

Living for the
Present



HOLIDAY PROGRAM

December 19th, 2024 to January 5th, 2025

Thursday 19th, Dec. 2024

GRATITUDE CIRCLE WITH SOUND HEALING

Embrace a heartwarming holiday season with a transformative Sound Healing & Gratitude Circle experience. Immerse yourselves in healing vibrations designed to nurture wellness, inspire reflection, and foster authentic connection

Yoga Studio @14:45 – 15:45 hr
Complimentary / Sign up required



Friday 20th, Dec. 2024

BALANCE & BLISS: A SELF-CARE WORKSHOP

Discover why self-care is essential as you learn practices to nurture your mind, body and spirit, leaving you renewed and empowered.

Spa Livingroom @11:30 – 14:15 hr
Complimentary / Sign up required

HOLIDAY CAKE COOKING CLASS

Join Executive Chef Sergio for a magical holiday experience as we craft a holiday cake masterpiece. Savor the joy of creating together with local, organic ingredients that reflect the essence of Christmas in Costa Rica.

Main kitchen @15:00 – 15:45 hr
Max. 10 guests / \$30 USD per person / Sign up required (included in some wellness packages)

Saturday 21st, Dec. 2024

PAINT WORKSHOP: AN ARTISTIC ADVENTURE

Uncover your inner artist as we explore the transformative power of creativity in a hands-on painting workshop.

Yoga Studio @11:30 – 12:30 hr

Max. 10 guests / \$55 USD per person / Sign up required

SUNDOWN SIP & SING: AN EVENING OF MUSIC & MIXOLOGY

Indulge in handcrafted cocktails and the enchanting melodies of live music as the sun paints the sky in vibrant hues.

Main Pool @17:00 hr

Complimentary



Sunday 22nd, Dec. 2024

AROMA ALCHEMY: AN ESSENTIAL OILS WORKSHOP

Unwind and restore balance with the therapeutic power of essential oils in this enchanting aromatherapy workshop. Discover practical skills to craft personalized blends that enhance your health and wellbeing.

Spa Living room @15:00 – 15:45 hr

Complimentary / Sign up required

Monday 23rd, Dec. 2024

VEGAN CHEERS: A PLANT-BASED EGGNOG MIXOLOGY CLASS

Indulge in the creamy, festive flavor of eggnog without the dairy. In this class, you'll learn how to make a delicious vegan version of this holiday favorite using luscious plant-based ingredients like almond milk, coconut cream, and nutmeg.

Main Kitchen @16:00 – 16:45 hr

Max. 8 guests / Complimentary / Sign up required

THE WAY OF BALANCE: A BEGINNER'S TAI CHI SESSION

Find inner balance and harmony with the graceful movements of Tai Chi in this beginner-friendly session. Join Dr. Larry as you discover the power of breath and focus to enhance your physical and mental well-being.

Yoga Studio @17:30 – 18:30 hr

Min. 2 guests - Max. 10 guests / \$50 USD per person / Sign up required



Tuesday 24th, Dec. 2024

HARMONY & GRATITUDE:
A MANDALA & DANCE RITUAL

Enter the sacred space of gratitude and creativity as you dive deep into the transformative power of mandala creation and ritualistic dancing. In this workshop, you'll discover a profound sense of peace and wellbeing as you connect with your own inner wisdom and the magic of the world around you.

Yoga Studio @17:30 – 18:30 hr

Min. 2 guests - Max. 12 guests / Complimentary / Sign up required

A FESTIVE FEAST:
CHRISTMAS EVE DINNER WITH LIVE MUSIC

Indulge in a festive feast at our Healthy Christmas buffet while enjoying the merry melodies of live music. A perfect blend of holiday cheer and culinary delights awaits you.

Sol Terrace Restaurant @19:00 hr

A DAY OF ZEN & SAVINGS:
SPA BOUTIQUE SALE

Treat yourself to the gift of wellness and relaxation with 20% off exquisite spa & Galana boutique items, including natural skincare, aromatherapy, and more. Offer available all day!

Galana Boutique & Spa Boutique @all day

Wednesday 25th, Dec. 2024

MERRY MORNING: A HEALTHY BREAKFAST

Begin your Christmas day on a healthy note with our delectable and nutritious Christmas Buffet Breakfast. Featuring a wide array of seasonal delicacies made with fresh and wholesome ingredients, this feast will fuel your holiday cheer while nourishing your body.

Sol Terrace Restaurant @8:00 – 10:30 hr



Thursday 26th, Dec. 2024

BREATHING INTO PEACE: A PRANAYAMA SESSION

Join us for a Pranayama session, where you will learn breathing techniques and mindful meditation to help you release tension, find inner peace, and connect with your true self.

Yoga Studio @10:30 – 11:00 hr
Complimentary / Sign up required

Friday 27th, Dec. 2024

LOVE YOUR SKIN: DIY BODY SCRUBS WORKSHOP

In this hands-on workshop, you will learn how to create your own natural body scrubs using simple, nourishing ingredients. Discover the magic of essential oils, natural exfoliants, and moisturizing oils to give your skin the care and attention it deserves.

*Spa Living Room @11:00 – 11:40 hr
Max. 6 guests / Complimentary / Sign up required*

COFFEE CONSCIOUSNESS: AN ORGANIC COFFEE CLAS

Experience the richness and diversity of organic coffee from bean to cup in this hands-on workshop. Learn about coffee cultivation, roasting, and brewing techniques, as you savor the aroma and flavor of organic coffee.

*Sol Terrace Restaurant @16:00 – 17:00 hr
Max. 10 guests / Complimentary / Sign up required*

CRAFTED WITH CARE: AN ARTISAN TRADE SHOW

Browse a curated selection of handmade treasures from local artisans. Discover unique products crafted with love and skill, each telling a story that reflects the heart of our community.

Front Desk @16:00 – 19:00 hr





Saturday 28th, Dec. 2024

PILATES POWER: A FULL-BODY CLASS

Strengthen your body and mind with a dynamic, full-body Pilates class designed to strengthen your core while enhancing flexibility and balance. Experience the uplifting benefits of movement and leave feeling revitalized, empowered and ready to take on the day.

Yoga Studio @10:30 – 11:30 hr

Min. 2 guests / Max. 8 guests / Value: \$50 USD per person / Sign up required

Sunday 29th, Dec. 2024

ZEN MOMENTS:

MINI RITUALS FOR BODY & SOUL

Three decadent treatments that will elevate your senses and soothe your soul. 60 minutes split between a mini crystal facial, Reflexology with a Foot-Washing Ritual and Energetic Back Massage with Aromatherapy.

Vida Mia Spa @11:00 - 13:00 hr

Value: \$135 USD per person / Sign up is required

CRAFTING MAGIC:

A COCKTAIL AND MOCKTAIL MIXOLOGY WORKSHOP

Master the art of mixology in this dynamic workshop, where you'll create both classic and innovative cocktails and mocktails like a pro. Discover the secrets of balance, explore captivating flavor combinations, and refine your techniques to craft stunning, expertly made beverages for any occasion.

Sol Terrace Bar @16:00 - 17:00 hr

Max. 10 guests / Value: \$35 USD per person / Sign up is required





Monday 30th, December 2024

ORGANIC RADIANCE: FACIAL PRODUCT DEMONSTRATION

Experience the power of natural, organic skincare with a facial product demonstration. Learn how to create a nourishing, rejuvenating skincare routine that will leave your skin glowing.

Vida Mia Spa @15:00 - 16:00 hr
Complimentary / Sign up is required

CACAO & SOUND: A JOURNEY OF THE HEART

Delve into the sacred world of cacao and sound healing as you experience a heart-centered ceremony. This ancient ritual combines ceremonial-grade cacao and healing frequencies to help you connect with your inner wisdom, find peace, and discover deeper levels of healing.

Yoga Studio @17:30 - 18:30 hr
Min. 3 guests - Max. 12 guests / Value: \$50 USD per person / Sign up is required

Tuesday 31st Dec. 2024

New Year's Celebration

Kick-start the New Year with a serene morning meditation and yoga class, setting your intentions for the year ahead. Immerse yourself in nature on a guided hike, then unwind with sunset cocktails. Join us for a transformative "burn-the-old" ritual to release the past and set intentions for the future. The festivities continue with a New Year's Eve dinner, culminating in a dazzling fireworks display to ring in the new year!

MORNING MEDITATION & YOGA CLASS

Vida Mia Spa Pool @7:00 - 8:30 hr

GUIDED NATURE HIKE

Quartz Mountain @9:30 - 11:00 hr

WATER STRECHING & POOL SOUND HEALING

Spa Pool @11:00 - 11:30 hr

SUNSET COCKTAILS

Spa pool @16:00 - 18:00 hr

BURN THE OLD - INTENTION RITUAL

Spa Meditation Deck @18:00 - 18:30 hr

NEW YEARS EVE DINNER

Sol Terrace Restaurant @19:00 - 21:30 hr

FIREWORKS

Main pool @21:30 - 21:45 hr

All activities are complimentary



Wednesday 1st, January 2025

Mindful Beginnings: A Day of Mind-Body Balance

Start your new year off on the right foot with these activities. A harmonious blend of yoga, nature hike, sound healing, and a nutritious brunch, this day is designed to nourish your mind, body, and spirit. Join us in setting the tone for a peaceful and mindful 2025.

MORNING MEDITATION & YOGA CLASS

Vida Mia Spa Pool @7:00 - 8:30 hr

LIGHT BREAKFAST

Sol Terrace @8:30 - 10:30 hr

GUIDED NATURE HIKE

Quartz Mountain @9:30 - 11:00 hr

WATER STRETCHING & POOL SOUND HEALING

Spa Pool @11:00 - 11:30 hr

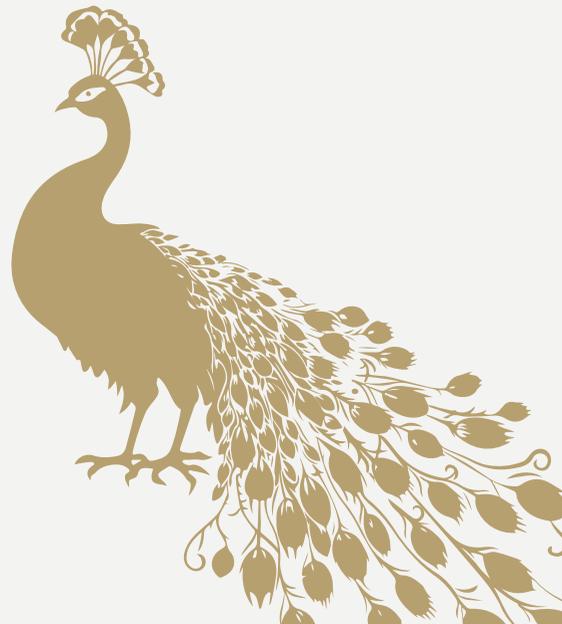
BRUNCH

Sol Terrace @11:30 - 15:00 hr

VEGETABLE JUICING CLASS

Sol Terrace @17:15 - 17:45 hr

All the activities are complimentary



Thursday 2nd, January 2025

GARDEN FESTIVAL SALAD

Fresh from the Farm to Your Plate. Experience the joy of harvesting fresh ingredients straight from the garden, then create your own delicious and nutritious salad masterpiece.

*Main Kitchen @11:00 hr
Complimentary / Sign up is required)*

THE HEALING HARMONIES: A SOUND JOURNEY

Unwind and restore balance to your mind, body, and spirit with the restorative power of sound healing. In this immersive experience, you will be guided through a sound bath that utilizes a variety of acoustic instruments to promote deep relaxation and inner peace.

*Vida Mia Spa Meditation Deck @17:30 - 18:00 hr
Max. 8 guests / Complimentary / Sign up is required*



Friday 3rd, January 2025

NURTURE YOURSELF: A SELF-LOVE WORKSHOP

Embark on a journey of self-discovery, self-acceptance, and self-care in this interactive workshop. You will learn practical tools and techniques to cultivate a deeper sense of self-love, improve your relationship with yourself, and radiate positivity and joy.

Yoga Studio @11:30 - 12:30 hr

Complimentary / Sign up is required

30% DISCOUNT ON THE SELF LOVE THERAPY (ONLY FOR TODAY)

UNCORKED: A WINE TASTING JOURNEY

"Embark on a journey of taste and exploration with this wine tasting experience. Sample a selection of unique wines and learn about their origins, varieties, and nuances, while gaining an appreciation for the art and culture of wine.

Sol Terrace Bar @16:00 - 17:00 hr

\$45 USD per person / Sign up is required



Saturday 4th, January 2025

PAINT WORKSHOP: AN ARTISTIC ADVENTURE

Find your inner artist as we explore the transformative power of creativity in this hands-on painting workshop.

Yoga Studio @11:30 - 12:30 hr

Max. 10 guests / Value: \$55 USD per person / Sign up is required



THE ART OF MOCKTAIL MIXING

Learn to mix and blend vibrant, alcohol-free mocktails that are bursting with flavor, creativity, and health benefits. This interactive class will teach you how to create unique and delicious non-alcoholic beverages, perfect for any occasion.

Sol Terrace Bar @16:00 - 17:00 hr

Complimentary / Sign up is required



Sunday 5th, January 2025

BREATHING INTO PEACE: A PRANAYAMA SESSION

"Join us for a Pranayama session, where you will learn breathing techniques and mindful meditation to help you release tension, find inner peace, and connect with your true self.

Yoga Studio @10:30 – 11:00 hr
Complimentary / Sign up required

