



THE RETREAT  
COSTA RICA | WELLNESS RESORT & SPA

# *Becoming a Peace Warrior*

A 5-Day Healing Retreat  
to Awaken The Peace Warrior Within

13 - 18 DECEMBER 2024

# Awaken the Peace Warrior Within

## **Stressed? Worn out? Carrying unresolved trauma, pain, anxiety, depression and inability to sleep?**

It's time to break free. Release deep-seated trauma and elevate your mind, body, and spirit through ancient Vedic wisdom and high-vibrational healing practices. Reclaim your peace, regain your strength, and step into a life of balance and harmony.

## **Awaken Your Peaceful Warrior**

Becoming a Peace Warrior is a 5-day retreat designed to help you let go of fear, sadness, anger, and turmoil while reconnecting with harmony, love, forgiveness, and hope. Through ancient healing practices, you'll cleanse your inner being and gain the strength and clarity needed to inspire and uplift others. Join Diana Stobo, renowned healing leader and owner of The Retreat Costa Rica, and Dr. Shaveta Jasra, Master of Ayurveda, for a 5-day transformative healing retreat designed to help you release trauma, restore balance, and awaken your spirit.



“Change your thinking,  
Change your life.”

- Diana Stobo

## **Who is this retreat for?**

This luxury wellness retreat is designed for those ready to break free from sadness, release negativity, embrace forgiveness, and cultivate gratitude. To become a peace warrior for others, you must first reclaim the peace and love within you. Transform yourself, then transform the world.



# Our Ethos

- 01 Come from nature.
- 02 Move your body gently.
- 03 Drink fresh water.
- 04 Sleep well.
- 05 Hug.
- and
- 06 Let that shit go.

# AGENDA AT A GLANCE

\*Please note final schedule will be sent to participants 1-week before arrival date.



## Day 1: Connections

**Varies** | Arrival & Check-In

**5:30 pm** | Twilight Mocktails at the Yoga Pavilion

**6:00 pm** | Heart-Opening Connections

**7:00 pm** | Welcome Dinner & Introductions

## Day 2: Reflections

**7:00 AM** | Mindful Meditation

**7:20 AM** | Morning Yoga

**8:30 AM** | Breakfast at Sol Terrace

**10:30 AM** | Reflections Workshop

**1:00 PM** | Lunch at Sol Terrace

**3:00 PM** | Cooking Class

**5:30 PM** | Aqua Sound Therapy

**7:00 PM** | Dinner at Sol Terrace

## Day 3: Exploration

**7:00 AM** | Journey of Self-Discovery Hike

**8:30 AM** | Breakfast at Sol Terrace

**10:30 AM** | Explore Through Paint Workshop

**1:00 PM** | Lunch at Sol Terrace

**3:00 PM** | Mocktails Lesson

**5:30 PM** | Exploration Coaching Session

**7:00 PM** | Dinner at Sol Terrace

## Day 4: Manifestation

**7:00 AM** | Mindfulness Meditation

**7:20 AM** | Yoga: Igniting Transformation

**8:30 AM** | Breakfast at Sol Terrace

**10:30 AM** | Breath & Vision Board Workshop

**1:00 PM** | Lunch at Sol Terrace

**2:30 PM** | Leisure Time

**7:00 PM** | Dinner at Sol Terrace

## Day 5: Renewal

**7:30 AM** | Morning Meditation

**8:30 AM** | Breakfast at Sol Terrace

**11:00 AM** | Breathwork & Vision Board Workshop

**1:00 PM** | Lunch at Sol Terrace

**5:00 PM** | Sacred Flames Release Ceremony

**5:30 PM** | Insights and Gratitude Sharing

**6:00 PM** | Heart-Opening Cacao Ceremony

**7:30 PM** | Farewell Dinner

## Day 6: Farewell

**7:30 AM** | Mindfulness Meditation

**8:30 AM** | Breakfast at Sol Terrace

**11:00 AM** | Check-Out & Farewells

Receive 25% off any  
spa services.  
Message us on  
WhatsApp to book.

# DAILY DETAILS

## Day 1: Connections

FRIDAY, DECEMBER 13



### **Arrival & Check-In**

Welcome to your transformative retreat! Roundtrip ground transportation from San Juan International airport is provided.

### **5:30 PM | Twilight Mocktails at the Yoga Pavilion**

Join us for refreshing twilight mocktails at the serene yoga pavilion, overlooking the lush Costa Rican rainforest. Relax and unwind as you settle into the tranquil atmosphere of The Retreat.

### **6:00 PM | Heart-Opening Connections**

Connect with fellow participants through a fun and engaging game led by Diana and Dr. Shaveta. This activity is designed to inspire, warm your heart, and bring plenty of laughter as you begin your journey together.

### **7:00 PM | Welcome Dinner & Introductions**

Gather for a delicious welcome dinner, hosted by Diana and Dr. Shaveta. Enjoy a curated, anti-inflammatory dinner and get to know your fellow retreat participants. This is the perfect opportunity to start building connections and setting the tone for the days ahead.



# DAILY DETAILS

## Day 2: Reflection

SATURDAY, DECEMBER 14

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### **7:00 AM | Morning Meditation & Yoga: Mindful Introspection**

Restore balance and calm your nervous system with tailored movement and mindfulness practices.

### **8:30 AM | Breakfast at Sol Terrace Restaurant**

### **10:30 AM | Reflecting on the Past Year Workshop**

Join Dr. Shaveta for a transformative 90-minute journaling and breath work session to express, release, and transform your emotions.

### **1:00 PM | Lunch at Sol Terrace Restaurant**

### **3:00 PM | Cooking Class**

Discover healthy, rejuvenating recipes in a 45-minute cooking class with Chef Sergio and Dr. Shaveta.

### **5:30 PM | Aqua Sound Therapy**

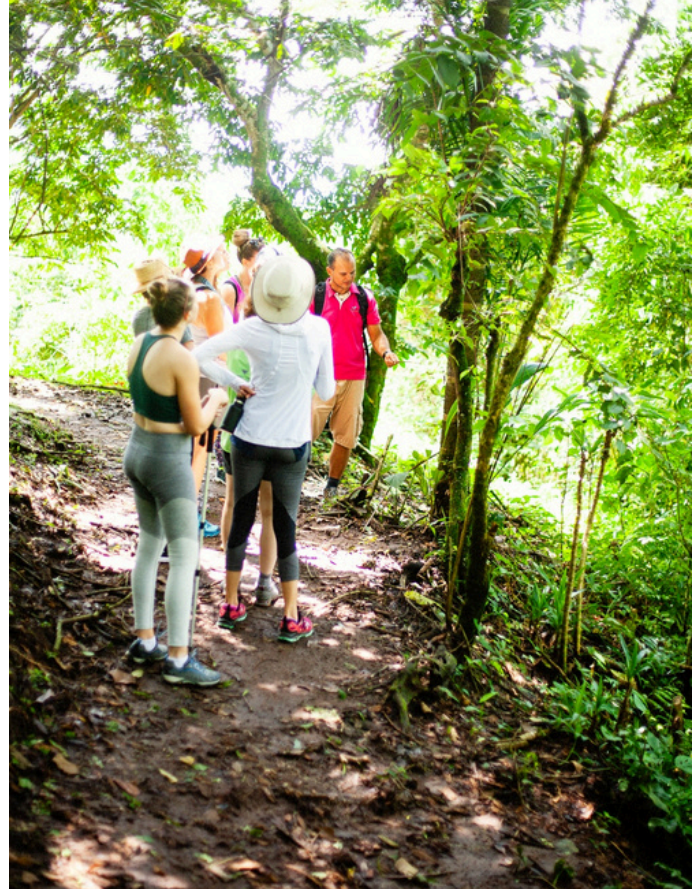
Release deep emotional blockages with a symphony of sounds from Tibetan singing bowls, gongs, and crystal bowls, crating a sensory experience that promotes relaxation and clarity.

### **7:00 PM | Dinner at Sol Terrace Restaurant**

# DAILY DETAILS

## Day 3: Exploration

SUNDAY, DECEMBER 15



### **7:00 AM | Journey of Self-Discovery Hike**

Embark on a 90-minute hike with Diana, exploring Costa Rica's natural beauty with meditation and forest bathing.

### **8:30 AM | Breakfast at Sol Terrace Restaurant**

### **10:30 AM | Explore Through Paint Workshop**

Boost creativity and achieve a more balanced emotional state in this 90-minute painting workshop with Dr. Shaveta.

### **1:00 PM | Lunch at Sol Terrace Restaurant**

### **3:00 PM | Mocktail Lesson**

Learn how to craft delicious and healthy beverages in a fun 45-minute mocktail lesson with our talented bartender.

### **5:30 PM | Exploration Coaching Session with Diana**

Dive deep into personal discovery with a 60-minute introspective session led by Diana.

### **7:00 PM | Dinner at Sol Terrace Restaurant**



# DAILY DETAILS

## Day 4: Manifestation

MONDAY, DECEMBER 16

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### **7:00 AM | Mindfulness Meditation & Morning Yoga: Igniting Transformation**

Restore balance and calm your nervous system with tailored movement and mindfulness practices.

### **8:30 AM | Breakfast at Sol Terrace Restaurant**

### **10:30 AM | Breathwork, Life Mapping & Vision Board Creation Workshop**

Join Dr. Shaveta for a powerful 90-minute workshop combining breathwork, life mapping, and vision board creation.

### **1:00 PM | Lunch at Sol Terrace Restaurant**

### **2:30 - 7 PM | Leisure & spa time**

Enjoy a free afternoon to lounge by the pool, explore a nature hike, or unwind at the spa.

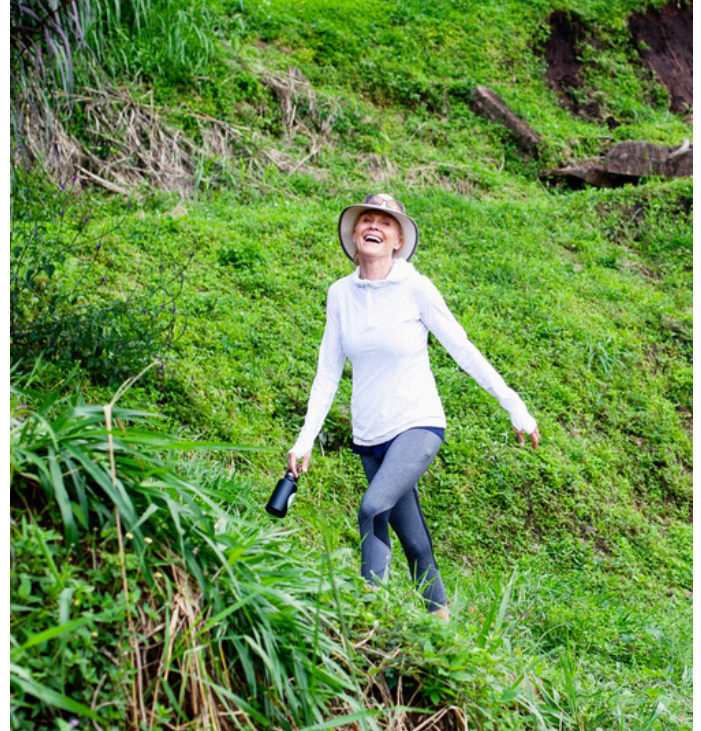
### **7:00 PM | Dinner at Sol Terrace Restaurant**

\*Please note final schedule will be sent to participants 1-week before arrival date.



# DAILY DETAILS

## Day 5: Renewal TUESDAY, DECEMBER 17



### **7:30 AM | Morning Meditation**

Begin your day with a 30-minute guided meditation, harnessing the energy of the new year.

### **8:30 AM | Breakfast at Sol Terrace Restaurant**

### **11:00 AM | Breath Work, Life Mapping & Vision Board Creation Workshop, cont.**

Continue your journey of expressing, releasing, and transforming your emotions through creative, guided 90-minute session.

### **1:00 PM | Lunch at Sol Terrace Restaurant**

### **5:00 PM | Sacred Flames Release Ceremony**

Participate in a fire ritual to release and let go of what no longer serves you. This ceremony involves writing down and symbolically burning fears, resentments, and past traumas, clearing space for renewal.

### **5:30 PM | Insights and Gratitude Sharing**

Release emotions and experience a more balanced emotional state by sharing your insights and expressing gratitude during a 30-minute group session with Dr. Shaveta and Diana.

### **6:00 PM | Heart-Opening Cacao Ceremony**

Tap into the transformative power of cacao in a 90-minute guided shamanic ceremony that helps you release emotional pain and embrace joy.

### **7:30 PM | Farewell Dinner**

Conclude your retreat with a farewell dinner, celebrating the connections and transformations made during your stay.



# DAILY DETAILS

## Day 6: Farewells

WEDNESDAY, DECEMBER 18

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### **7:30 AM | Mindfulness Meditation**

Start your final day with a guided 30-minute mindfulness meditation session.

### **8:30 AM | Breakfast at Sol Terrace Restaurant**

### **11:00 AM | Check-Out**

Bid farewell to your new friends and the beautiful retreat center. Our front desk team will assist you with check-out and any final details.

# ESCAPE ESSENTIALS

## Packing Suggestions

### DAILY WEAR

- Yoga outfits (breathable leggings, tops & sports bras)
- Lightweight dresses or caftans
- Shorts and/or lightweight pants
- Breezy blouses & casual tops
- Swim suits

### FOOTWEAR

- Stylish sandals
- Comfortable hiking shoes
- Poolside flip-flops

### MISC.

- Light jacket or sweater for cooler evenings
- Wide-brimmed hat for sun protection
- Sunglasses
- Sunscreen
- Insect repellent
- Lightweight scarf or wrap
- Small hiking backpack or tote for excursions
- Journal and pen for reflection
- Favorite book or e-reader

### DON'T FORGET

- Passport
- Cash & cards
- Cell phone with WhatsApp installed
- Chargers
- Travel adapter (if needed)
- Personal medications



# THE PEOPLE

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DIANA STOBO

**Retreat Leader & Overall Badass**

Owner and creator of The Retreat Costa Rica, Award-winning author of Get Naked Fast, Founder and chief formulator of The Truth Bar, creator of The Naked Challenge Detox Program, award winning blog writer, fostering freedom and empowerment.



DR. SHAVETA JASRA

**Retreat Leader & Healing Master**

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



# RATES & INCLUSIONS



## Deluxe Room

starting at  
\$4,810 single/  
\$7,325 double



## Premium Room

starting at  
\$5,685 single/  
\$7,900 double



## Luxury Loft

starting at  
\$6,822 single/  
\$9,480 double

Above rates are subject to necessary taxes and fees. Additional guests may stay for an additional charge.

### Inclusive of:

- 5-night room accommodations.
- Round trip ground transportation to/from SJO airport.
- Organic breakfast, lunch & group dinners.
- All group activities and workshops, per Retreat agenda.\*
- 25% discount on spa services.

### Not inclusive of:

- Air fare | Alternate ground transportation | Alcoholic beverages or speciality mocktails
- Service gratuity

\*Staff reserves right to make adjustments & accommodations to retreat schedule as needed.



# Reserve your spot.

  
**THE RETREAT**  
COSTA RICA | WELLNESS RESORT & SPA

📍 Provincia de Alajuela - Atenas, Barrio Jesús. 700 metros Oeste de la entrada de Barroeta. Entrada de adoquín.

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