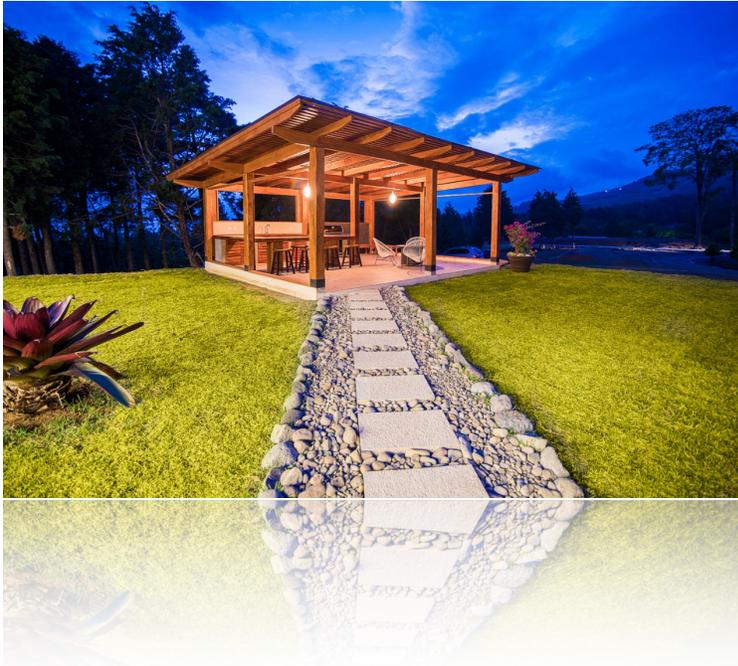


# Costa Rica Wellness Retreat



Immerse yourself in  
Self Care, Self Love &  
Self Acceptance.  
This retreat will allow  
you to discover and  
embrace your true self,  
while taking in all that  
Costa Rica has to offer.

**WHERE:** A hidden paradise spread over 70 acres, in the beautiful mountains of Heredia, San José de la Montaña. From the moment you cross the property gates, you are in a different reality; one with abundant forest, magical streams, plenty of hiking trails and a sense of tranquility all around you. Join us, and experience a million twinkling stars and the sounds of the crickets wishing you a wonderful night. The property's proximity to nature makes it unique to Costa Rica and guarantees an exclusive environment. The closest city is San Jose, just a 30 minute drive; this is where you would fly into. One night in the city is more than enough.

**WHEN:** January 16-23, 2021 - 7 nights, 6 full days

**PRICE:** Ranges from **\$1,450 - \$2,700 CDN per person.** Deposit: \$650 to secure your spot. Final Payment made by December 1, 2020. Payment can be made by credit card, e-transfer, personal cheque or cash.

**TRANSPORTATION/TRANSFERS:** You will be collected from the airport by our staff. This is included in your retreat price. We will need to know ahead of time, your flight details. The best and closest airport to fly into is San Jose. We recommend staying no longer than one night there.

## **ACCOMMODATION:** .

The main house for guests has an amazing, and ever changing view of the mountains, with a wonderful deck for everyone to enjoy. Beside the house is a cabana where our chef will BBQ and nourish you throughout the week. Inside the house itself, relax into the rustic feel of the beautiful interior design that has incredible attention to detail. It is clear that the owners have put their heart and soul into this home. Onsite the property, there is laundry, wi-fi, a fully equipped gym, a spa with 2 treatment rooms, a lounge area, sauna, cold plunge pool and hot jacuzzi.

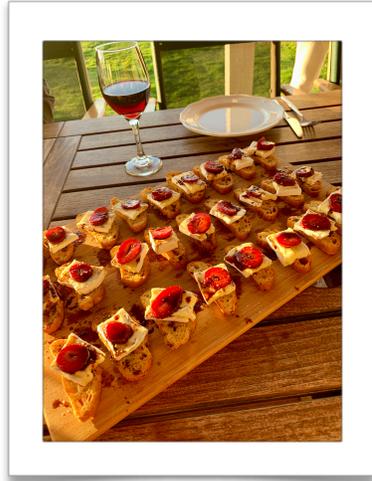
- \* **4 person room** - \$1,450 CDN (private bathroom)
- \* **3 person room** - \$1,900 CDN per person (private bathroom)
- \* **2 person room** - \$2,700 CDN per person (private bathroom)

We have 4 bedrooms in the main house where you will stay. There is an additional bathroom in the house as well for everyone to share.



**MEALS:** Chef Ryan De Alwis will be providing three delicious meals each day. For breakfast there will be locally baked breads, yogurt, fresh and dried fruits, granola, cereals, nuts, local honey, coffee, tea and juice. Ryan will be available to cook eggs upon request. There will be no set menu for lunch or dinner. Ryan is experienced with a variety of cuisines, is flexible and open to suggestions. He will cater to the group based on how you like to eat throughout

the week. There will be an abundance of choices for both lunch and dinner, served family style. A variety of salads, with lots of local meats, seafood and vegetarian options. If you have any allergies, specific dietary requirements or restrictions please let us know in advance. Emily will communicate with you a month prior to the retreat to ensure we have this information. Any meals outside of the retreat are at your own expense.



**WEATHER:** Average temperatures in January range from a high of 27°C in the daytime and a low of 17°C in the evening. Rainfall is very low at this time of year so you are likely see sunny days with minimal cloud cover. Bring sunscreen, a sun hat, light clothing, yoga clothing, flip flops & please bring a water bottle as you will be topping this up very often and it helps us to save the environment. Walking shoes are recommended. With today's climate, anything can happen with the weather; be prepared for rain and cold just in case!

### **RETREAT SCHEDULE:**

(everything is of course optional, but we encourage full attendance)

- 8am-9.30am - Morning Meditation, Pranayama and Flow Yoga (all levels).
- 10am-10.30am - Breakfast
- 10.30am-2.30pm - Free time/Massages
- 2.30pm-3.15pm - Lunch
- 3.30pm-6pm - Free time/Massages
- 6.30pm-7.30pm - Gentle Flow Yoga, Meditation.
- 8pm-9pm - Dinner



During the week, each participant will receive one 60 minute massage catered to their own individual needs. Our onsite massage therapist Hayley Molina offers a variety of modalities and is a truly incredible healer. You have the option to add on extra's treatments for \$95 per treatment. Maybe your first treatment is Deep Tissue, and the next, Cranio Sacral or Reiki. We highly recommend you take of advantage of as many treatments as you can during this week of self care. This week is about tapping into what needs to be released and explored, and to of course relax as much as possible.



**OPTIONAL EXTRAS:**

*Day Trip to Volcano with lunch (included in retreat price)*

Reiki Level 1 Training -\$150

Extra Treatment -\$95

Rock Climbing - TBA

Day Trip to a Coffee Plantation - TBA

## **HOST BIOGRAPHIES:**

### **Emily Gionis**

A Registered Massage Therapist, Reiki Practitioner, certified Yoga Teacher, and a life long student who loves to learn. Emily's curiosity towards the human body has been there from a very young age so it was no surprise when she chose this path. After completing her yoga teacher training in Bali, she immediately began teaching, and has been a dedicated practitioner and student ever since moving to Canada in 2008. Emily believes in the power of self care and self love as our most powerful healer, and expresses this through her yoga and massage therapy. Her yoga classes have a strong focus on breath, alignment, strength and stillness. Her love for music is incorporated into many of her classes. Born in the UK, Emily is half Greek, calling Greece her second home. As she continues to embark on this journey of offering beautiful retreats, she can't wait to bring you with her. Hiking, yoga, reading and travel are Emily's favourite past times. Emily will be guiding you through each morning with a flow practice and every evening with a gentle practice to wind down; she will incorporate mantra's, meditation, breath work (pranayama) and movement, in many different ways.

### **Hayley Molina**

A Registered Massage Therapist, Certified Reiki Practitioner (Master), Cranio Sacral Therapist and a certified Yoga Teacher. Hayley works intuitively through her deep connection and focus with each client, customizing her treatments, sometimes with a blend of each one. Massaging for over 15 years, she is dedicated and passionate about helping her clients receive the most out of their treatments. Originally from Australia, Hayley resides in Banff, Canada where she loves to hike and ski. Growing up and playing by the ocean, Hayley loves to re-connect with the healing power that the open water has, as it soothes her soul, especially when swimming and surfing. Hayley has been living her life purpose of healing others for quite some time now. She is a firm believer in the power of relaxation to help clear the mind and body to enable us to live to our full potential with a peaceful, kind and full heart.

Hayley and Emily met in early 2015 and have been working together on different projects and ideas ever since. As close as sisters, the work they do together is unique, empowering and full of love. They will be opening a Yoga & Wellness Studio in Banff, February 1, 2020.

## **Ryan De Alwis**

A Chef who loves to eat, from a young age his passion has always been food. Whether it's technique, culture, unique ingredients or the nostalgia of food, Ryan immerses himself in all of it. He has been cooking professionally for 9 years, however, his culinary training started as a child observing his family members in the kitchen and being obsessed with the early days of The Food Network. Ryan has lived in Banff for 7 years working in some of the top restaurants in the Bow Valley, primarily at Block Kitchen & Bar where he refined his culinary technique. He has been diversifying his approach to cooking by participating in demonstration dinners, farmer's markets, cooking classes, community events, private catering events and retreats. Ryan's talents are exceptional. He cooks eclectic comfort food, with a focus on technique and expression. He is a published poet, studied creative writing and philosophy, and has a thirst for knowledge. Ryan enjoys snowboarding, slo-pitch, walking his dog Bob, and is addicted to potato chips.

**CANCELLATION POLICY:** Any cancellations made 4 months prior to the retreat start date will be issued a full refund. 2 months prior will be issued a 50% refund. After this, payments are non-refundable, unless you can fill your spot. Should the retreat need to be cancelled by us, your entire payment will be refunded. We strongly recommend trip cancellation insurance and travel insurance for any unforeseen circumstances.

We believe this retreat is going to give participants  
the opportunity to take time for themselves  
to awaken Magic as they quiet their mind  
with Meditation, Yoga, Massage, Delicious Food and  
Pure, Honest, Connection.