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HOTEL BOUTIQUE



LIVING THE JOY OF LIFE
Retreat

Find a secret space for yoga and meditation



LIVING THE PURA VIDA *Retreat*



About the program



Retreat Program & Schedule



What's included?



Where you are staying



About the facilitator



Where you are eating



Your Retreat Destination: Nosara



Dates, investment & Reservations

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About the Program

LIVING THE PURA VIDA *Retreat*



Living The Pura Vida is more than a retreat, it is a transformative experience that will connect you with your body through the teachings of yoga.

Our Retreat includes daily yoga practices, both morning and afternoon, designed for all levels, from beginners to experienced practitioners. Rest and rejuvenation thanks to the exuberant beauty of Playa Pelada. Guided meditation sessions to calm the mind and find inner peace.

This retreat offers you the opportunity to disconnect from the hustle and bustle of everyday life and immerse yourself in an oasis of tranquility and well-being. Discover harmony between your body and nature as you immerse yourself in restorative practices and surrender to the healing power of yoga.



General Info

WHAT IS INCLUDED?

- 3 nights accommodation in private room with king bed room at Astra Hotel Boutique.
- Daily Yoga and meditations sessions and transformative ceremonies
 - Welcome drink, 3 dinners, 2 brunches and 1 breakfast
- Use of hotel installations: Salt water pool, tennis court and yoga shala.
 - Free time to explore the town

Extras

- 1 hour massage
- Surf Lesson
- Shuttle from Liberia Airport
- Tuk tuk shuttle from Nosara Airport
- Extra nights at special price

What's not included?

- Airfare
- Shuttle ride to/from Liberia (LIR) airport
- Gratuities
- Libations
- Travel Insurance



Our Program Facilitator
PAULA SURYAFLOW

CERTIFIED YOGA & MEDITATION TEACHER

Paula Suryaflow was born in Chile, a land of sea and mountains. She holds certifications in Yoga and meditation from Yoga Alliance International & Jyotim Italia. In 2008, she founded Surya College, the pioneering yoga institution in Latin America, where numerous students have since been certified. Paula is also the visionary behind the Suryaflow yoga method, a somatic approach to yoga focused on internal exploration. Her teachings have taken her across the globe, leading retreats and certifications in Panama, Costa Rica, Chile, Egypt, Rapa Nui, San Pedro de Atacama, and India. After years of dedicated practice and teaching, Paula is now eager to impart the ancient wisdom that fosters transformation, guiding others towards love and gratitude.

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HOTEL BOUTIQUE



Your Retreat Destination

Located in Paradise

NOSARA, COSTA RICA

Nestled on the pristine shores of Costa Rica, Nosara is a place of enchanting natural beauty. Its lush landscapes, unspoiled beaches, and abundant wildlife make it a paradise for nature enthusiasts. The coastline stretches for miles, offering golden sands and azure waters, creating a serene haven for beachgoers and surfers.

Nosara is a haven for wellness seekers. With open-air studios set against breathtaking backdrops, it's a hub for self-discovery and mindfulness. Experience deep serenity through yoga and mindfulness retreats. Connect with your inner self amidst tranquil surroundings.

Retreat Program & Schedule

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DAY 1

Welcome Ceremony

I invite you to be part of this private and secret space where we are going to put the intentions of what we want to transform these days.

Mindfulness Practice

4:00 PM

Through a guided meditation we will create space in the body and mind to release all stress tension, emotional blockage trapped in the body.

Dinner Time

7:30 PM

An exquisite and diverse meal
Le Stelle at Astra Hotel.

DAY 2

Mindfulness Morning

6:00 AM

We meet in the hotel restaurant where a delicious cup of coffee or tea awaits you to begin our practice

On our way to the beach in a golf cart

7:30 AM

Rooting Gentle Practice

8:00 - 9:30 AM

A practice where we make body, awakening our body awareness in the feet, legs and hips.

Brunch Time

10:00 - 11:30 AM

A delicious brunch at Le Stelle

Free Time

12:00 - 16:00 PM

Take advantage of your free time to give yourself well-being. It can be through a vitamin cocktail or Thai massage.

Somatic Practice

4:00 PM

A meditative practice where you explore your inner world using your body as an instrument to feel.

Sunset Time

5:30 PM

Dinner Time

7:30 PM

An exquisite and diverse meal at
Le Stelle at Astra Hotel.

DAY 3

Mindfulness Morning

6:00 - 7:30 AM

We meet at 6:00 am in the hotel restaurant where a delicious cup of coffee or tea awaits you to begin our practice in silence on the way to the beach.

Gentle Flow Practice

8:00 - 9:30 AM

Experience a gentle flow practice where you will awaken muscle awareness to activate fascia, providing healthy support to your joints.

Brunch Time

10:00 - 11:30 AM

Closing Ceremony

12:00 - 1:30 PM

Together we close this cycle through a gratitude practice.

Free Time

12:00 - 7:30 PM

Go and relax to the pool, watch the sunset or to explore the town.

Dinner Time

7:30 PM

Dress Code:

Be your best version of yourself

DAY 4

Breakfast

8:00 - 9:00 AM

We bid farewell and express our gratitude for the experience with a delightful breakfast at Le Stelle in Astra Hotel.

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Where you are staying

A journey of self

DISCOVERY & LUXURY

At Astra Hotel Boutique, your journey is enveloped in an atmosphere of serenity and tranquility, ensuring a rejuvenating escape. Enjoy the pool, explore our gardens, or relax on your room's terrace. Astra is the space to disconnect in order to connect. Our boutique hotel is synonymous with exclusivity, nestled in the jungle, where you can experience tranquility away from the hustle and bustle. Astra is more than just a place to stay; it's your home and tranquil sanctuary in Nosara.





Get to know your room

Relax & Unwind **IN YOUR ROOM**

Our spacious rooms offer the perfect haven for rest and rejuvenation.

Luxurious Egyptian cotton sheets, plush feather pillows, and our patented mattresses ensure a homely feel. Unwind in your large and luminous bathroom, complete with a hot water heater, hair dryer, towels, and toiletries. Step onto the private terrace of your room and enjoy views of our tropical garden.



Where you are eating

Nourishment

for your body and soul

Indulge in world-class cuisine amidst the jungle at our restaurant, Le Stelle, where we serve a delectable breakfast, and you can savor relaxing lunches and elegant dinners in the heart of Nosara's jungle.

Experience a fusion of International and Classic Italian gastronomy, infused with an essence inspired by nature. Our top chefs meticulously craft dishes using a blend of organic, farm-to-table ingredients and imported delicacies, creating a culinary experience that truly shines. Additionally, we proudly cater to diverse dietary preferences, offering a range of vegan and gluten-free options.



Retreat Dates

8 EXCLUSIVE SPOTS AVAILABLE BY DATE.

November edition: Reflect and Renew

FRIDAY, NOVEMBER 1 TO 4, 2024

December edition: Closing the year with Gratitude

FRIDAY, DECEMBER 13 TO 16, 2024

January edition: New Year Awakening Retreat

FRIDAY, JANUARY 17 TO 20, 2025

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HOTEL BOUTIQUE

Investment in yourself

\$3000 + TAXES
PER PERSON

\$500 deposit to secure your space



13% taxes not included.

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HOTEL BOUTIQUE

LIVING THE JOY OF LIFE

Retreat

Book your spot.

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