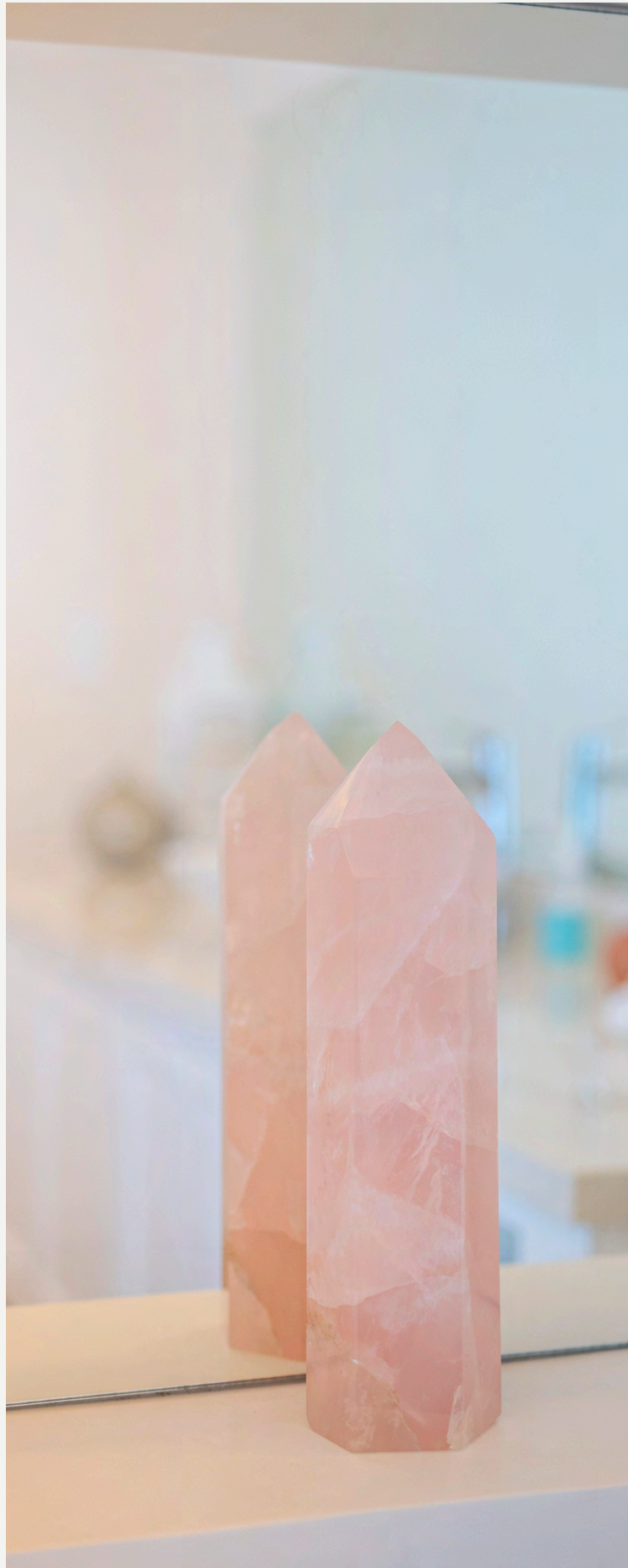
Neurobics are mental exercises designed to create new neural pathways with the help of the senses in unconventional ways to improve functionality. It helps in improving nerve impulses and linkage between various brain patterns.

**Benefits:** For mental health, to increase cognition and brain function (includes activities).

**2 days session / 60 minutes each / \$270**

**\*Must book all sessions**





## *Emotional code*

Emotions have a strong influence on our daily lives. E-motion is energy in motion. We make decisions based on our emotions such as happy, sad, angry, bored, and we also choose activities based on them. By tuning and recognizing our emotions, we can become more self-aware & more mindful so that we can respond differently, thoughtfully and more effectively.

**Benefits:** What are emotions? How can we handle our emotions in day-to-day life? What are emotions? How can we handle our emotions in day-to-day life.

**60 minutes / \$135**

## *Mental Detox*

How to maintain mental hygiene and prioritize peace in your life? This session brings you instant clarity about how you can organize your life by decluttering all the excess mental-emotional baggage that makes your system heavy and dense.

**Benefits:** Become peaceful

**60 minutes / \$135**



## *Stress Buster*

Effective stress management treatment helps you break the stress patterns which will lead to a happier, healthier, and more productive balanced life. The goal of this session is to provide insights about how to find stability in your relationships, work, relaxation and fun so that you can tackle day to day challenges in your life head on.

**Benefits:** Release stress, better sleep, weight control, better mood, better social life.

**2 days session / 60 minutes each / \$270**

**\*Must book all sessions**

## *Find your ground*

This session is for those who are willing to create a strong foundation for physical and emotional wellbeing.

**Benefits:** Cultivate sense of security, safety, stability and connection.

**60 minutes / \$135**



## *Unlock your creativity*

Know what creativity is? This session will bring clarity to understand your potential and apply innovative thinking to various aspects of your lives. Learn techniques to overcome mental blocks, think outside the box and approach problems with fresh perspectives.

**Benefits:** Harness your imagination, embrace curiosity and experimentation, enhance collaborative skills, learn brainstorming effectively.

**90 minutes / \$200**

## *Cultivate self-love and compassion*

A nurturing experience designed to help you cultivate a deeper appreciation and compassion for yourself. In this session you will learn how to embrace your unique qualities, silence self-criticism, and build a positive relationship with yourself.

**Benefits:** Empowerment to foster self-respect, inner peace and contentment, joyful life.

**2 days session / 60 minutes each / \$270**

**\*Must book all sessions**





## *Unleash your voice*

Express your true self and step into your full potential. Through creative exercises you will learn to harness your unique talents sharing with the world. Overcome your fears and self-doubt.

**Benefits:** Feel seen, heard, connected to purpose, ability to create meaningful impact.

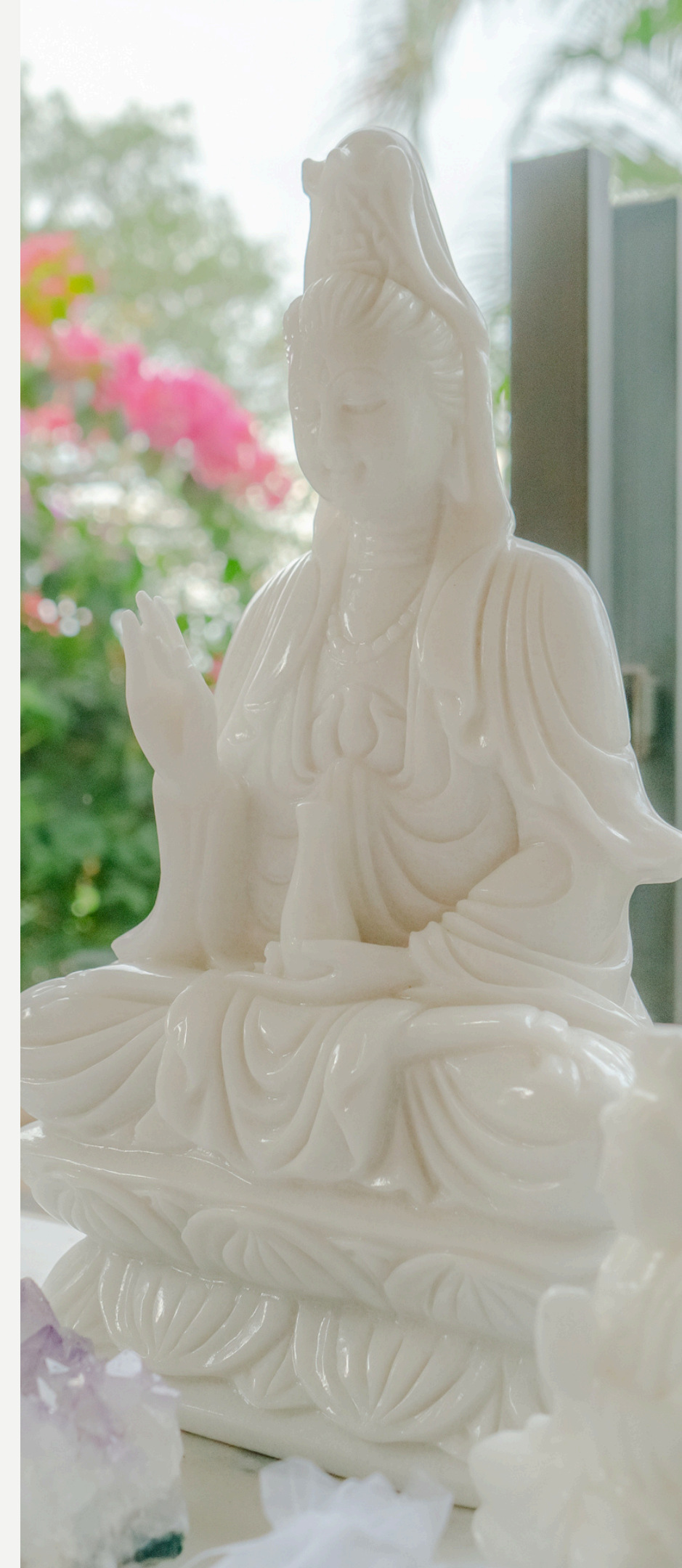
**60 minutes / \$135**

## *Awaken your inner sage*

Tap into your innate wisdom and develop your psychic gifts. Learn intuitive exercises, and spiritual practices, learn to connect with your higher self and access deeper insights that guide your life. You will be able to navigate life with profound wisdom and confidence.

**Benefits:** Sharpen your inner knowing, align with true purpose, greater clarity.

**60 minutes / \$135**





## *Joyful living blueprint*

A transformative experience to help you identify and cultivate the key elements that contribute to lasting happiness. You will create a personalized blueprint for a more joyful life, focusing on areas such as relationships, purpose and well-being.

**Benefits:** Recognize and amplify what brings you true fulfillment, equipping you with practical tools and insights to enhance your daily happiness and overall quality of life.

**90 minutes / \$200**

## *Reiki*

Reiki is a form of alternative medicine developed in 1992 by Japanese Buddhist Mikao Usui, who uses a technique called palm healing or hands-on healing through which the chi, a universal energy, is transferred through the palms to the patient in order to encourage emotional and physical healing. This treatment is performed on your entire body.

**60 minutes / \$140**

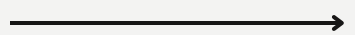


## *Dr. Larry Trott*

Dr. Larry Trott is a distinguished Doctor of Metaphysical Healing, Energy Medicine Specialist, certified Holistic Health Practitioner and Professional Musician with a career spanning over five decades. He combines his expertise in martial arts, yoga, meditation, and spiritual development to offer a unique approach to wellness. His teaching and healing work extends across Bermuda, the United States, Canada, Peru, the Caribbean, and Ghana, West Africa. He believes in empowering individuals to take responsibility for their own well-being.



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## *Tai Chi*

Tai Chi is a Chinese martial art that has evolved into a gentle form of exercise and moving meditation, promoting self-healing and fitness. This practice harmonizes the mind and body through gentle, flowing movements, cultivating the smooth and powerful flow of inner life energy, known as Chi. When Chi is balanced, it enhances physical, mental, and emotional well-being.

**Benefits:** Increased Flexibility, builds strength and improves cardiovascular health, Emotional and Spiritual Grounding, Self-Healing, Gentle Self-Defense, Stress Reduction.

**75 minutes / \$135**

**\*more than 3 people request price at the spa**

## *Qigong Energy Healing*

This ancient practice involves exercises designed to optimize the body, mind, and spirit, promoting overall health and well-being. Through movement, breath, visualization, and sound, Qigong works to remove blocked and toxic energy, rebalancing the energy systems. In a Qigong Energy Healing session, Dr. Larry uses his energy to facilitate this process, helping clients achieve optimal health.

**Benefits:** Health Improvement, Pain Relief, Stress Reduction, Mental Health Support, Energy Rebalancing:, Personalized Healing.

**60 minutes / \$135**

**\*more than 3 people request price at the spa**



## *Tui-Na & Cupping*

Tui-Na, one of the major healing systems in China, is a form of Chinese massage and physiotherapy used in traditional Chinese hospitals. "Tui" means to push and "Na" means to grasp, focusing on meridians, acupuncture points, muscles, tendons, joints, and soft tissue. Also known as An Mo, which means to press and rub, Tui-Na offers comprehensive care for the body.

Cupping is a complementary Chinese energy healing technique that uses cups to create suction, pulling the skin and muscles upward. This process enlarges small veins under the skin, increasing blood circulation to the targeted area for enhanced healing. Together, Tui-Na and Cupping provide a powerful combination for addressing a wide range of health issues.

**Benefits:** Pain Relief, Respiratory Support (Alleviates asthma, allergies, and sinus problems), Digestive Health, Circulatory Improvement, Women's Health (Relieves PMS and related symptoms), Stress Reduction, Chronic Conditions (Provides relief for carpal tunnel syndrome, migraines, hypertension, and frequent urination).

**60 minutes / \$135**





## *Transpersonal Psychotherapy*

This approach delves into the root causes of conditions, integrating mental, physical, and spiritual health. Transpersonal Psychotherapy employs a variety of techniques, including meditation, guided visualization, hypnotherapy, music, journaling, mindfulness practices, and other types of energy medicine. These methods help clients explore their spiritual selves and create meaningful, balanced lives.

**Benefits:** Root Cause Resolution, Holistic Healing, Stress Management, Personal Growth, Emotional Balance, Coping Skills (Provides tools to navigate the challenges of modern life).

**120 minutes / \$70**

## *Secret Healing Tones and Songs of the Orient*

Immerse yourself in the transformative power of sound with Dr. Larry's Secret Healing Tones and Songs of the Orient session. Science and quantum physics confirm that everything in our reality is made of energy and vibrates, creating sound. Each cell and organ in our body resonates at specific frequencies. Like an instrument needing tuning, our bodies sometimes require recalibration. This session uses ancient sounds to restore harmony and wholeness, cleansing and balancing the chakras and auric field, grounding with Mother Earth, and expanding consciousness.

**Benefits:** Energy Alignment, chakra cleansing, Grounding and Centering, Consciousness Expansion, Life Force Cultivation: Increases life force energy, Increased Awareness

**4 days workshop (1 hour per day) or half day workshop (4 hours) / \$105 per person (min. 5 people)**





## *A Shamanic Journey*

This experience harnesses the power of breath, the rhythm of the drum, and the power of imagination to connect with the deep, inherent strength within you. Through guided visualization, you will learn to connect with the energy of trees and plants and discover your power animal—an ally that can offer guidance and support during challenging times. This journey is a powerful way to reconnect with nature and the wisdom of our ancestors.

**Benefits:** Inner Connection, Nature Alignment, Power Animal Discovery (Identify and connect with your power animal for support and guidance), Emotional Support, Ancestral Wisdom.

**120 minutes / \$270**

**\*more than 3 people request price at the spa**

## *Keys to Your Personal Greatness*

Join Dr. Larry for Keys to Your Personal Greatness, a transformative two-hour session designed to bring you back to your Heart Center, healing old wounds and mistakes. This session focuses on blending the three sacred energies known as the Three Treasures, guiding you toward a more harmonious life. Learn to use your name in a sacred manner, communicate directly from the heart, and reconnect with your inner child to rediscover joy.

**Benefits:** Heart-Centered Healing (Heal past hurts and mistakes by returning to your Heart Center), Harmony in Life, Sacred Communication, Emotional Connection, Inner Child Reconnection.

**120 minutes / \$270**



## *Moving the Spirit with Rhythm*

Don't miss the opportunity to discover the joy, healing, and transformation that drumming can bring to your life. Dr. Larry's Moving the Spirit with Rhythm Workshop is a lively, fun, and energy-filled four-hour session designed to transform your life through the power of rhythm and sound. Dive into the world of rhythmic exploration and spiritual awakening and experience the magic for yourself. Embrace the therapeutic and unifying effects of drumming and discover a new path to personal and spiritual growth.

**Benefits:** Learn Drumming Techniques and Rhythms, Experience Sound Healing, Enter the Present Moment, Create a Sense of Connectedness, Align Body and Mind with Qigong, Relax and Diffuse Stress.

**Half Day workshop (4 hours) / \$105 per person (min. 5 people)**



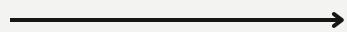


## *Karla Rodriguez*

Karla started as a Yoga practitioner in 2011 and was certified as an instructor in 2014. To date she has not stopped learning, and has taken various certifications in aerial yoga, integral yoga, Thai massage, sound therapy and vibrational therapies.



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## *Cacao Ceremony*

Cacao ceremony is a genuine desire to connect with, to be guided by, and to learn from cacao. Perfect opportunity to listen and connect.

Cacao Ceremony means relating with cacao with gratitude, intention, and reciprocity. When we relate with cacao ceremonially, we open our hearts to a far greater experience than simply enjoying cacao as a delicious beverage with health, mood, and energy benefits.

Cacao is a teacher that is skilled at helping us reconnect with our own hearts, tend our relationships, and walk through life purposefully and guided by clear vision. The three universal pillars that we see as core to creating cacao ceremony are: gratitude, intention, and reciprocity.

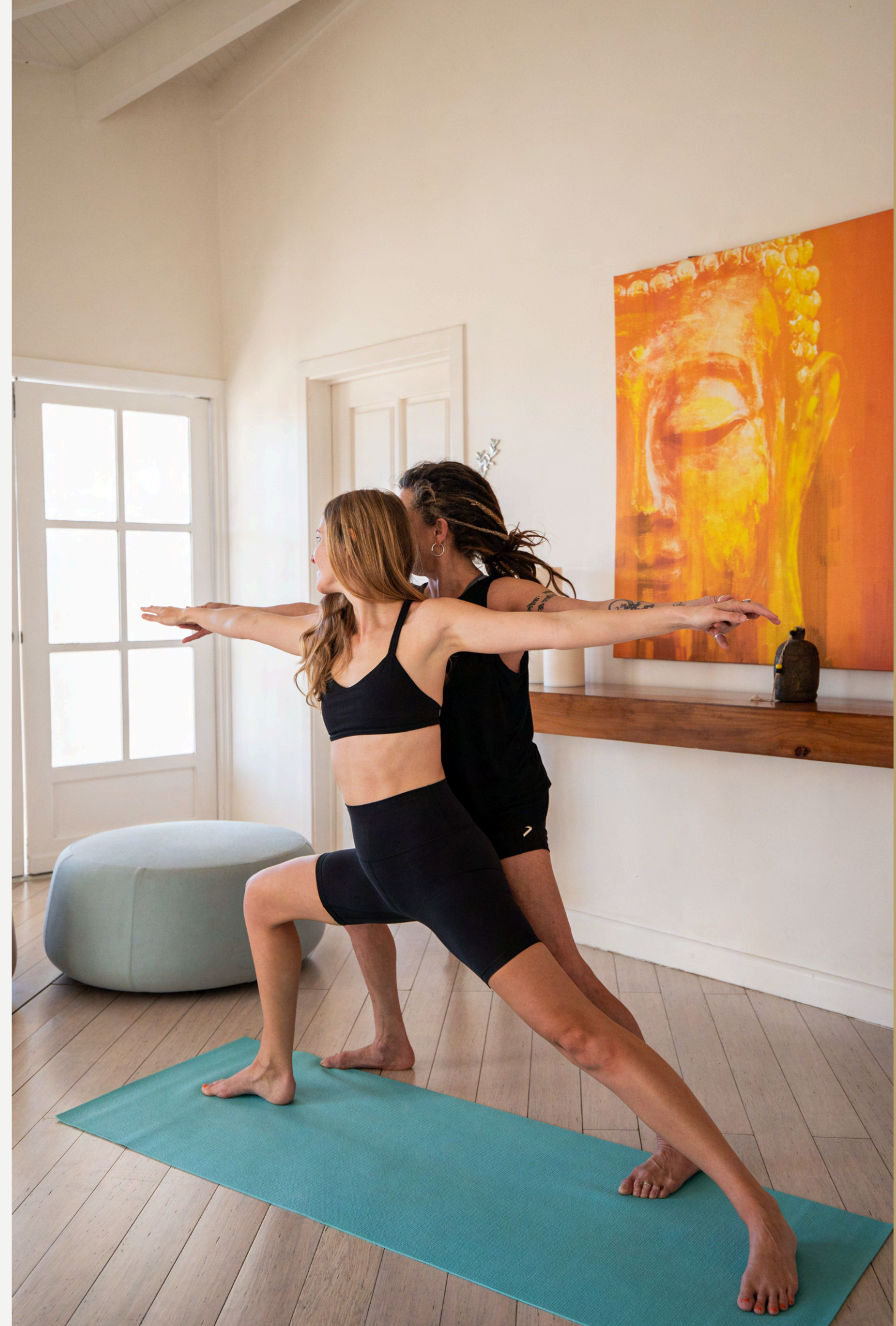
**60 minutes / \$110**



## *In-House Yoga instructors*

Our in house yoga instructors practice a variety of styles and healing modalities, each of their classes have their own unique elements.

Request more details with the Spa receptionist



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# Spa Policies & General Information

## Reservations

To book your holistic experience, please make your reservation in advance. If you are not a hotel guest, a credit card is required to guarantee your scheduled time.

## Cancellation Policy

The experiences are reserved especially for you. We highly request that any cancellations or changes to your experience time be made at least 24 hours in advance

## Taxes

All holistic experiences prices do not include 13% Costa Rican taxes and gratuity.



