

Let Nature Nurture

7-Day Immersive Yoga Retreat – Costa Rica
Saturday 31st January to Friday 6th February 2026

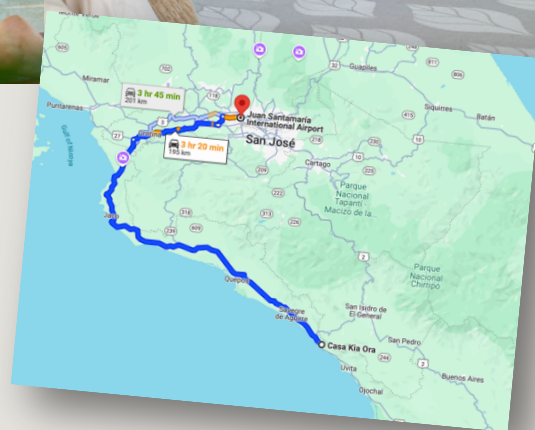
A 7-day yoga retreat hosted from a private complex on the South Pacific coastline of Costa Rica. The property is surrounded by lush jungle, within walking distance of Dominicalito beach, and close to beautiful waterfalls.

Guests stay in air-conditioned, detached en-suite cabinas with views of the surrounding jungle and its inhabitants. All guests have access to luxurious living areas, two private swimming pools, and a covered yoga shala surrounded by nature. A private chef will provide amazing food and snacks, carefully planned around yoga sessions, nature-based excursions and relaxation time.



Retreat Centre Location

With exclusive use of the entire retreat centre, it's the perfect location to relax, unwind and connect with nature: private swimming pools... shared relaxation spaces... panoramic jungle views... daily yoga in an open-air shala... wild swimming... delicious, nutritious food... excursions to the beach and local waterfall... cacao ceremony... all included in the price. Plus, the area offers near endless possibilities to fill your free time, such as: surfing lessons, quad-bike tours, jungle canopy zip-lining, snorkelling, horseback riding, etc. The perfect balance between retreating and adventuring!



The Retreat Centre is situated on the South Pacific coastline of Costa Rica, close to Playa Dominicalito Beach and Poza Azul Waterfall, around 3.5 hours' drive from San Jose International Airport (SJO). It's possible to fly direct from UK to Costa Rica with British Airways, or via various other providers offering one-stop options. Transfers can be pre-arranged with the retreat host/centre, though some may prefer to hire a car, as roads and sat nav directions are easy to manage. Alternatively, it's possible to organise a 45-minute flight from San Jose to Quepos/Manuel Antonio (Manageua Airport, EQP), just a short distance from the retreat centre.

Yoga Practices

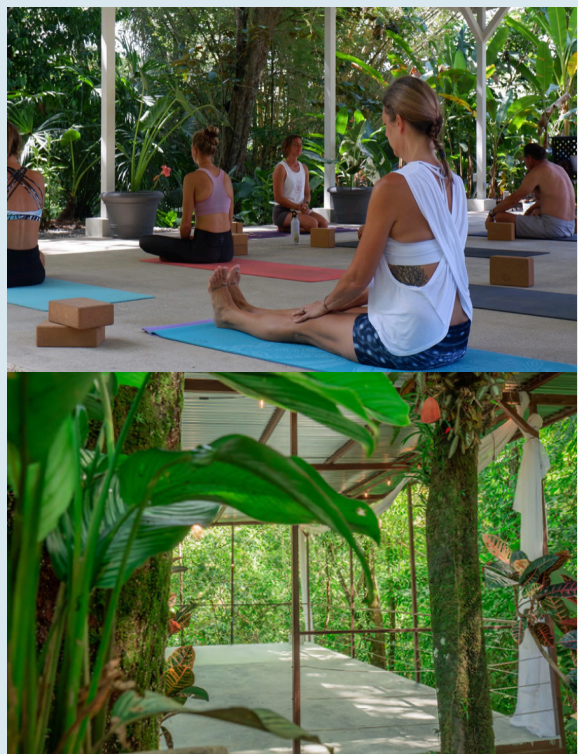
The retreat includes up to two yoga sessions a day, combining the following yoga styles, practices and activities:

- Yoga philosophy discussions and journaling
- Slow flow hatha/vinyasa yoga
- Mindful yin yoga
- Restorative yoga
- Yoga nidra/guided meditation
- Pranayama/breathing practices
- Cacao ceremony (provided by a local specialist)
- Communal fire pit circles
- Jungle star gazing meditations
- Sunset practice on the beach

Sessions are suitable for all levels, with adaptations and props used to support postures, as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial.

Yoga is taught from an open-air studio surrounded by nature and the sound of a nearby stream. Yoga mats and bricks can be provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows a retreat theme, designed to enhance wellbeing, personal development and transformation. There'll be a focus on allowing nature to nurture mind, body and soul.



Daily Schedule

- 07:00:** Optional light breakfast before yoga practice. Herbal teas and coffee always made available.
- 08:00:** Morning practice: Introduction to the daily theme/philosophy, group discussion, mudra, meditation and pranayama (breathing practices), in preparation for asana practice at 8:30am.
- 08:30:** A dynamic asana practice incorporating slow-flow vinyasa movements, complimented by pranayama and poetry, followed by optional journaling suggestions.
- 10:30:** Gorgeous vegetarian brunch shared at the main house, probably outdoors (but undercover).
- 11:30:** Free time, for relaxing, wild swimming/paddling (in the pool, local stream or waterfall, all within walking distance), exploring local area, visiting the nearby beach, wellness café or local shops, etc.
- 15:00:** Optional afternoon snack, served alongside herbal teas, made available at the main house.
- 16:30:** Evening practice: a soothing practice incorporating mindful movements, yin yoga, restorative yoga, pranayama, mantra, meditation or yoga nidra. One evening practice will be on the beach at sunset (followed by a picnic dinner and firepit), with another replaced by a special cacao ceremony.
- 19:00:** Delicious vegetarian dinner shared at the main house, unless otherwise agreed with the group.
- 20:00:** Evening options include: use of the fire-pit area, colour lit swimming pool, or jungle star gazing.

Accommodation

The retreat centre consists of two main houses, offering various shared living spaces, surrounded by seven private en-suite cabinas, with air conditioning, Wi-Fi, panoramic jungle views and private patio areas.

Shared living spaces within the main houses include large kitchen and lounging areas, indoor and outdoor dining options, and a generous balcony area with sofas overlooking outstanding jungle views.

A beautiful yoga shala sits beside the main house, surrounded by lush greenery and a fresh water stream. The property also benefits from two private swimming pools (with a cold-water plunge pool planned for 2025), sun loungers, sun shades, a fire pit seating area, and outdoor dining options. The beach, an awesome wellness cafe and a local waterfall are all within walking distance.



Food and Drink

All food is vegetarian, wholesome, nutritious and, wherever possible, organic. Guests always have access to fresh fruit, herbal teas and coffee.

Guests should inform Emma of dietary considerations or allergies well in advance of the retreat, to ensure they can be accommodated.

Breakfast: The day starts with fresh tropical fruits, fruit juices, herbal teas or coffee and a selection of light breakfast options.

Brunch: After morning yoga, we share a delicious brunch comprising of locally sourced ingredients offering a variety of choice, according to preferences and appetite.

Snack: Mid-afternoon homemade snacks and tropical fruits provide a boost of energy before the afternoon yoga session.

Dinner: In the evening; a delicious vegetarian meal, designed to nourish the mind and body from the inside out, followed by an occasional sweet treat to tantalize tastebuds.



What's Included:

- 6 night's accommodation at a private yoga retreat centre
- Air-conditioned cabina, with en-suite bathroom & private patio
- All meals prepared by a private chef exclusive to the retreat: Morning light breakfast, Juices and teas, Vegetarian buffet brunch, Afternoon homemade snacks and tropical fruits, Delicious evening buffet
- Morning & evening yoga sessions with use of yoga mats & props
- An afternoon excursion to local waterfall / wild swimming area
- A beach yoga practice, picnic and fire-pit at sunset
- Cacao ceremony provided by local specialist
- Use of the fire-pit area, 2 small swimming pools & sun-loungers
- Free wi-fi, fresh water, tea and coffee
- Scheduled free time, allowing for exploration of the local area or extra excursions (arranged by guests)
- Easy access to wild swimming, waterfalls, local beach and shops

What's NOT included:

- Flights and transfers
- Travel insurance
- Car hire
- Taxi travel
- Additional excursions and activities
- Holistic treatments
- Additional accommodation before/after retreat dates



Dates and Investment

The retreat starts on the afternoon of Saturday 31st January 2026 and ends the morning of Friday 6th February 2026 (specific timings to be confirmed nearer the retreat date).

Please note: An initial, non-refundable deposit is payable to secure a booking, with interim payment 8 months before the retreat date, and a final balance due 16 weeks prior. To support people with travel arrangements, Emma will set up a private WhatsApp group for everyone attending the retreat. This group also allows guests to connect and share information and photos etc.

Book Direct At:

bookwhen.com/llg

Please feel free to contact us if you have any questions.

E: info@learnlivegive.co.uk

By booking, you agree to our full terms and conditions at:

www.learnlivegive.co.uk/tandc.html

Sharing:

Shared air-conditioned cabina / room with en-suite bathroom:

£1649 pp

Deposit £599 (at time of booking)
Instalment £550 (8 months before retreat)
Final balance £500 (16 weeks before retreat)

Single occupancy:

Individual occupying an air-conditioned room with en-suite:

£1999 pp

Deposit £799 (at time of booking)
Instalment £700 (8 months before retreat)
Final balance £500 (16 weeks before retreat)

See www.learnlivegive.co.uk for retreat T&C's, FAQ's and information about other retreats, workshops and podcasts etc.

Optional extras:

In addition to included excursions (to the beach and local waterfall, where people can swim), guests could choose to organise their own activities during free time in the afternoon (at their own expense). Possible excursions include:

- Surf or paddle boarding lessons
- Zip-lining canopy tour in the jungle
- White-water rafting
- Horseback riding on the beach, or in the jungle
- Famous waterfall tours, swimming or rappelling
- Snorkelling

Emma and the retreat centre can help to organise these excursions either in advance or during the retreat stay.



About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate pranayama/breathing practices, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being glamping site, yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities. www.learnlivegive.co.uk

