



YwYa - Yoga where You're at

YOGA RETREAT - Costa Rica

MAY 1st-7th



THE WHITE PALMS

N O S A R A

Yoga Surf Hotel



WELCOME

Enjoy a week of yoga, jungle, beach and bliss...ahhh:) Our very, very first ever White Palms Yoga Retreat is scheduled! Come join us for fun and relaxation on May 1st through May 7th, 2022.

The White Palms Nosara Yoga Surf Hotel, is located in the cool (cool as in "that's so cool!") and, quaint, little surf and yoga village of Nosara. It is located on the Pacific Ocean side of Costa Rica at Playa Guiones Beach. It is a 2 hour drive from Liberia airport.

My favorite thing to do in Nosara is to balance out my days with a little (or a lot of) yoga, a little exploration through the jungle and the streets and shops, a little healthy food, a little beach and surf time, a little afternoon or early evening drink, and a good night's sleep. But, there are plenty of other options to sprinkle in. The White Palms has the with The Blue Zone Adventure Center for all things water related (ie; surf, paddle board) and land related (ie; jungle tours, coffee tours and ATV's). The friendly White Palms staff can assist in arranging a day of fishing with one of the local fisherman. The staff will also arrange a relaxing 60 or 90 minute massage for you upon request...oh yesssss!!





RETREAT AGENDA

Sunday - travel day



Monday

9am class at the Bodhi Tree with Jaynie
5pm gentle yoga and meditation at the pools or beach
7pm dinner at Pacific Azul



Tuesday

9am yoga around the pool with Jesse.
5pm Sound Meditation.
7pm dinner at El Local



Wednesday

10am Organic Farm and Waldorf School Tour.
11am Yoga & Meditation at Waldorf with Jaynie.
7pm dinner at Destiny



Thursday

12pm Yoga at Nalu with Emily
5pm dinner at Coyol Restaurant



Friday

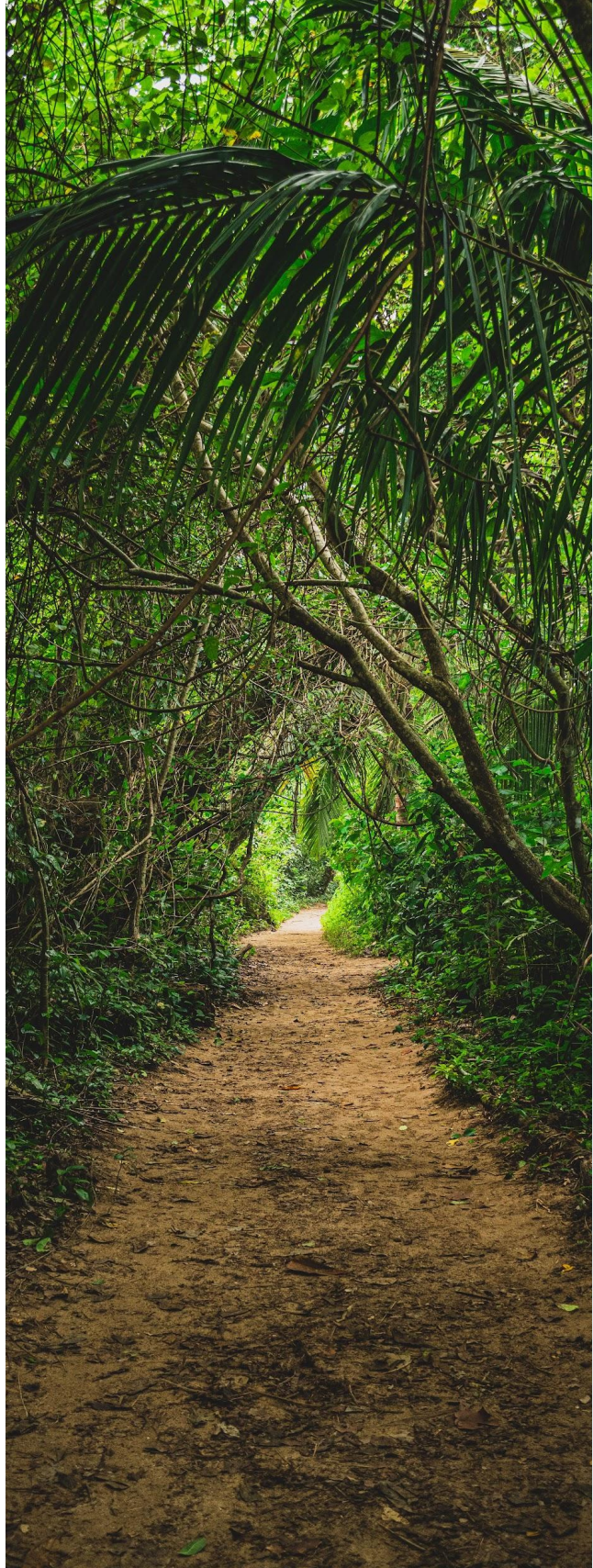
9am beach yoga and meditation with Jaynie
7pm dinner at The White Palms featuring Kindred Cuisine

Saturday - travel day

**Please bring cash to donate to Waldorf School (Suggested donation of \$25)*

**All yoga on agenda and Coyol Restaurant are included in retreat price.*

**All other dinners on agenda are optional (not included in retreat pricing).*





PRICING

Rooms 4 - 7

Queen Suite - \$2500 single

Queen Suite - \$1250 shared

Room 2

Queen Suite - \$2700 single

Queen Suite - \$1750 shared

Rooms 1 and 3

Queen + Twin - \$3500 single

Queen + Twin - \$2000 shared

Click [here](#) to view The White Palms Website to see rooms.

\$500 deposit to save your spot. Balance due April 1st.

Please contact the hotel with any questions -

whitepalmsnosara@gmail.com or

WhatsApp - +506 8677 3456





SPA SERVICES @ THE WPN



Deep Thai Massage

The body will be stimulated through a series of deep stretches, hand, elbow and foot compressions, shiatsu and reflexology techniques to achieve a deep feeling of well-being, relaxation, and balance. Duration: 60/90 Minutes



Body Rebalancing

Is a holistic massage method where deep and precise pressure is applied to different parts of the body, I use deep massage techniques to unlocking the joints with the intention of returning elasticity to the tissue to restore the length of fibers and achieve a better alignment in the body structure. A session also tools from the feldenkrais and craniosacral schools of body work. Duration: 2 Hours



Chi Nei Massage Tsang

An abdominal Taoist massage practiced on the abdomen, navel and surrounding areas, through acupressure, vibration, and deep manipulation of the internal organs, resulting in a detoxification, of built-up stress, releasing of blocks, tension, and deep-seated negative emotions. Duration 60 Minutes

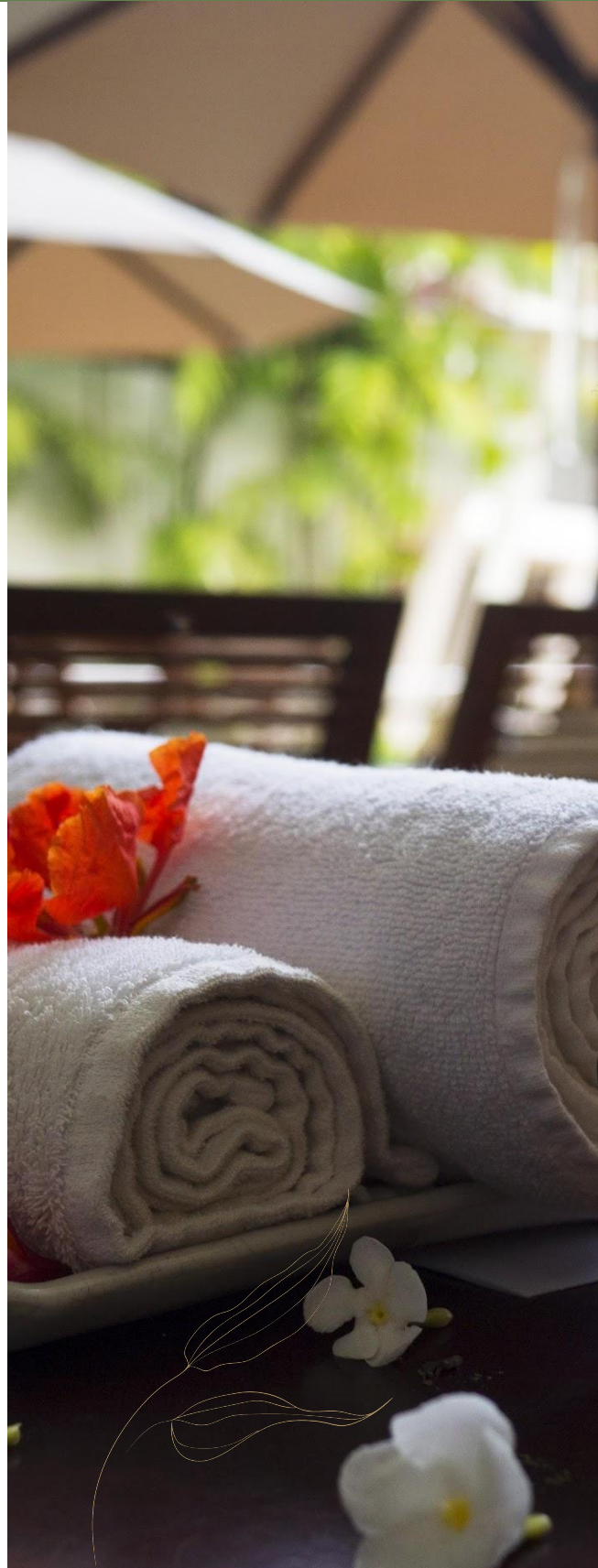


Kobido

Japanese facial massage That means the Ancient Way of Beauty. This massage stimulates, balances and harmonizes the meridians. The application of different techniques produces a natural lifting effect and provides radiant beauty. Stimulates skin tone, improves circulation and increases relaxation. Duration: 75 Minutes

Pricing

\$110 - 60 Minutes
\$145 - 90 Minutes
\$175 - 2 Hours





***"You cannot always control
what goes on outside.
But you can always control
what goes on inside."***

***Pause Practice Peace
Breathe Be***



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N O S A R A
Yoga Surf Hotel

**THANK YOU.
I CAN'T WAIT
TO SEE YOU
AT OUR
RETREAT!**



ADDRESS

300 Meters West of
Route 160
Guanacaste Province
South Guiones, 50206
Google Maps
<https://goo.gl/maps/FWrGzQ3mPdtPdSoH9>



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