

# Daily Activities at The Retreat

## Thursday, April 2

2 - 4 PM Galana Boutique Sporty Sip and Shop  
20% off Athletic Clothes

### 7:00 AM Yoga Flow

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

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### 3:15 PM Art Therapy

Paint freely, connect, and express yourself.  
Santosha Lobby

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### 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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### 8:00 PM Costa Rican Lunada

Traditional Costa Rican moonlight celebration.  
Meet at Front Desk \$75 pp + tax

## Friday, April 3

### 7:00 AM Yoga Flow

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

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### 10:30 AM Casita del café & Hike

Explore Costa Rica's coffee culture with a guided tasting and hike.  
Meet at Front Desk \$55 pp + tax

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### 3:15 PM Emotional Release Circle

A safe space to release and heal  
Santosha Yoga Studio

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### 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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### 5:15 PM Intention Burning Ceremony

Release intentions beneath the sacred Guanacaste tree  
Meet at Front Desk

# Daily Activities at The Retreat

**Saturday, April 4**

**7:00 AM Yoga Flow**

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

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**3:30 PM Wine Tasting**

Wine Tasting: A Sommelier Selection  
Sol Terrace Bar \$90 pp + tax

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**4:00 PM Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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**5:30 PM Full Moon Star Gazing**

Full Moon Ritual & Stargazing Experience  
Meet at Front Desk \$75 pp + tax

**Sunday, April 5**

**7:00 AM Yoga Flow**

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

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**10:00 AM Guided Nature Hike**

Guided hike to explore jungle trails, wildlife & scenic swings.  
Meet at the Front Desk

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**10:00 AM - 1:00 PM Easter Brunch**

A Special Easter Brunch at La Diosa  
La Diosa

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**3:00 PM Sound Healing**

Soothing vibrations calm the nervous system and restore balance.  
Santosha Yoga Studio

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**4:00 PM Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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**4:00 PM Brewmaster's Selection**

A curated beer tasting  
La Diosa \$30 pp + tax

# Daily Activities at The Retreat

**Monday, April 6**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Water Aerobics

A low-impact aquatic aerobics class that builds strength and mobility.  
Santosha Pool

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## 3:00 PM Intro to Meditation & Breathework

A simple introduction to breath, stillness, and calm  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 4 PM Sunset Happy Hour Bonfire

A sunset bonfire beneath the Guanacaste tree \$60 + tax pp.  
Meet at Front Desk

**Tuesday, April 7**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Glutes & Legs

Sculpt, strengthen, and power your lower body.  
Santosha Gym

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## 3:00 PM Harvest with the Chef

Collect fresh ingredients and prepare a nourishing meal.  
Sol Terrace \$30 pp + tax

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

# Daily Activities at The Retreat

**Wednesday, April 8**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Flow & Release Dance Class

Move freely, release tension, and reconnect through dance  
Santosha Yoga Studio

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## 3:00 PM Gratitude Circle & Reflection

Reflect, share gratitude, and connect within circle  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 4:00 PM Tea Tasting

Discover flavors, aromas, and rituals through tea  
Sol Terrace \$30 pp + tax

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## 5:30PM Sunset Guanacaste Sound Healing

A sunset bonfire beneath the Guanacaste tree \$60 + tax pp.  
Meet at Front Desk

**Thursday, April 9**

*2-4 pm Galana Boutique: Sip, Shop & Save  
20% Off all White Clothing Items*

## 7:00 AM Yoga Flow

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

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## 10:00 AM Hula Hoop Class

Playful movement, rhythm, and core strength through hula hooping.  
Santosha Yoga Studio

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## 3:00 PM Art Therapy

Paint freely, connect, and express yourself.  
Santosha Lobby

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 4:00 PM Cocktail Mixing Class

Craft, shake, and savor your own signature cocktails.  
Sol Terrace Bar \$60 pp + tax

# Daily Activities at The Retreat

**Friday, April 10**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Intro to Feng Shui

Learn to harmonize your space and energy flow  
Santosha Yoga Studio

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## 3:00 PM Emotional Release Circle

A safe space to release, feel, and reset.  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 4pm PM Cooking Class

Fun, hands-on cooking class full of flavor  
La Diosa \$45 pp + tax

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## 5:30 PM Intention Burning Ceremony

Release, set intentions, and welcome new beginnings.  
Meet at Front Desk

**Saturday, April 11**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Guided Nature Hike

Guided hike to explore jungle trails, wildlife & scenic swings.  
Meet at the Front Desk

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## 12:00 PM Ceviche Tasting

A tasting of diverse ceviche creations.  
La Diosa \$45pp + tax

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## 3:00 PM Sound Healing

Soothing vibrations calm the nervous system and restore balance.  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

# Daily Activities at The Retreat

**Sunday, April 12**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Guided Nature Hike

Guided hike to explore jungle trails, wildlife & scenic swings.  
Meet at the Front Desk

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## 3:00 PM Sound Healing

Soothing vibrations calm the nervous system and restore balance.  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 4pm PM Brewmasters Selection: Beer Tasting

Explore, taste, and discover the art of beer  
La Diosa \$30pp + tax

**Monday, April 13**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Aquatic Aerobics

A low-impact aquatic aerobics class that builds strength and mobility.  
Santosha Pool

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## 3:00 PM Intro to Meditation and Breathwork

Breathe, slow down, and reconnect within.  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 8:00 PM Costa Rican Lunada

Traditional Costa Rican moonlight celebration.  
Meet at Front Desk \$60 pp + tax

# Daily Activities at The Retreat

**Tuesday, April 14**

## 7:00 AM Yoga Flow

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

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## 10:00 AM Hula Hoop Class

Guided hike to explore jungle trails, wildlife & scenic swings.  
Meet at the Front Desk

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## 3:00 PM Stretching Class

Soothing vibrations calm the nervous system and restore balance.  
Santosha Yoga Studio

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

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## 4pm PM Coffee Tour at Casita del Cafe

Explore Costa Rica's coffee culture with a guided tasting.  
Meet at Front Desk \$45 pp + tax

**Wednesday, April 15**

## 7:00 AM Yoga Flow

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

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## 3:30 PM Wine Tasting

Wine Tasting: A Sommelier Selection  
Sol Terrace Bar \$90 pp + tax

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## 4:00 PM Restorative Yoga

Unwind and restore with gentle stretches that invite deep relaxation.  
Santosha Yoga Studio

# Daily Activities at The Retreat

**Thursday, April 16**

*2-4 pm Galana Boutique: Sip, Shop & Save  
20% Off Swimwear & Kimonos*

**7:00 AM Yoga Flow**

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

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**4:00 PM Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.  
Santasha Yoga Studio

**Friday, April 17**

**7:00 AM Yoga Flow**

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

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**4:00 PM Restorative Yoga**

Unwind and restore with gentle stretches that invite deep relaxation.  
Santasha Yoga Studio

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**4:00 PM Brewmasters Selection: Beer Tasting**

Explore, taste, and discover the art of beer  
La Diosa \$30pp + tax