

Daily Activities at The Retreat

Friday, January 16

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: Social Wellness

A social wellness gathering focused on connection, conversation, and shared presence in a relaxed setting.

📍 Santosha Pool

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Saturday, January 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: Sound Healing

A calming tongue drum circle that invites rhythm, connection, and deep relaxation through sound.

📍 Santosha

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

Sunday, January 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: 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 mindful, fluid movement.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Monday, January 19

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Aquatic Aerobics

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

📍 Santosha Pool

3:00 PM: Sound Healing

A calming tongue drum circle that invites rhythm, connection, and deep relaxation through sound.

📍 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, January 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: Guided Nature Hike

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

📍 Meet at the Front Desk

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

5:00 PM: Wine Sunset – Sangria

📍 La Diosa (+\$75 & tax)

Wednesday, January 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: Guanacaste Tree Meditation

A grounding meditation beneath the Guanacaste tree, inviting deep connection, presence, and calm through nature.

📍 Guanacaste Tree

3:00 PM: Full Body Workout

Join a guided movement session to enhance flexibility, mobility, and body awareness.

📍 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

Thursday, January 22

Healers day 45 mn each workshop complementary

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

10:00 am: Nurturing the Soul- Dr. Larry

11:00 am : Rebalance Your Energy: The Art of Chakra
Alignment -Priscilla and Yamuna

12:00 : Illuminate Qi - Dr. Linh Le

2:00 pm: Digestive Wellness & Nervous System Reset-
Veronica Bellido

3:00 PM: Sound Healing + Reiki - Mariana Sanchez

📍 Santosha

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Friday, January 23

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: Social Wellness

A social wellness gathering focused on connection, conversation, and shared presence in a relaxed setting.

📍 Santosha Pool

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, January 24

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Sound Healing

A calming tongue drum circle that invites rhythm, connection, and deep relaxation through sound.

📍 Santosha

12:30 PM: Catch of the Day Special – Cocina La Diosa with
Craft Beers PxP \$90+tax

📍 Santosha

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

Sunday, January 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: Guided Nature Hike

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

📍 Meet at the Front Desk

3:00 PM: Stretch and Mobility

Join us to release tension and restore balance through mindful, 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

Monday, January 26

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Aquatic Aerobics

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

📍 Santosha Pool

3:00 PM: Sound Healing

A calming tongue drum circle that invites rhythm, connection, and deep relaxation through sound.

📍 Santosha

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Tuesday, January 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: Guided Nature Hike

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

📍 Meet at the Front Desk

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, January 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: Guanacaste Tree Meditation

A grounding meditation beneath the Guanacaste tree, inviting deep connection, presence, and calm through nature.

📍 Guanacaste Tree

3:00 PM: Full Body Workout

Join a guided movement session to enhance flexibility, mobility, and body awareness.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

Thursday, January 29

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Aquatic Aerobics

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

📍 Santosha Pool

3:00 PM: Sound Healing

A calming tongue drum circle that invites rhythm, connection, and deep relaxation through sound.

📍 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

Friday , January 30

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: Social Wellness

A social wellness gathering focused on connection, conversation, and shared presence in a relaxed setting.

📍 Santosha Pool

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.

📍 Santosha Yoga Studio

5:00 PM: Wine Sunset – Sangria

📍 La Diosa (+\$75 & tax)

Saturday, January 31

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Sound healing

A calming tongue drum circle that invites rhythm, connection, and deep relaxation through sound.

📍 Santosha

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
