

Home for the Holidays at
The Retreat



HOLIDAY PROGRAM

December 20th 2025 - January 4th 2026



Most scheduled activities are complimentary for our guests and available by sign-up. Select experiences may have an additional cost as noted.



Saturday. December 20

10:00 AM DISCOVER OUR COFFEE

Journey from bean to cup as you explore Costa Rica's beloved coffee culture. Walk through our plantation, learn about sustainable harvesting, and enjoy an expert-led tasting accompanied by fresh tortillas. Awaken your senses and savor the story behind every sip.

Price: \$45 + tax

5:00PM - 6:00PM SUNSET FIRE CIRCLE & SHARING

As the sun dips behind the mountains, gather around the flickering flames for a sacred evening of reflection, release, and renewal. This intimate fire circle invites you to let go of what no longer serves and open space for new intentions to rise. Guided by warmth and community, we share stories, silence, and gratitude under the golden sky — a moment of unity that ignites the heart.



Sunday, December 21st

9:00AM CORE AWAKENING SESSION

Awaken your center of strength with mindful core activation and conscious breathwork. This revitalizing experience integrates stability and flow, leaving you grounded, empowered, and fully present in your body.

11:30AM CRYSTALS & AROMATHERAPY WORKSHOP

Immerse yourself in the calming world of crystals and essential oils. In this guided workshop, you'll discover how to harness their natural energies to restore balance, ease tension, and invite deep relaxation. Learn simple techniques to harmonize your body, mind, and spirit — and leave feeling grounded, radiant, and renewed.

5:00PM BAREFOOT SUNSET EXPERIENCE

Step barefoot onto the earth and reconnect with what truly matters. Begin with gentle breathwork and grounding under the majestic Guanacaste Tree — a symbol of life, roots, and unity. As the sun melts into the horizon, enjoy artisanal cocktails crafted from local ingredients, celebrating nature, serenity, and pure presence. A soulful experience for the senses.

Price: \$65 + tax



Monday, December 22nd

8:15 AM HARVESTING WITH THE CHEF

Begin your morning in our organic garden, harvesting fresh herbs, vegetables, and eggs alongside our chef. Then, return to the kitchen to transform your harvest into a nourishing breakfast using local ingredients and simple, soulful techniques. A celebration of nature's abundance and the joy of cooking together.

9:00 AM REBALANCE YOUR ENERGY: THE ART OF CHAKRA ALIGNMENT

A transformative session exploring the ancient practice of chakra alignment. Learn to restore energetic balance, release blockages, and reconnect with your inner vitality through mindful movement, breath, and awareness.

Price: \$100 per person

10:00AM MORNING SOUND BATH MEDITATION

Start your day immersed in the ethereal tones of crystal bowls, chimes, and nature's silence. Each vibration soothes the nervous system and clears the mind, guiding you into a deep meditative state of harmony and renewal.

3:00PM CHOCOLATE CAKE & ALMOND MILK COOKING CLASS

Discover the art of traditional baking in an intimate, heart-centered cooking class. Learn to prepare an authentic chocolate cake from scratch (recipe by Diana Stobo) along with homemade almond milk using natural, wholesome ingredients. As you mix and bake, share stories, culinary tips, and laughter – savoring the beauty of simplicity and love in every bite.

Price: \$30 + tax

Tuesday, December 23rd

9:00 AM SCULPT & LIFT EXPERIENCE

Tone and lift through fluid, graceful movements designed to strengthen, align, and energize. This sculpting session enhances posture, confidence, and body awareness — leaving you poised and empowered.

10:30 AM HARMONY WITHIN: QI GONG FOR VITALITY & CALM

Experience the ancient art of Qi Gong, a practice that unites breath, movement, and intention to create balance and vitality. This gentle yet powerful class guides you to release stagnation and invite the free flow of life energy throughout your body.

Price: \$50 per person

Min 2 People, Max 10 people

3:00 PM CHRISTMAS BAKING EXPERIENCE

Celebrate the magic of Christmas with a festive class blending tradition, wellness, and flavor with our chef and mixologist. Learn to prepare wholesome holiday cookies and sip on artisanal hot chocolate as you explore cacao's cultural roots and its bean-to-cup transformation. A cozy culinary ritual to share with family and friends.

5:15 PM PRANAYAMA — THE ART OF BREATH

Harness the power of conscious breathing to awaken your life force and quiet the mind. Through guided techniques, you'll learn to use breath as a bridge to clarity, focus, and emotional balance — leaving you refreshed and deeply centered.





Wednesday, December 24

9:00 AM GUANACASTE TREE GATHERING: MEDITATION, SURYA NAMASKAR & PRANAYAMA

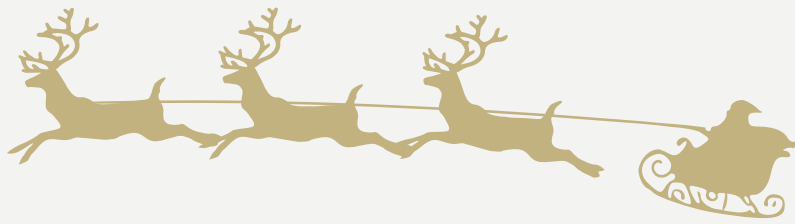
Welcome the day with a sacred gathering beneath our Guanacaste Tree, symbol of grounding and unity. Flow through gentle sun salutations, breathwork, and stillness as you connect to the wisdom of nature and the rhythm of your breath.

3:00 PM HEALING SOUND BATH

Take a moment to reconnect with yourself through the healing power of sound. Immerse in a deeply restorative experience where vibration, frequency, and intention gently guide you into a state of balance and inner peace. Allow the soothing tones of crystal bowls and chimes to calm the mind, open the heart, and harmonize your entire being.

6:30 PM CHRISTMAS EVE DINNER

Celebrate the season with a magical dining experience curated by our culinary team. Surrounded by candlelight, nature, and the warmth of community, savor a festive meal infused with Costa Rican flavors, love, and intention — the perfect way to honor togetherness and joy.



Christmas Day

Thursday, December 25

8:30 AM CHRISTMAS BREAKFAST BUFFET

Wake to a joyful morning of connection and abundance. Our Christmas breakfast spread features fresh tropical fruits, housemade pastries, and nourishing local favorites — a feast for the body and spirit.

5:00 PM SANGRIA SUNSET AT LA DIOSA

Toast to the beauty of the day with handcrafted sangrias at La Diosa Lounge. Relax as the sky turns shades of pink and gold while enjoying a creative flight of tropical and classic sangrias made with local fruits and herbs. Music, laughter, and good company complete the moment.

Price: \$75 + tax





Friday, December 26th

9:00 AM AQUA VITALITY FLOW

Dive into movement and mindfulness through the healing power of water. This low-impact class blends fluid resistance with deep relaxation techniques, leaving your body refreshed and your mind calm.

10:30 AM DYNAMIC PILATES: A FULL-BODY CLASS

Strengthen, lengthen, and align in this energizing Pilates class that engages every muscle group. Using the Pilates Magic Circle and yoga blocks, you'll build core stability, improve flexibility, and walk away feeling strong and centered.

Price: \$30 per person

Min 4 People, Max 12 people

3:00 PM HEALING SOUND BATH

Take a moment to reconnect with yourself through the healing power of sound. Immerse in a deeply restorative experience where vibration, frequency, and intention gently guide you into a state of balance and inner peace. Allow the soothing tones of crystal bowls and chimes to calm the mind, open the heart, and harmonize your entire being.

9:00 PM NIGHTFALL IN COSTA RICA MOONLIT GATHERING

As night descends over the mountains, join us for a magical evening beneath the stars. Gather around a natural bonfire under the Guanacaste Tree, enjoy handcrafted cocktails, and share laughter over roasted marshmallows. A soulful celebration of earth, sky, and connection.

Price: \$75 + tax



Saturday, December 27th

9:00 AM ECSTATIC DANCE

Surrender to rhythm and expression in this liberating movement experience. Guided by uplifting music, you'll dance without choreography — freely and joyfully — to release tension, awaken energy, and embody pure presence.

10:00AM MORNING SOUND BATH MEDITATION

Start your day immersed in the ethereal tones of crystal bowls, chimes, and nature's silence. Each vibration soothes the nervous system and clears the mind, guiding you into a deep meditative state of harmony and renewal.

11:30 AM CREATIVE VISION BOARD FOR THE NEW YEAR

Set your intentions for the year ahead through mindful creativity. Using magazines, affirmations, and art materials, design a personal vision board that captures your dreams and inspires your next chapter.

Price: \$25 per person

Min 2 People, Max 8 people

12:30 PM DAILY CATCH SPECIAL

Savor the flavors of the sea with our chef's fresh daily catch, perfectly paired with local craft beer. Enjoy this exquisite dining experience surrounded by the relaxed elegance of La Diosa — where ocean flavor meets mountain serenity.

Price: \$90 + tax



Sunday, December 28th

9:00 AM TOTAL BODY SYNERGY

Enjoy a balanced full-body experience blending mobility, controlled strength, and mindful breathing. Restore harmony to your body through this comprehensive movement practice

5:00 PM BAREFOOT SUNSET EXPERIENCE

Disconnect from noise and reconnect with nature beneath the Guanacaste Tree, symbol of life and grounding. Feel the earth beneath your feet as you move through gentle breathing and meditation before witnessing an unforgettable sunset. Sip artisanal cocktails crafted from local botanicals — an experience of serenity, flavor, and pure presence.

Price: \$65 + tax





Monday, December 29th

8:15 AM HARVESTING WITH THE CHEF

Awaken your senses with this full-body movement experience designed to enhance mobility, strength, and coordination. Through mindful flow and breath awareness, you'll restore harmony between body and mind — leaving you refreshed, aligned, and renewed.

9AM - LIVING THE FLOW — RITUAL FOR A BALANCED LIFESTYLE

Explore simple yet powerful rituals to create harmony between mind, body, and spirit. This reflective session guides you in cultivating daily practices that bring calm, intention, and joy into your everyday life.

Price: \$100 per person

10:30 AM MERIDIANS & SOUND: A JOURNEY OF INNER ALIGNMENT

Journey inward through the therapeutic resonance of tuning forks placed along the body's meridians. These subtle vibrations promote energetic balance, emotional clarity, and nervous system regulation, guiding you toward harmony and inner peace.

Price: \$50 per person
Min 2 People, Max 10 people



Tuesday, December 30th

9:00AM CORE AWAKENING SESSION

Awaken your center of strength with mindful core activation and conscious breathwork. This revitalizing experience integrates stability and flow, leaving you grounded, empowered, and fully present in your body.

11:030 AM CREATIVE MEDITATION WITH MANDALAS

Unleash your creativity and presence by designing your own mandala — a meditative art form that brings clarity and peace. The session concludes with a guided relaxation to deepen your sense of stillness and balance.

3:00 PM COCKTAILS & INFUSIONS CLASS

Elevate your mixology skills with this creative class led by our expert mixologists. Learn to craft cocktails and infused spirits using fresh herbs, local botanicals, and natural ingredients inspired by balance and wellness. Discover flavor combinations that transform each sip into an experience.

Price: \$50 + tax

5:15 PM REFLEXOLOGY WORKSHOP

Learn the ancient healing art of reflexology, where stimulating points on the feet connects to the organs and systems of the body. Discover simple techniques to relieve stress, improve circulation, and activate your natural energy flow. Step away with lighter feet and a clearer mind.

Wednesday, December 31

New Year's Eve

PURIFY. RENEW. REBIRTH. — DETOX FOR THE NEW YEAR

Step into renewal with our Detox & Renewal Therapies. Enjoy 15% off all treatments over 60 minutes to release toxins, revitalize your system, and begin the new year with clarity and balance.

9:00 AM SILENT MEDITATION WALK IN NATURE

Begin the final day of the year with intention and stillness. This guided silent walk invites you to connect deeply with nature's calm — every breath, every step, a gentle act of presence and gratitude.

3:00 PM HEALING SOUND BATH

Take a moment to reconnect with yourself through the healing power of sound. Immerse in a deeply restorative experience where vibration, frequency, and intention gently guide you into a state of balance and inner peace. Allow the soothing tones of crystal bowls and chimes to calm the mind, open the heart, and harmonize your entire being.

5:00 PM SUNSET OLD YEAR PARTY

As the sun sets on the year, join us for a joyous gathering to celebrate life, laughter, and the promise of new beginnings. Music, cocktails, and a radiant Costa Rican sunset create the perfect sendoff to a transformative year.

6:30 PM NEW YEAR'S EVE DINNER

Ring in the New Year with a feast of flavor and spirit. Our chefs present an unforgettable dining experience featuring Costa Rica's finest ingredients, creative artistry, and soulful presentation — all set beneath a starlit sky. A night of elegance, joy, and connection.

"Tomorrow is the first blank
page of a 365 page book.
Decide who you'll become,
what you'll contribute, and
how you'll live your best life."

*May this new year be written
with intention and each
moment a story of peace,
purpose, and joy.*

2026

Thursday, January 1st

10:00 AM MIMOSAS & BLOODY MARY CLASS

Welcome the new year with bubbles and creativity. Join our mixologists to master the art of elevated brunch cocktails — from fresh-pressed juices and house infusions to playful, wellness-inspired twists on classics. A lively and flavorful start to a new chapter.

Price: \$50 + tax

Friday, January 2nd

9:00 AM SCULPT & LIFT EXPERIENCE

A grounding morning practice focused on tone, posture, and grace. Through slow, intentional movements, you'll strengthen your lower body while cultivating lightness and flow. Leave feeling strong, elongated, and inspired.

10:00 AM DISCOVER OUR COFFEE

Journey from bean to cup as you explore Costa Rica's beloved coffee culture. Walk through our plantation, learn about sustainable harvesting, and enjoy an expert-led tasting accompanied by fresh tortillas. Awaken your senses and savor the story behind every sip.

Price: \$45 + tax

9:00 PM NIGHTFALL IN COSTA RICA — MOONLIT GATHERING

Under a luminous night sky, gather around a crackling bonfire for an evening of storytelling, cocktails, and laughter. Savor roasted marshmallows and signature drinks crafted from native ingredients — an experience that celebrates connection, nature, and the art of slowing down.

Price: \$75 + tax



Saturday, January 3rd

9:00 AM SERENITY STRENGTH FLOW

Flow into the new year with intention and grace. This gentle yet powerful session combines balance, flexibility, and mindful strength to restore inner calm and renew energy.

10:00AM MORNING SOUND BATH MEDITATION

Start your day immersed in the ethereal tones of crystal bowls, chimes, and nature's silence. Each vibration soothes the nervous system and clears the mind, guiding you into a deep meditative state of harmony and renewal.

5:00 PM SANGRIA SUNSET AT LA DIOSA

An evening ritual of color and flavor. Sip handcrafted sangrias as the sun paints the sky in brilliant hues, surrounded by music and laughter at La Diosa Lounge. Celebrate life's simple pleasures — good company, beautiful views, and the magic of Costa Rica's evenings.

Price: \$75 + tax

Sunday, Jananury 4th

9:00 AM — AQUA VITALITY FLOW

Let water renew you. Through buoyant movement and meditative flow, this restorative aquatic session releases tension, boosts circulation, and leaves you floating in a state of effortless peace.

12:30 PM — DAILY CATCH SPECIAL

End your journey with a taste of the sea. Enjoy our chef's fresh daily catch paired with locally crafted beers, each sip and bite honoring Costa Rica's coastal abundance and culinary artistry.

Price: \$90 + tax





Thank you for spending your holidays with us.
It's been such a joy to share this special time of year together filled
with laughter, connection, and unforgettable moments.
We hope you leave feeling rested, renewed, and inspired to carry a
little piece of Pura Vida with you wherever you go.

With love,
Your Retreat Family

