

A photograph of a modern outdoor patio during the golden hour of sunset. In the foreground, a swimming pool with dark water reflects the warm light. The patio is paved with light-colored stone tiles and features several white lounge chairs with dark cushions. A large white patio umbrella stands in the center. In the background, a white railing separates the patio from a view of rolling hills and mountains under a sky filled with soft, orange-tinted clouds.

LIVE FOR  
THE  
*Present*

October Calendar





*Meditation & Sound  
Healing in the Water*

Every Monday

10:00 am - 11:00 am

At Santosha Main Pool

Included in your stay  
Please register at Front Desk





## *Guided Nature Hike*

Every Tuesday, Friday and Sunday

8:45 am - 10:00 am

Quartz Mountain

Included in your stay  
Please register at Front Desk





# *Aquatic Aerobics*

Every Wednesday

10:00 am - 11:00 am

At Santosha Main Pool

Included in your stay  
Please register at Front Desk





*Watson*

Every Thursday

10:00 am - 11:00 am

At Santosha Main Pool

Included in your stay  
Please register at Front Desk



# FULL MOON WELLNESS

*Daypass*



October 5<sup>th</sup>

October 6<sup>th</sup>

October 7<sup>th</sup>

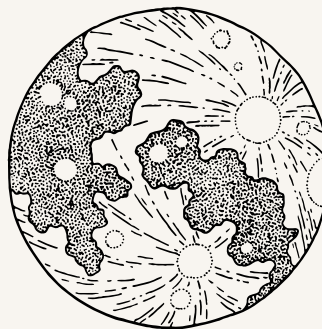
Each day at The Retreat blends nourishment, movement, restoration, and deep relaxation for complete well-being. Select the day that calls to you and immerse yourself in the full moon experience.



Included in your stay  
Please register at Front Desk



# Schedule Of Events



Pick the day that speaks to you and  
secure your spot today.

| October 5 <sup>th</sup>                  | October 6 <sup>th</sup>                | October 7 <sup>th</sup>                                |
|------------------------------------------|----------------------------------------|--------------------------------------------------------|
| 9:30 am<br>Welcome                       | 9:30 am<br>Welcome                     | 9:30 am<br>Welcome                                     |
| 10:00 am<br>Functional Training          | 10:00 am<br>Vinyasa Flow               | 10:00 am<br>Guided Waterfall Hike                      |
| 10:40 am<br>Smoothie & Poolside<br>Reset | 11:30 am<br>Relax by the Pool          | 1:00 pm<br>Nourishing Lunch                            |
| 1:00 pm<br>Nourishing Lunch              | 1:00 pm<br>Nourishing Lunch            | 2:30 pm<br>Yin Yoga                                    |
| 4:00 pm<br>Restorative Yoga              | 4:00 pm<br>Restorative Yoga            | 4:00 pm<br>Restorative Yoga                            |
| 5:15 pm<br>Sound Healing                 | 5:30 pm<br>Full Moon Cacao<br>Ceremony | 5:15 pm<br>Guided Gratitude<br>Journaling & Meditation |

Email us at [info@theretreatcostarica.com](mailto:info@theretreatcostarica.com) or message us on WhatsApp at +506 8708 8610.





*Meditation and EFT  
Art Therapy*

October 04th

3:00 pm - 4:00 pm

At Santosha Living

Included in your stay  
Please register at Front Desk



# *Galana Golden Hour*

October 06th

2:00 pm - 6:00 pm

At Galana Store

Included in your stay  
Please register at Front Desk





# *Galana Golden Hour*

October 09th

2:00 pm - 6:00 pm

At Galana Store

Included in your stay  
Please register at Front Desk



# *Healthy Juices Class*

October 11th

3:00 pm - 3:30 pm

At Sol Terrace

Revitalizing Your Body One Sip at a Time

Included in your stay  
Please register at Front Desk





# *Self Massage Class*

October 15th

11:30 am - 12:30 pm

At Spa Living Room

Learn the art of healing & self-love with  
ayurvedic short massage.

Included in your stay  
Please register at Front Desk



# *Galana Golden Hour*

October 17th

2:00 pm - 6:00 pm

At Galana Store

Included in your stay  
Please register at Front Desk





# *Art Therapy*

October 18th

10:00 am – 11:00 am

At Santosha Living

Included in your stay  
Please register at Front Desk



# *Trip to our Farm*

October 21th

11:00am - 11:30pm

At Sol Terrace Kitchen

Learn about our farm with our chef and learn  
how to cook

Included in your stay  
Please register at Front Desk



A person's hand is visible at the top right, holding a long, thin crystal necklace with several small, colorful beads. The necklace is held over the head of a woman who is lying down, her face partially visible in the lower half of the frame. The background is a soft, out-of-focus indoor setting.

# *Crystal Workshop*

October 24th

11:30 am - 12:30 pm

At Spa Living Room

Learn how to use the crystal in your heart and soul.

Included in your stay  
Please register at Front Desk



# *Art Therapy*

October 25th

10:00 am – 11:00 am

At Santosha Living

Included in your stay  
Please register at Front Desk





# *Cocoa Bliss*

October 28th

10:00 am - 11:00 am

At Galana Store

Included in your stay  
Please register at Front Desk



# *Mocktails Lesson*

October 30th

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own  
Refreshing Mocktails.

Included in your stay  
Please register at Front Desk