



NAYARA
RESORTS

NAYARA SUKHA
WELLNESS RETREATS 2024

Elevate your well-being in the heart of Costa Rica's rainforest

Welcome to Nayara Resorts' Sukha Wellness Retreats,
where the essence of "Sukha" (Sanskrit for equilibrium)
unfolds beneath the majestic Arenal Volcano



Laura Rodriguez

Nayara's Wellness Director



Laura Rodriguez is a highly respected Costa Rican yoga instructor, with an impressive 16-year journey in healing therapies.

She has delved deeply into meditation, sound therapies, nutrition, Thai massage, Reiki, and holistic living. Laura's expertise focuses on the intricate ways energy circulates in the body, effectively releasing tensions, enhancing lymphatic flow, and aiding in detoxification. Her unique approach intertwines physical, mental, and spiritual wellness, emphasizing the transformation of mind for greater mental clarity and emotional alignment.

Laura strongly believes in the mind's power over the body, advocating for mental mastery to foster emotional health. She has skillfully combined her knowledge and experience to craft exclusive rainforest retreats. These retreats, centered on conscious breathing, balanced nutrition, and meditation, aim to cultivate mental clarity, empower the self, and improve physical health.

Participants leave these retreats not only feeling rejuvenated and energetic but also equipped with new insights for a healthier lifestyle.



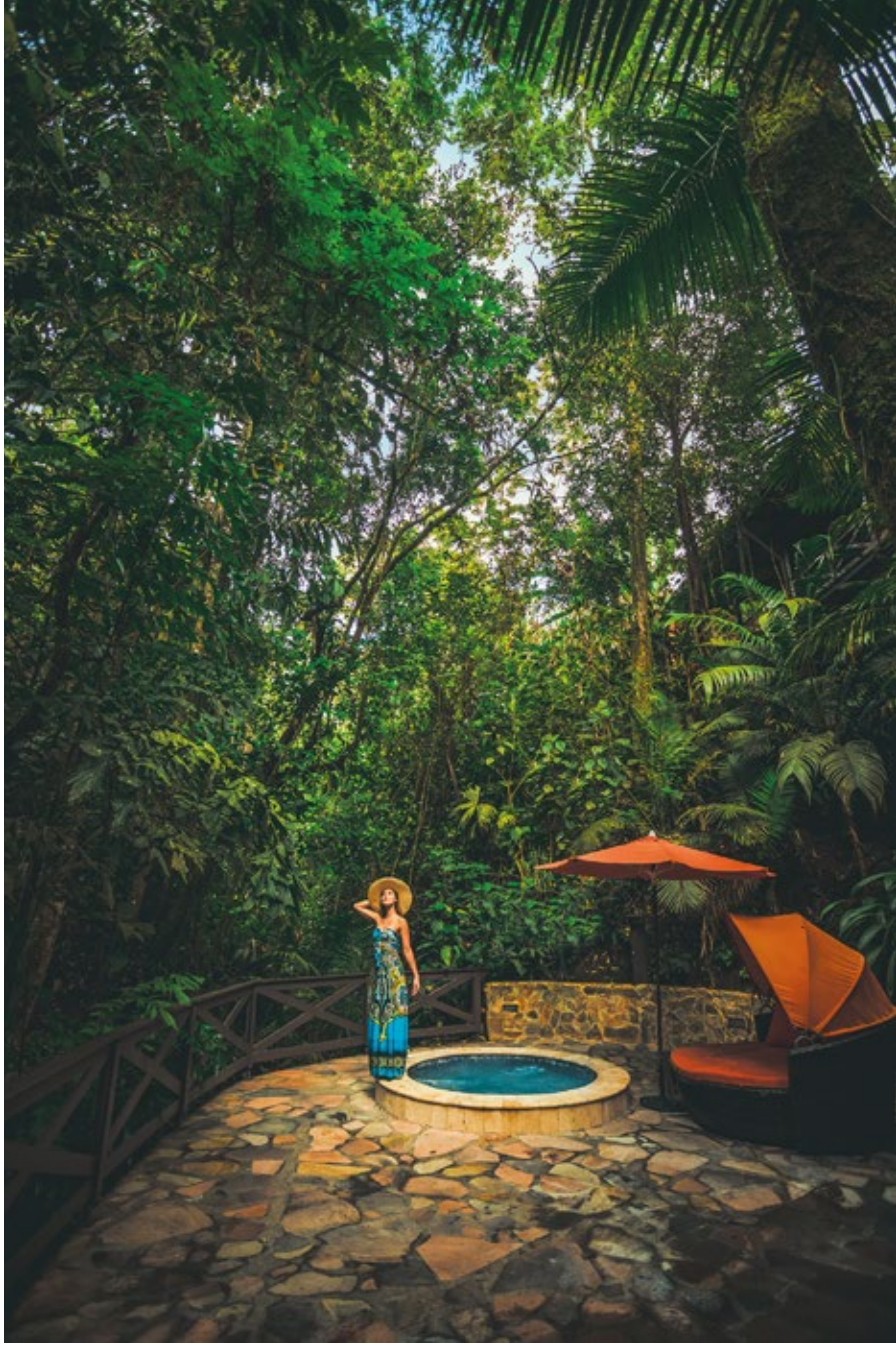
Immerse yourself in a holistic journey designed to reconnect with nature, rediscover your inner essence, and cultivate a healthier, more balanced life.

Nestled in the pristine heart of Costa Rica, our holistic retreats offer an unparalleled blend of nature and well-being. These retreats stand as a testament to Nayara Resort's commitment to curating exclusive and elevated wellness experiences that transcend conventional boundaries.

As we embark on the Sukha Full Moon Wellness Retreats in 2024, guests can anticipate a meticulously curated program inspired by dedicated wellness offerings.

Our retreats harmoniously blend daily rejuvenating activities, delicately designed and nourishing meals, bespoke spa treatments, and immersive connections with nature to foster holistic well-being.

Two unique retreat options that coincide with the Full Moon in 2024, providing a unique opportunity to align your actions with newfound insights and sustainable habits while exploring hidden treasures in the lush rainforest.



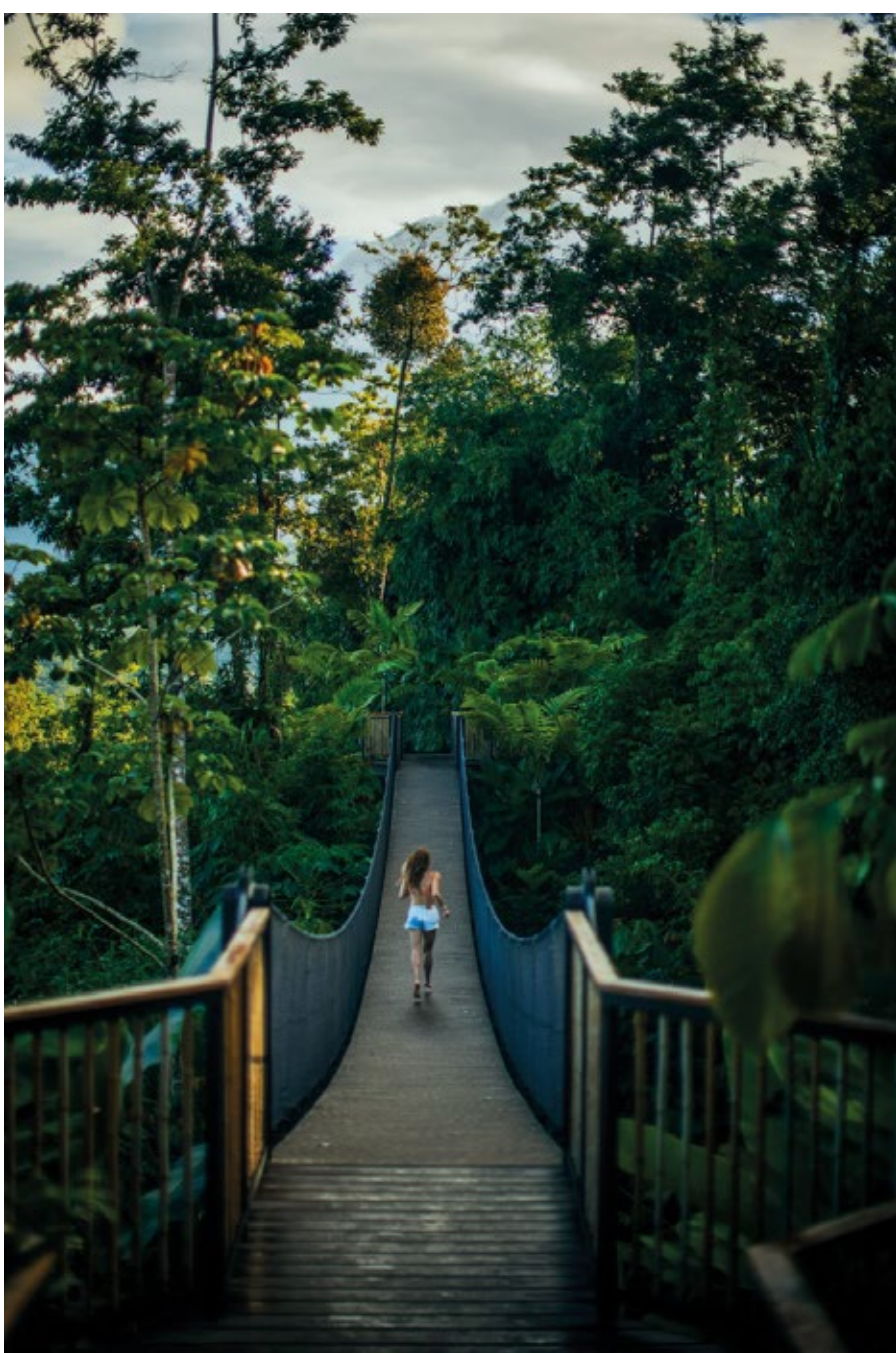
CONNECT

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.

Join us and find your equilibrium with our
Nayara Resorts Wellness Retreats 2024

Sukha Flower Moon

WELLNESS RETREAT MAY 22-26, 2024

Embark on a transformative journey set in the heart of the Costa Rican rainforest.

The May 2024 Full Moon is no ordinary lunar event – Is the extraordinary "Flower Moon."

As spring unfurls in its full glory, the rainforest provides the perfect backdrop, teeming with life and abundant natural energy.

This radiant atmosphere captivates your emotions, harmoniously aligning your intuition with its true purpose. No burdens, no constraints – just pure, unhindered potential. It's the ideal moment for introspection and to align your actions with newfound insights.

Sukha Rainforest

WELLNESS RETREAT OCTOBER 16-20, 2024

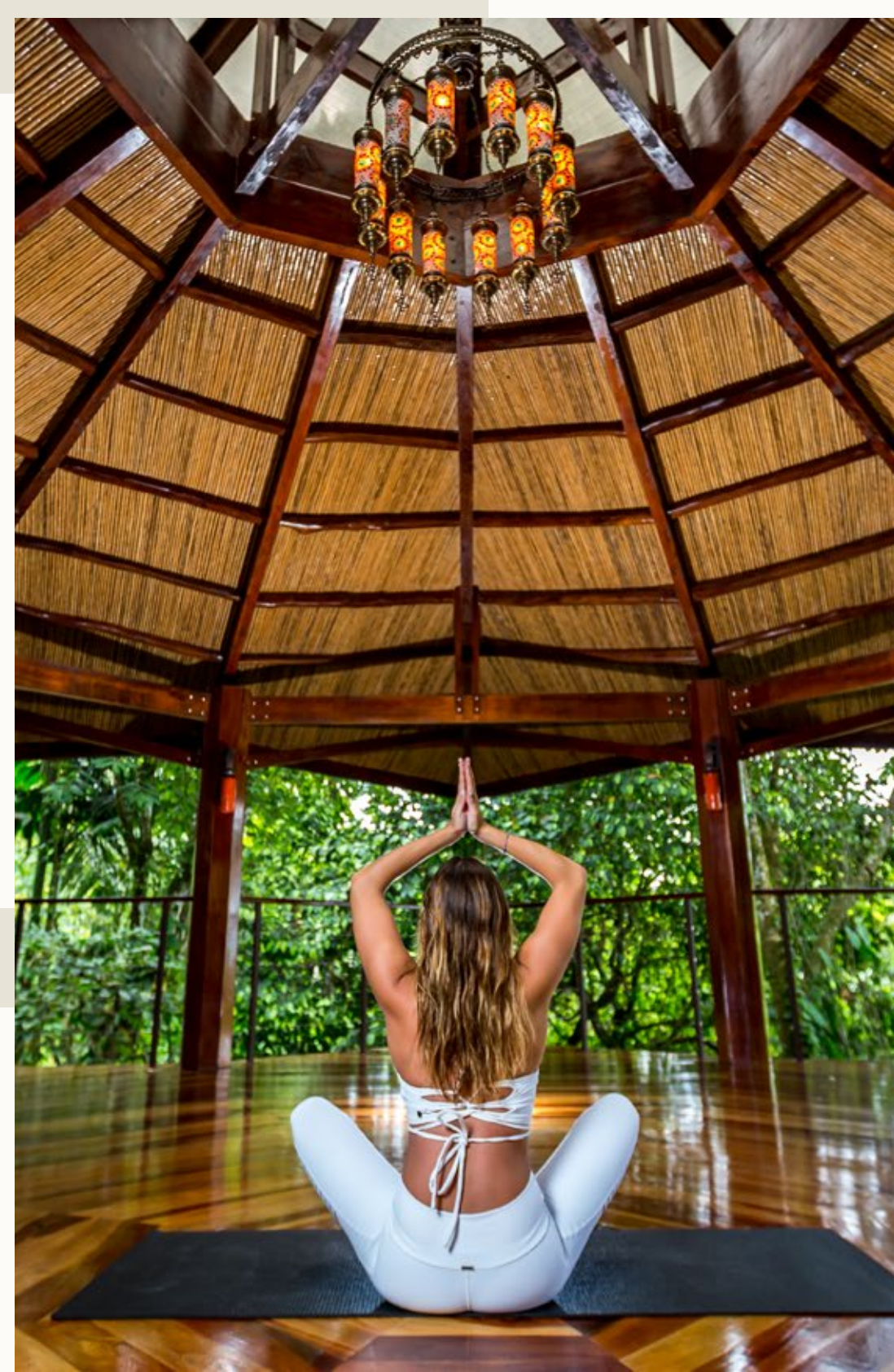
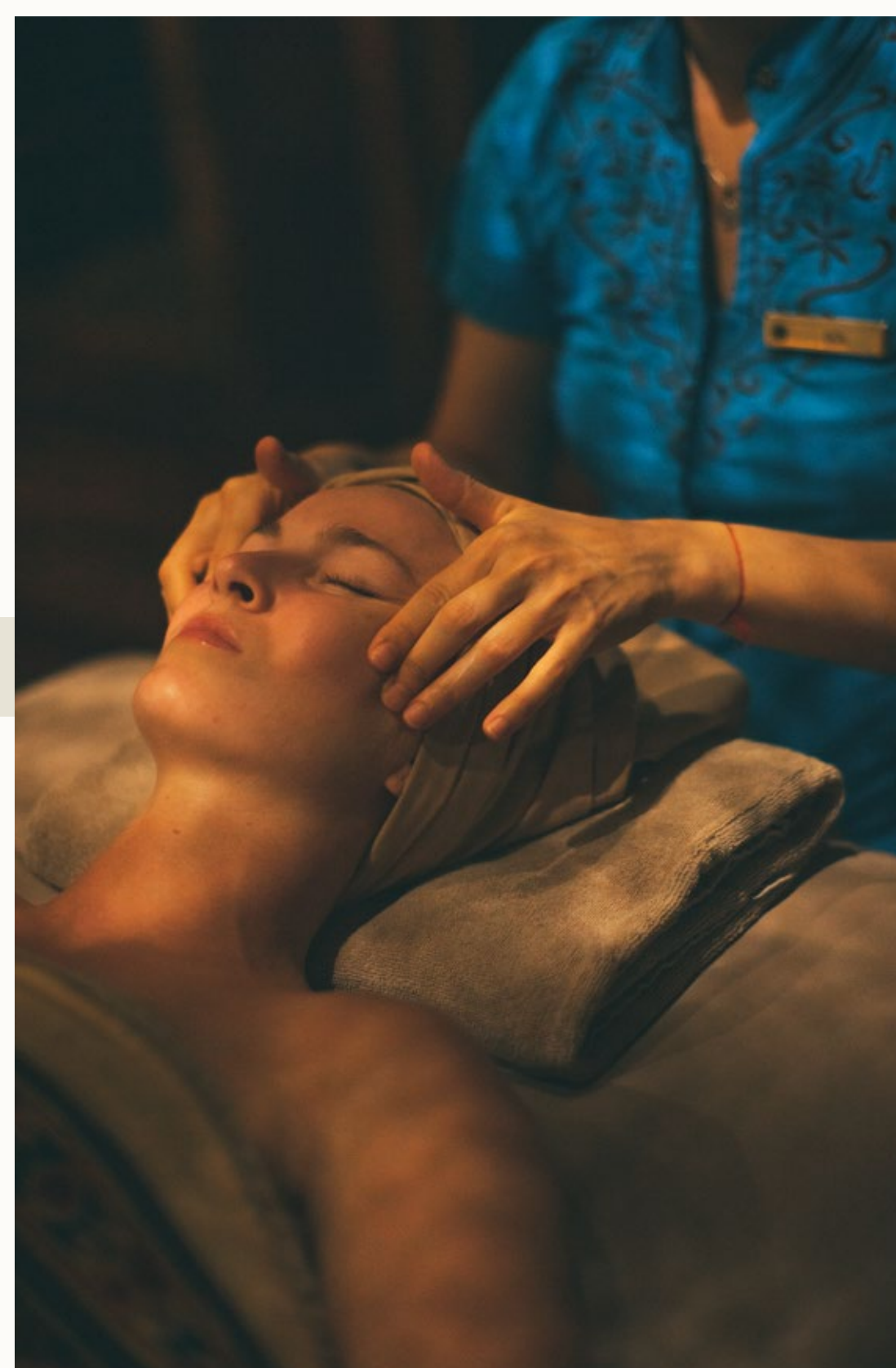
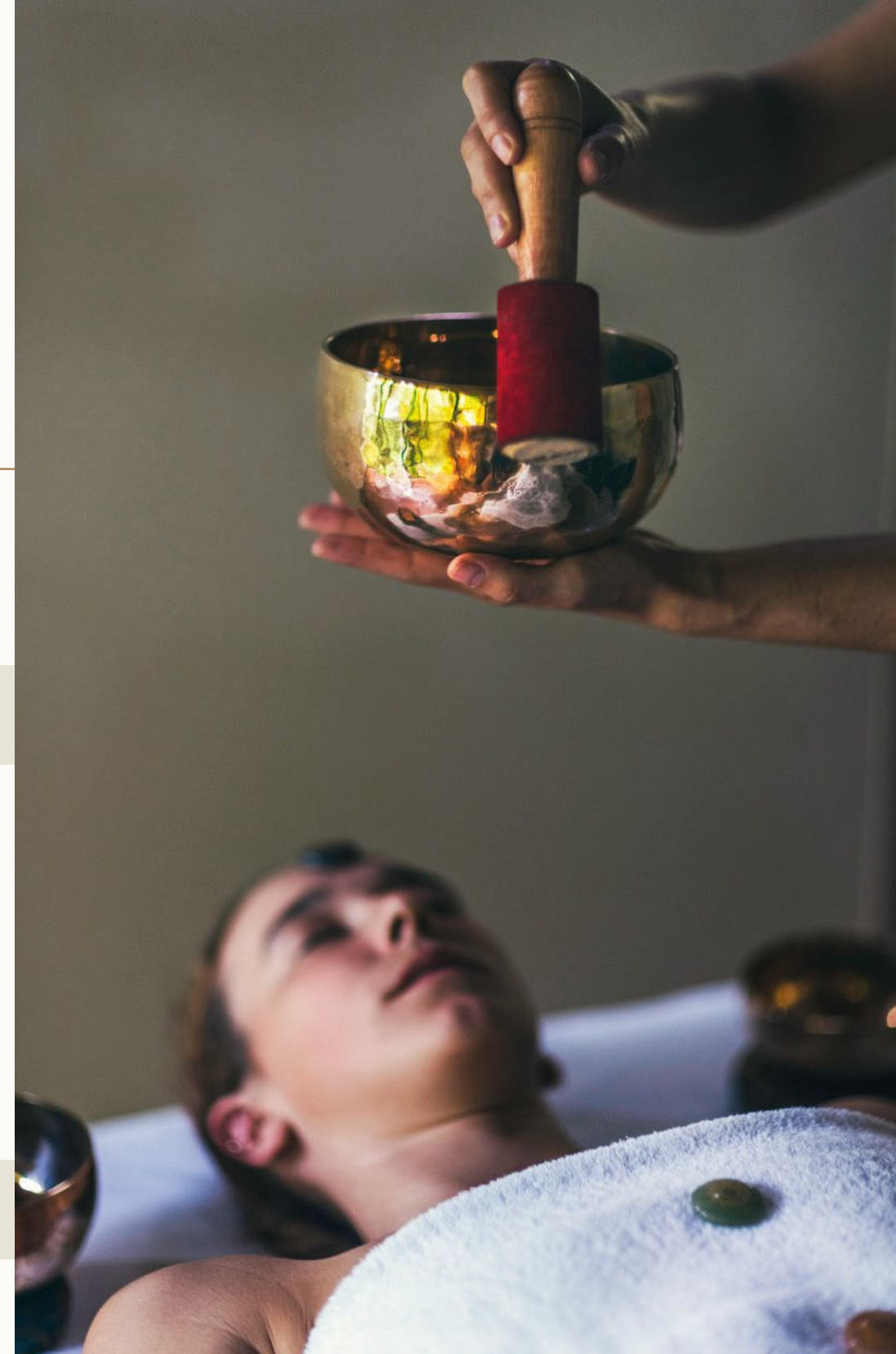
The October Full Moon is the "Supermoon" of 2024, a celestial spectacle that shines 30% brighter and looms larger than life.

Known as the "Full Hunter's Moon," it marks the season when hunters traditionally sought their prey under its brilliant light, preparing for the long winter ahead.

Our wellness retreat, synchronized with this radiant lunar energy, invites you to cultivate self-esteem and self-awareness.

The tropical rainforest bathes our lives in metaphorical moonlight, illuminating a path toward practical, mature, and conscious responses. Connect with nature, grounding your being, all while nurturing your dreams.

Escape to a world of serenity and connection. Indulge in the magic of the full moon with a nature-infused retreat



DAY 01

Time ARRIVAL & WELCOME

05:00 PM Soothe and restore welcome class
07:30 PM Group Dinner – Family Style

DAY 02

Time AWAKENING YOUR SENSES

08:15 AM Awaken the senses with yoga
09:30 AM Breakfast
11:30 AM Vegetable garden harvest activity
01:00 PM Lunch
03:00 PM 60-minute spa treatment
05:00 PM Full moon ritual & cacao ceremony
07:30 PM Group Dinner – Family Style

DAY 03

Time HARMONY IN NATURE

08:15 AM Vinyasa yoga
09:30 AM Breakfast
10:30 AM Arenal Volcano National Park Hike (optional – additional charge)
01:00 PM Lunch
05:00 PM Gentle yoga session
07:30 PM Group Dinner – Family Style

DAY 04

Time EMBRACE WELLNESS

08:15 AM Water yoga
09:30 AM Breakfast
11:00 AM Arenal mud ritual
01:00 PM Lunch
03:00 PM 60-minute spa treatment
05:00 PM Unwind with meditation & closing
07:30 PM Group Dinner – Family Style

DAY 05

Time YOGA & FAREWELL

08:15 AM Vinyasa yoga
Departure from property

RATES:




Room Category	Single Occupancy	Double Occupancy
Arenal Pool Casita	\$ 3,300.00	\$ 4,240.00
Rainforest Pool Villa	\$ 3,940.00	\$ 4,880.00
Springs Villa	\$ 4,900.00	\$ 5,840.00
Tent	\$ 6,080.00	\$ 7,040.00

- 4 - Night Room Accommodation
- Breakfast, Lunch & Group Dinners
- All guided activities with Nayara Resorts' Wellness Director.

Not inclusive of:

Air fare | Ground transfers | Alcoholic beverages | Minibar

*Above rates are subject to 13% tax.

A woman with long hair, wearing a light-colored tank top and dark leggings, is performing a yoga pose (Baddha Padmasana) on a dark mat on a polished wooden floor. She is in a room with a high, vaulted wooden ceiling featuring a thatched roof structure and a large, ornate chandelier with multiple lit lamps. The room has large glass windows overlooking a lush tropical forest. The lighting is warm and ambient, highlighting the textures of the wood and the vibrant greenery outside.

Join us on this exclusive retreat,
where each moment is crafted to instill a sense of renewal and balance.
Your sojourn into well-being begins at Nayara Resorts, a haven where the
natural splendor of the rainforest meets luxury hospitality.



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