



NAYARA
RESORTS



**NAYARA
SUKHA
WELLNESS
PROGRAM**





The Nayara Sukha Wellness Program draws inspiration from the Sanskrit word 'sukha,' meaning 'equilibrium,' and has been built for individuals seeking to re-establish a connection with nature and rediscover their inner essence.

You can indulge in a daily routine of rejuvenating activities, including mindful movement techniques, breathing exercises, yoga and meditation sessions, and invigorating spa treatments. Along with wholesome breakfasts and lunches, your body will also enjoy the restorative effects of being immersed in nature, resulting in a truly holistic and rejuvenating retreat for your mental and physical self.

Nayara Resorts Costa Rica will be offering two retreats that coincide with the New Moon, providing a unique opportunity to reconnect with and nature during natural cycles of renewal.

Sukha New Moon Nature & Yoga Retreat or our **Sukha Relax & Restore Retreat**. These six-night accommodation programs include daily activities such as yoga, connecting with nature, spa treatments, and meditation sessions. You can also enjoy healthy breakfasts and group lunches, fitness center & local experiences.

Both programs offer different daily activities, from yoga sessions, therapies to reconnect with your inner self, spa treatments, to different types of meditation to enhance life balance. Choose from our 60 Minute Spa Treatments, including Aromatherapy Massage, Deep Tissue, Classic Swedish, Bamboo Massage, Volcanic Mud Massage, Chocolate Massage, Scrub, or Wrap.

Join us and find your equilibrium with our Nayara Wellness Program.

Our Retreats Include:

6 nights stay in luxury accommodations	Welcome Session	Daily Breakfast & Lunch
3 Group Dinners	Awakening or Yoga Sessions	Dance & Art Sessions
Nature Connection Activities	3 Spa Treatments per stay, per person.	Meditation Classes



CONNECT

Immerse yourself in the natural world, feel the restorative powers of Mother Earth firsthand and learn to live in harmony with nature and cultivate sustainable habits that support both a healthier wellbeing and planet

MEDITATE

Experience a peaceful state of mind and connect with nature during our meditation session. Join us in our tranquil yoga pavilion and let the calming sounds of nature wash over you as you unwind and relax during this unforgettable moment at sunset.

EXPLORE

Discover hidden treasures as you wander through the lush rainforest, encountering breathtaking waterfalls, thrilling hanging bridges or embark on captivating nature walks to unveil the secrets of the wilderness.





Sukha New Moon Nature & Yoga Retreat August 12th to 18th, 2023

The moon is a powerful force in the universe that impacts not only humans, but all living beings. Its different phases can affect us in various ways, and it's important to harness this energy by engaging in activities and rituals that align with each phase.

In particular, the upcoming new moon on August 17 in Costa Rica, offers a unique opportunity to connect with our emotions, set new intentions, and relate to others in different ways. This new moon is an ideal time to detoxify our bodies and cultivate a more conscious diet, as well as to meditate and eliminate negative habits.

Over the course of a week, we can prepare ourselves to let go of what no longer serves us and create space for new opportunities and manifestations in our lives. By tapping into the energy of the new moon, we can embrace change and growth, and move towards a more fulfilling and purposeful existence.



Daily Itinerary

Day 1:

4:30 p.m.
6:30 p.m.

Soothe & Restore Welcome Class
Group Dinner

Day 2:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m.

Breakfast
Awaken the Senses - With Aromatherapy Yoga
Latin Dance Session
Lunch
Spa Treatment / Time at Leisure

Day 3:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
4:30 p.m.
6:30 p.m.

Breakfast
Hatha Yoga Session
Nature Connection Session/Optional (Additional Cost)
Lunch
Sunset Meditation Session
Time at Leisure

Day 4:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m.
6:30 p.m.

Breakfast
Awaken the Senses - With Water Crystal Yoga
Nature Connection Session/Optional (Additional Cost)
Lunch
Spa Treatment
Group Dinner

Day 5:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
4:30 p.m.
6:30 p.m.

Breakfast
Vinyasa Yoga Session
Nature Connection Session/Optional (Additional Cost)
Lunch
Unwind Meditation Session
Time at Leisure

Day 6:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m.
4:30 p.m.
6:30 p.m.

Breakfast
Movement in Water
Awaken the Senses with Forest Yoga
Lunch
Spa Treatment
New Moon Ritual & Cacao Ceremony
Group Dinner

Day 7:

7:00 a.m. to 10:00 a.m.
7:30 a.m.

Breakfast
Yoga Session & Cycle Closure





Sukha Relax & Restore Retreat October 9th to 15th, 2023

Immerse yourself in nature and witness a spectacular annular solar eclipse, also known as the "ring of fire", at our upcoming retreat. During this phenomenon, the moon will not completely cover the sun, resulting in a unique ring-shaped appearance.

We invite you to join us for five nights of preparation leading up to the event, followed by a special eclipse ritual on the sixth night. This will allow you to fully harness the energy of the eclipse and make the most of its transformative power.

During the retreat, we will focus on nourishing ourselves at every level, including physical, emotional, and spiritual. We will listen to our bodies, hydrate ourselves, and take time to connect internally. This will be a space for you to trust in your process, flow with the present moment, and generate positive changes in your life.

As we witness the eclipse and gaze up at the sky, we will also strive to reconnect with nature and rekindle our sacred connection with the earth. Join us for an unforgettable experience that will leave you feeling refreshed, inspired, and connected.



Daily Itinerary

Day 1:

4:30 p.m.
6:30 p.m.

Realing Welcome Class
Group Dinner

Day 2:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m.

Breakfast
Bow to Yourself Yoga Sessions
Conscious Movement Session
Lunch
Spa Treatment / Time at Leisure

Day 3:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
4:30 p.m.
6:30 p.m.

Breakfast
Vinyasa Yoga Session
Nature Connection Session/Optional (Additional Cost)
Lunch
Inner Peace Meditation Session
Group Dinner

Day 4:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m.
6:30 p.m.

Breakfast
Bow to Yourself Yoga Session
Art Therapy Session
Lunch
Spa Treatment
Time at Leisure

Day 5:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
10:30 a.m.
1:00 p.m. to 3:00 p.m.
4:30 p.m.
6:30 p.m.

Breakfast
Vinyasa Yoga Session
Nature Connection Session/Optional (Additional Cost)
Lunch
Moment of Calm Meditation Session
Time at Leisure

Day 6:

7:00 a.m. to 10:00 a.m.
7:30 a.m.
1:00 p.m. to 3:00 p.m.
2:00 p.m.
4:30 p.m.
6:30 p.m.

Breakfast
Hatha Yoga
Lunch
Spa Treatment
Solar Eclipse Ritual
Group Dinner

Day 7:

7:00 a.m. to 10:00 a.m.
7:30 a.m.

Breakfast
Yoga Session & Cycle Closure





RATES:

	Total Program Rate Per Room	Total Program Rate Per Room
Accommodation Type	Double Occupancy	Single Occupancy
Nayara Rainforest Villa	\$7,560.00	\$5,580.00
Nayara Springs Villa	\$8,290.00	\$6,320.00
Nayara Tent	\$9,380.00	\$7,400.00

Additionally to our programs, our Spa offers private sessions of yoga, meditation, and local experiences, like our authentic Cacao Ceremony, an invigorating experience that will transport you to ancient times and will restore your power and energy through singing and dancing.

Explore through our programs and wellness menu for tailored experiences that will fit your needs and preferences while staying with us at Nayara Resorts Costa Rica.





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BOOK YOUR SPACE



NAYARA SUKHA WELLNESS PROGRAM

