

Daily Activities at The Retreat

Monday, December 1

7:00–8:00 AM: Yoga Flow

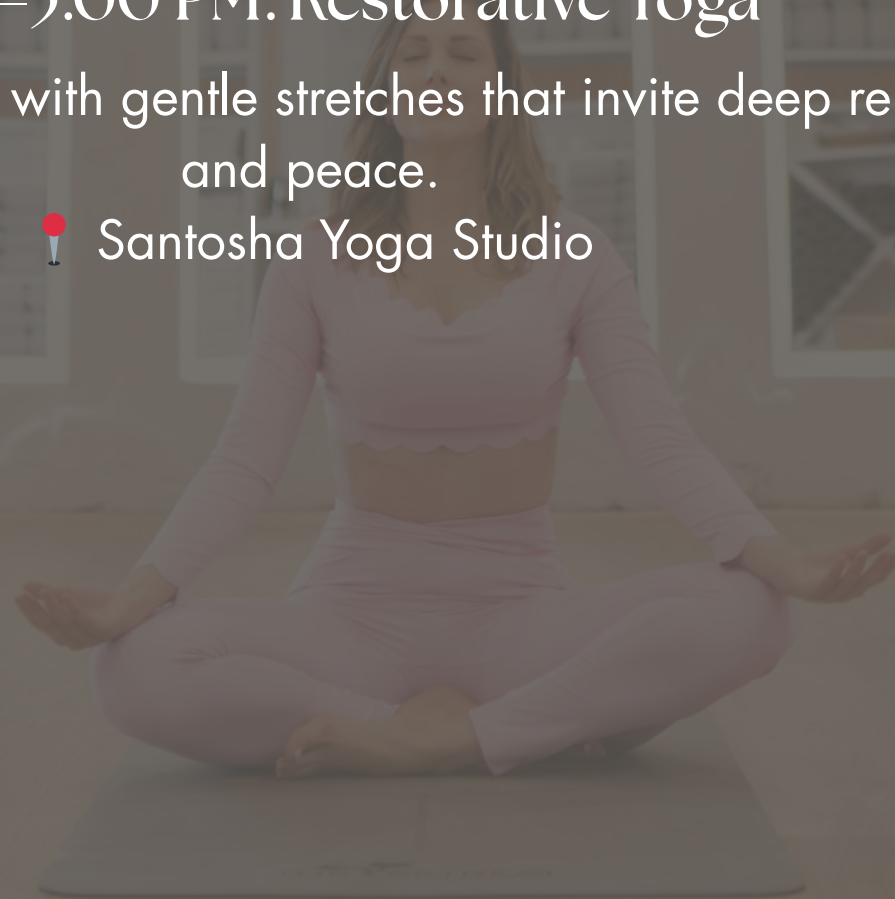
Join us for a revitalizing morning flow to awaken your body and center your mind.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio



Tuesday, December 2

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

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

📍 Meet at the Front Desk

3:00 PM: Strength 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 and peace.

📍 Santosha Yoga Studio



Daily Activities at The Retreat

Wednesday, December 3

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:45 AM: Glutes and Legs

Join us for a dynamic lower-body workout focused on toning, strength, and stability for your glutes and legs.

📍 Santosha Gym

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Thursday, December 4

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Full Body Mobility

Join us for a guided movement session designed to improve flexibility, range of motion, and overall body awareness.

📍 Santosha Gym

10:45 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Social Wellness

Join us for an uplifting session focused on connection, laughter, and meaningful conversation to nurture community and joy.

📍 Santosha

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Friday, December 5

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

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

📍 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

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

📍 Santosha Gym

Saturday, December 6

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Meditation & Sound Healing

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

📍 Santosha Gym

10:45AM Art Therapy

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

📍 Peacock Pavilion

3:00 PM: Juicing Class

Join us at Sol Terrace to learn how to create vibrant, nutrient-rich juices inspired by owner Diana Stobo’s wellness book and philosophy.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Sunday, December 7

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

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

📍 Meet at the Front Desk

3:00 PM: Strength and Mobility

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

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

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

📍 Santosha Yoga Studio

The Joy of Style Experience
10 % discount all day at Galana Boutique

Monday, December 8

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

10:45 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Tuesday, December 9

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

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 and peace.

📍 Santosha Yoga Studio

Wednesday, December 10

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Refresh & Restore with a
15 % discount all day at Vida Mia Spa Store

Daily Activities at The Retreat

Thursday, December 11

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

10:00AM Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Friday, December 12

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

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

📍 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Saturday, December 13

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Meditation & Sound Healing

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

📍 Santosha Yoga Studio

10:45AM Art Therapy

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

📍 Peacock Pavilion

3:00 PM: Juicing Class

Join us at Sol Terrace to learn how to create vibrant, nutrient-rich juices inspired by owner Diana Stobo's wellness book and philosophy.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Sunday, December 14

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain 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 and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Monday, December 15

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:45 AM: Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Tuesday, December 16

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain 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 and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Wednesday, December 17

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Hula Hoop

Join us for a playful workout that builds strength, balance, and joy.

📍 Santosha Gym

10:45 AM: Glutes and Legs

Join us for a dynamic lower-body workout focused on toning, strength, and stability for your glutes and legs.

📍 Santosha Gym

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Thursday, December 18

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Full Body Mobility

Join us for a guided movement session designed to improve flexibility, range of motion, and overall body awareness.

📍 Santosha Gym

10:45AM Aquatic Aerobics

Refresh your body and spirit with an invigorating workout in the water.

📍 Santosha Pool

3:00 PM: Social Wellness

Join us for an uplifting session focused on connection, laughter, and meaningful conversation to nurture community and joy.

📍 Santosha

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Friday, December 19

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:30 AM: Guided Quartz Mountain Hike

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

📍 Meet at the Front Desk

3:00 PM: Class of Infusions

Learn to craft healing herbal infusions that nurture body and mind.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Saturday, December 20

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

10:00 AM: Discover Our Coffee

Explore Costa Rica's coffee culture from bean to cup with a guided tasting. (Price: \$45 + tax)

📍 Meet at Front Desk

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:00–6:00 PM: Sunset Fire Circle & Sharing

Join us for a creative session that uses art as a gentle way to relax, reflect, and express your emotions freely.

📍 Peacock Pavilion

Daily Activities at The Retreat

Sunday, December 21

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Core Awakening Session

Strengthen your foundation with mindful core movement and breathwork.

📍 Santosha Gym

11:30 AM: Crystals & Aromatherapy Workshop

Learn how crystals and essential oils support balance and relaxation.

📍 Vida Mia Spa

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:00 PM: Barefoot Sunset Experience

Reconnect with nature under the Guanacaste Tree with breathwork and cocktails. (Price: \$65 + tax)

📍 Guanacaste Tree

Monday, December 22

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

8:15 AM: Harvesting With the Chef

Pick garden ingredients and create a nourishing breakfast.

📍 Sol Terrace Kitchen

9:00 AM: Chakra Alignment Session

Realign your energy through guided movement and breath. (Price: \$100 per person)

📍 Santosha Yoga Studio

10:00 AM: Morning Sound Bath Meditation

Relax deeply through soothing sound frequencies.

📍 Santosha Yoga Studio

3:00 PM: Chocolate Cake & Almond Milk Class

Learn to make Diana Stobo's chocolate cake and almond milk. (Price: \$30 + tax)

📍 Sol Terrace Kitchen

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Tuesday, December 23

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Sculpt & Lift Experience

Tone and strengthen with a full-body sculpt class.

📍 Santosha Gym

10:30 AM: Qi Gong for Vitality & Calm

Practice gentle breath-led movement to restore harmony and flow. (Price: \$50pp)

📍 Santosha Yoga Studio

3:00 PM: Christmas Baking Experience

Create wholesome holiday cookies with artisanal hot chocolate.

📍 Sol Terrace Kitchen

5:15 PM: Pranayama — The Art of Breath

Use guided breath techniques to calm and energize the body.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Wednesday, December 24

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Guanacaste Tree Gathering

Meditation, sun salutations, and breathwork beneath our sacred tree.

📍 Meet at Front Desk

3:00 PM: Sound Healing

Join us for a soothing session that uses sound vibrations to calm the mind, balance energy, and promote deep inner peace.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

6:30 PM: Christmas Eve Dinner

A festive candlelit dinner inspired by Costa Rican flavors.

📍 Sol Terrace Restaurant

Daily Activities at The Retreat

Thursday, December 25

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

8:30 AM: Christmas Breakfast Buffet

Enjoy an abundant spread of fresh, festive dishes.

📍 Sol Terrace Restaurant

5:00 PM: Sangria Sunset at La Diosa

Toast Christmas Day with handcrafted sangrias. (Price: \$75 + tax)

📍 La Diosa Lounge

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Friday, December 26

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Aqua Vitality Flow

Move mindfully in the water for a refreshing reset.

📍 Santosha Pool

10:30 AM: Dynamic Pilates

Build strength and stability in an energizing Pilates class. (Price: \$30+ tax)

📍 Santosha Gym

3:00 PM: Healing Sound Bath

Unwind into deep relaxation through sound therapy.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

9:00 PM: Moonlit Gathering

Cocktails, stories, and marshmallows under the stars. (Price: \$75 + tax)

📍 Guanacaste Tree

Daily Activities at The Retreat

Saturday, December 27

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Ecstatic Dance

Move freely and joyfully in a music-led expression session.

📍 Santosha Gym

10:00 AM: Morning Sound Bath Meditation

Start your day with calming therapeutic sound.

📍 Santosha Yoga Studio

11:30 AM: Creative Vision Board Workshop

Create a vision board for the year ahead.(Price: \$25+ tax)

📍 Santosha Yoga Studio

12:30 PM: Daily Catch Special

Savor fresh seafood with local craft beer.(Price: \$90 + tax)

📍 Sol Terrace

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Sunday, December 28

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Total Body Synergy

Enjoy a balanced blend of mobility, strength, and mindful breath.

📍 Santosha Gym

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:00 PM: Barefoot Sunset Experience

Ground beneath the Guanacaste Tree with cocktails at sunset.

(Price: \$65 + tax)

📍 Guanacaste Tree

Daily Activities at The Retreat

Monday, December 29

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

8:15 AM: Harvesting With the Chef

Collect fresh ingredients and prepare a nourishing breakfast.

📍 Organic Garden

9:00 AM: Living the Flow Ritual

Learn grounding daily rituals for balance and intention. (Price: \$100+ tax)

📍 Santosha Yoga Studio

10:30 AM: Meridians & Sound

Experience tuning fork therapy for energetic alignment. (Price: \$50+ tax)

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

Tuesday, December 30

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Core Awakening Session

Activate your core through mindful strengthening and breathwork.

📍 Santosha Gym

11:30 AM: Mandala Creative Meditation

Design a personal mandala to enhance clarity and calm.

📍 Santosha Yoga Studio

3:00 PM: Cocktails & Infusions Class

Craft wellness-inspired cocktails using local botanicals. (Price: \$50 + tax)

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:15 PM: Reflexology Workshop

Learn foot-pressure techniques for stress relief and circulation.

📍 Santosha Yoga Studio

Daily Activities at The Retreat

Wednesday, December 31

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

9:00 AM: Silent Meditation Walk

Begin the day with a quiet walk to welcome clarity and presence.

📍 Meet at Front Desk

3:00 PM: Healing Sound Bath

Reset your mind and body with soothing frequencies.

📍 Santosha Yoga Studio

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio

5:00 PM: Sunset Old Year Party

Celebrate with cocktails, music, and a glowing sunset.

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6:30 PM: New Year’s Eve Dinner

Enjoy an elegant, multi-course celebration dinner.

📍 Sol Terrace Restaurant

Thursday, January 1

7:00–8:00 AM: Yoga Flow

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

📍 Santosha Yoga Studio

10:00 AM: Mimosas & Bloody Mary Class

Learn to craft elevated brunch cocktails with fresh juices and infusions.

📍 Sol Terrace Bar

4:00–5:00 PM: Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation and peace.

📍 Santosha Yoga Studio