



G R O U P I N F O P A C K E T



peace retreat
C O S T A R I C A



THANK YOU

for contacting us about your interest in a group retreat. We are excited about the opportunity to host you and your group. We are pleased to support you in a way that works for you.





OUR APPROACH

Our mission is to offer a supportive and inclusive space in which to cultivate overall well-being: the experience of good health, peace, and a sense of purpose.

Through our unique and integrated set of values and practical approaches we aim to support an intimate setting, where our guests feel safe, nurtured and cared for. Engaging this way in a nourishing environment, with a group of like-minded people, is an extraordinary opportunity.

Our commitment is to support you creating a seamless experience for your attendees. An experience where our sound environment, and support structure, supports you, as a group leader, as well as creates the rich and meaningful outcomes you're after.

We invite you to join us and experience the power of our approach personally.



CASA YOGA ROOMS



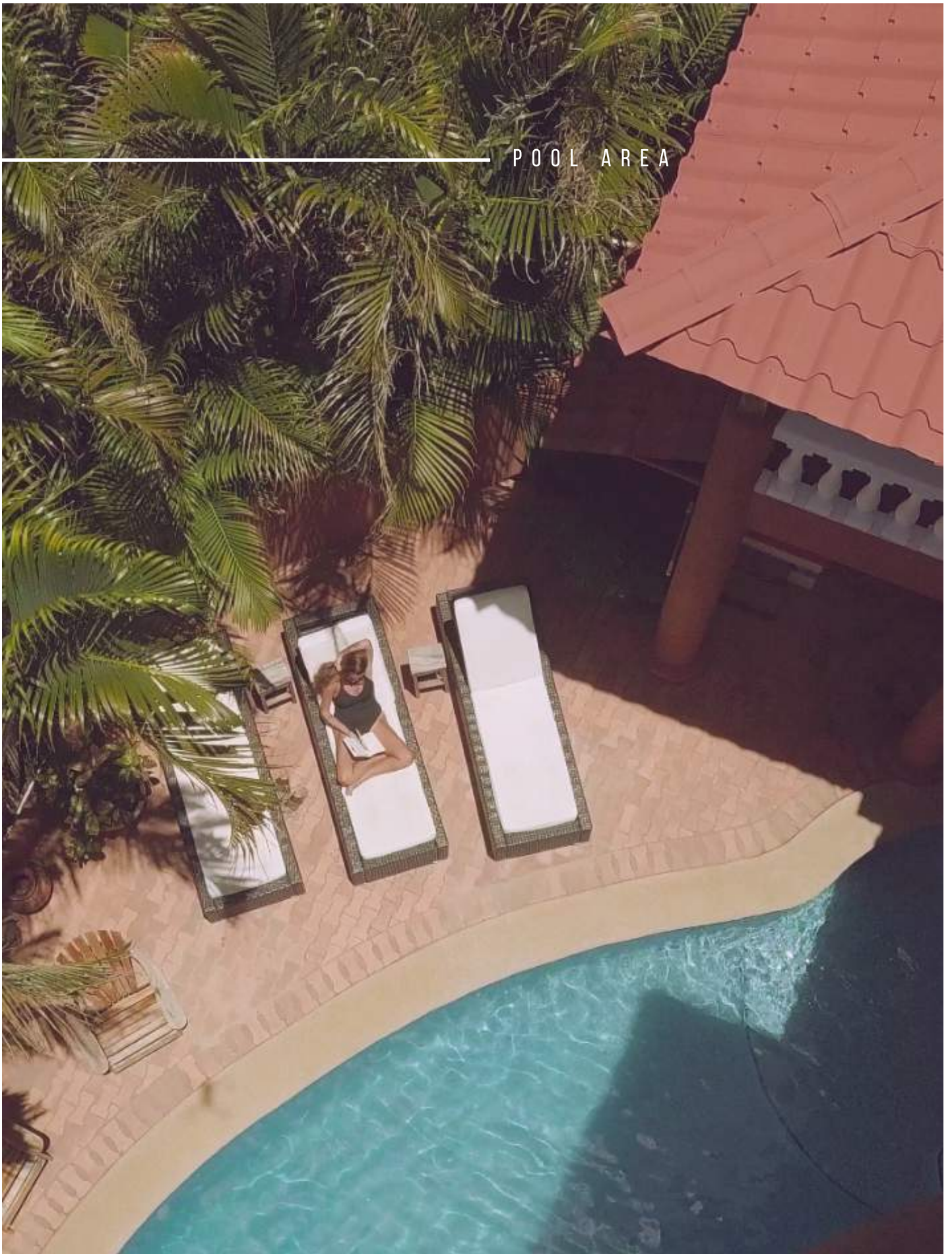
OUR OFFERINGS

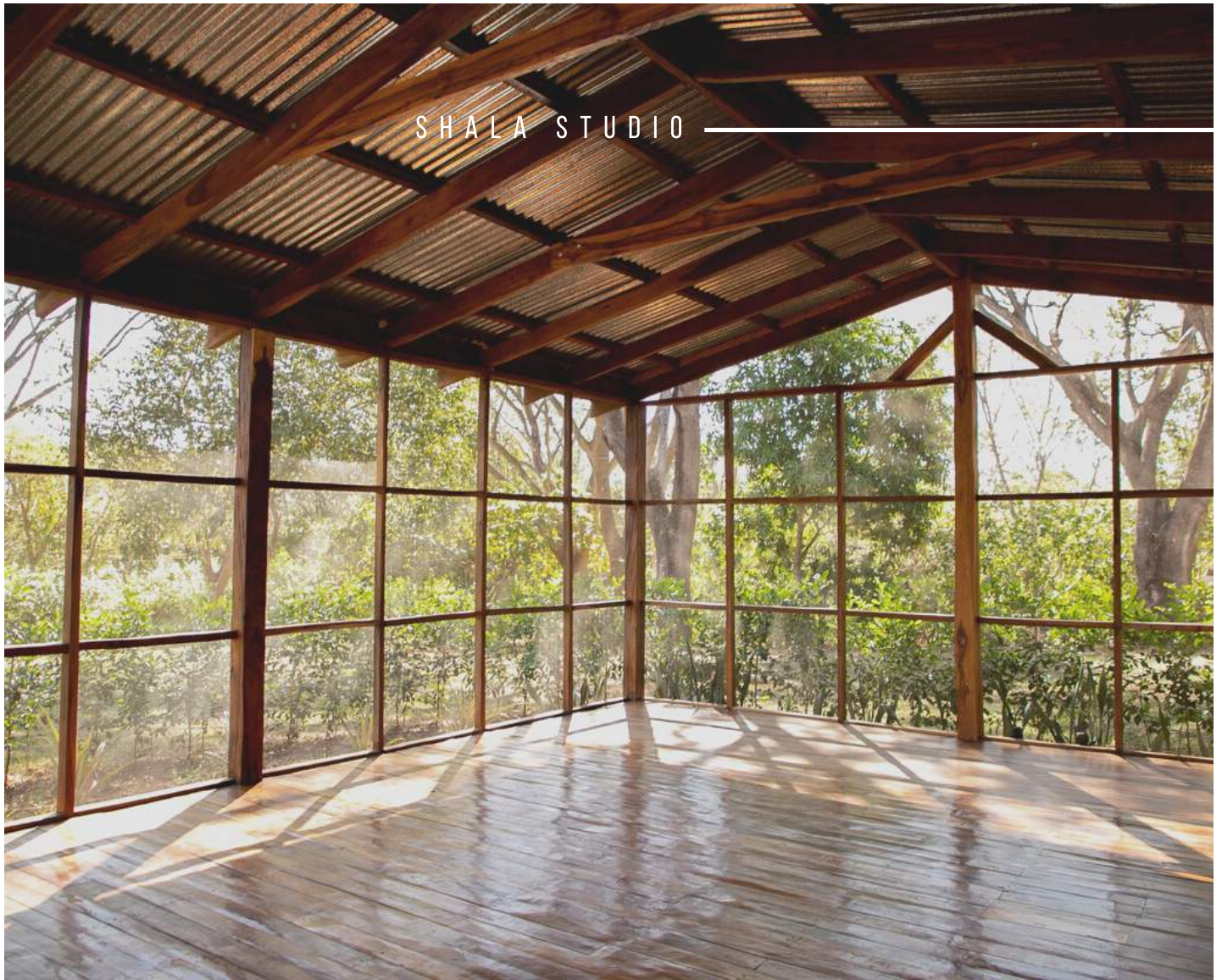
We offer a nature infused, supportive and health based environment for tailor made experiences for individuals, groups and retreat leaders. We offer a complete experience in a tropical paradise.

Our intent is to support you every step of the way so your group retreat is seamless and deeply meaningful for you and your attendees.

- A free private room for group leaders, depending on the group size
- Dynamic yoga classes led by a variety of experienced teachers
- A 40 x 60-foot open-air yoga studio with props
- A second open-air studio suitable for 18 students with props
- Studio sound system
- Flexible accommodation options
- Cabins and private rooms with safes, ceiling fans and linen service.
- Private bathrooms in the rooms and an open air bath-house for those staying in cabins
- Healthy, local and sustainable culinary menu available prepped by local chefs
- Locally sourced smoothie/juice bar
- Wireless Internet
- Body at Peace Spa services
- On-site pool
- Close proximity to the beautiful beach of Playa Negra (20-minute walk)
- Renowned surf and paddle boarding locations with highly experienced instructors
- Booking options for a variety of local, eco-excursions and activities
- Transportation services to and from Liberia Airport available
- Marketing/Advertising support
- Optional special service packages to support you as the leader

POOL AREA







SALUD BAR

ABOUT — PEACE RETREAT

Peace Retreat was founded in 2010 with the specific intent of being a holistic wellness and learning center. We are located in Playa Negra, situated on 5-acres in a jungle setting, at the heart of Costa Rica's extraordinary northwest Pacific coastline. Peace Retreat is an approximate 10-minute walk to the town center of Playa Negra, and an approximate 20-minute walk to the stunning beach of Playa Negra. The black sand is what gives Playa Negra its name. With sand that glows in the sunshine and stretches far into the shallow, warm pacific water, Playa Negra is one of Costa Rica's most celebrated beaches.





FRESH
ORGANIC
INGREDIENTS



ORGANIC COFFEE



EVERYTHING MADE FROM SCRATCH



NOURISHMENT

Two meals (breakfast and dinner) are included in our typical group contracts, unless otherwise negotiated. Lunch and snacks can be added to the contract for an additional charge or can be purchased on-site at our café, Salud.

We offer two menu options to choose from.

- Menu A: vegetarian, vegan and gluten-free
- Menu B: vegetarian with chicken and fish options
- Menu C: Ayurvedic

We also have a juice, smoothie and snack options available for purchase at Salud, our on-site café.

At Peace Retreat, we prioritize our guests' health, preserving the environment, and supporting the local economy and culture. As such, we are committed to buying local, organic, and in-season produce and animal products. We avoid buying imported foods to minimize our carbon footprint, we avoid processed foods, and we support local farmers. We also use a range of traditional ingredients, infused with Ayurveda food combining principles, in our menus to support our "food as medicine" approach.

Playa Negra is also home to local restaurants that are all within a 15-20-minute walk from Peace Retreat should you and/or your guests wish to explore local cuisine options off-site.





FOOD AS MEDICINE



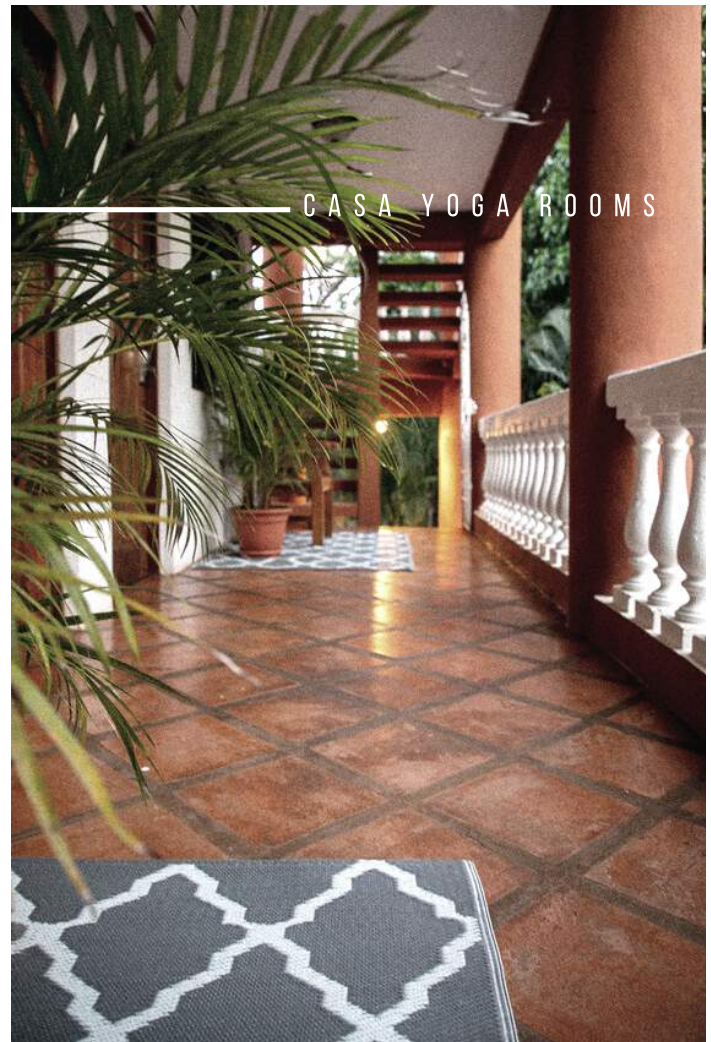
PREPARED
WITH LOVE



TYPICAL COSTARRICAN FOODS

ACCOMMODATIONS

We offer a variety of accommodation options. We can accommodate 29 guests at double occupancy, and 6 additional guests in Casa Verde. We offer linens, bath towels and daily house-keeping services. Pricing is based on double occupancy (2 guests per room). Guests requesting a private single room will incur an additional fee. The following rooms are available for booking with your retreat:





CASA YOGA ROOMS

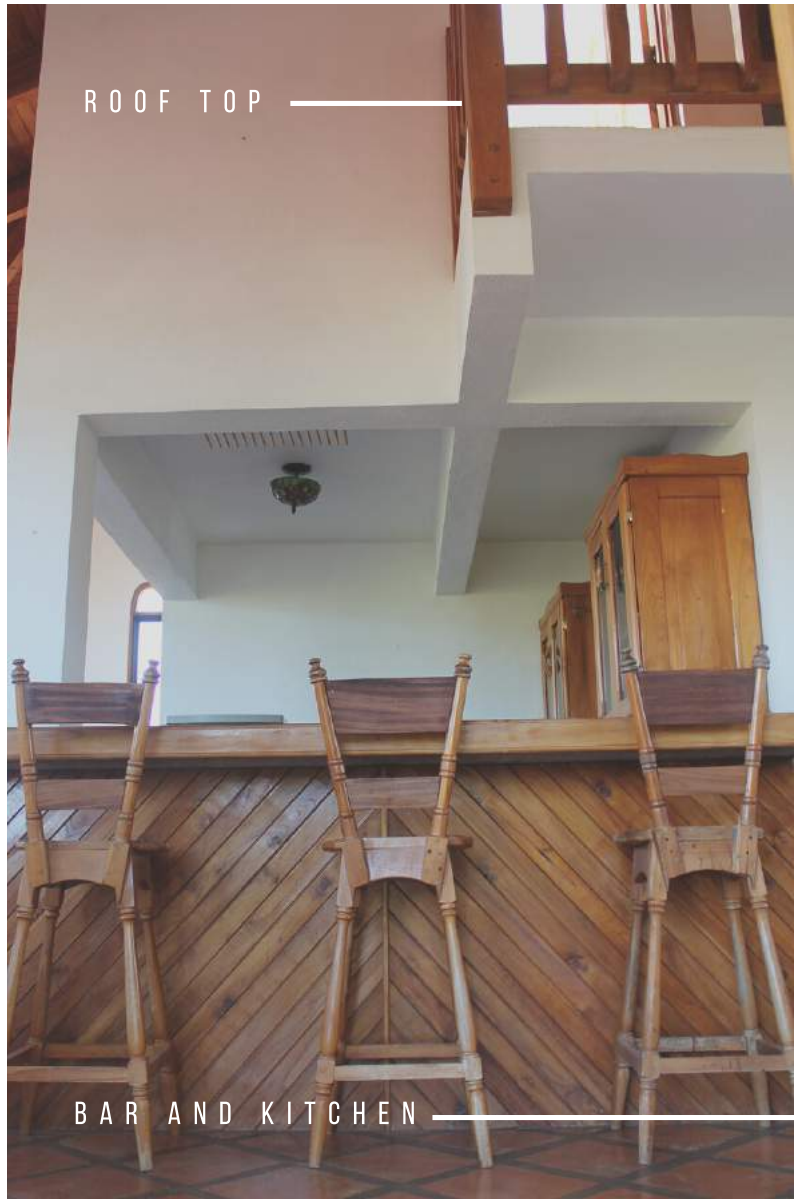
- Shine Room (ground floor): one double bed and 2 single beds
- Shanti Room (second floor): two single beds
- Om Room (second floor): two single beds
- Samadhi Suite (third floor): one double bed and one single bed, with kitchen
- (private bathrooms in each room)



SAMADHI QUEEN BED



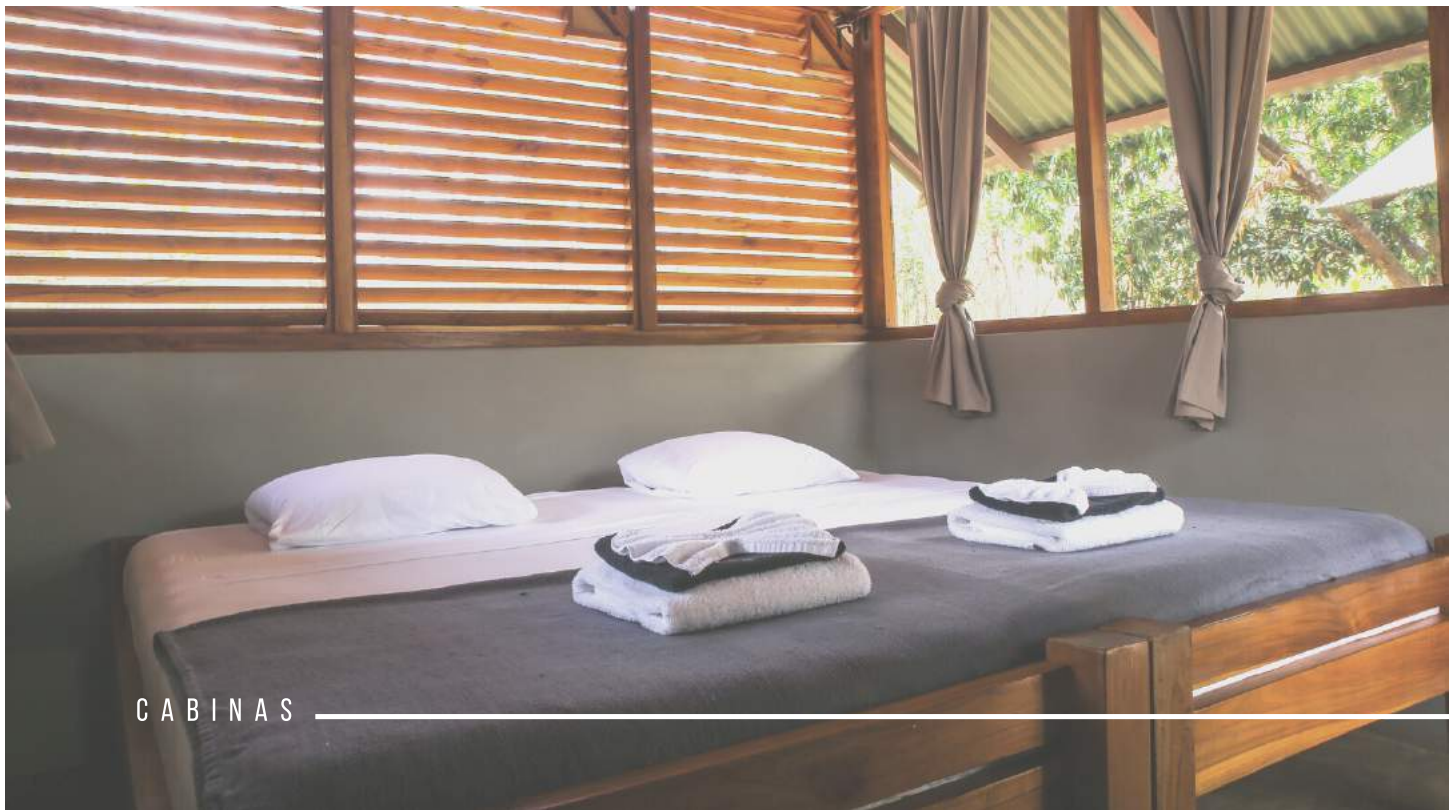
SAMADHI SUITE



BAR AND KITCHEN



SAMADHI TWIN BED



CABINAS



GARDEN AREA

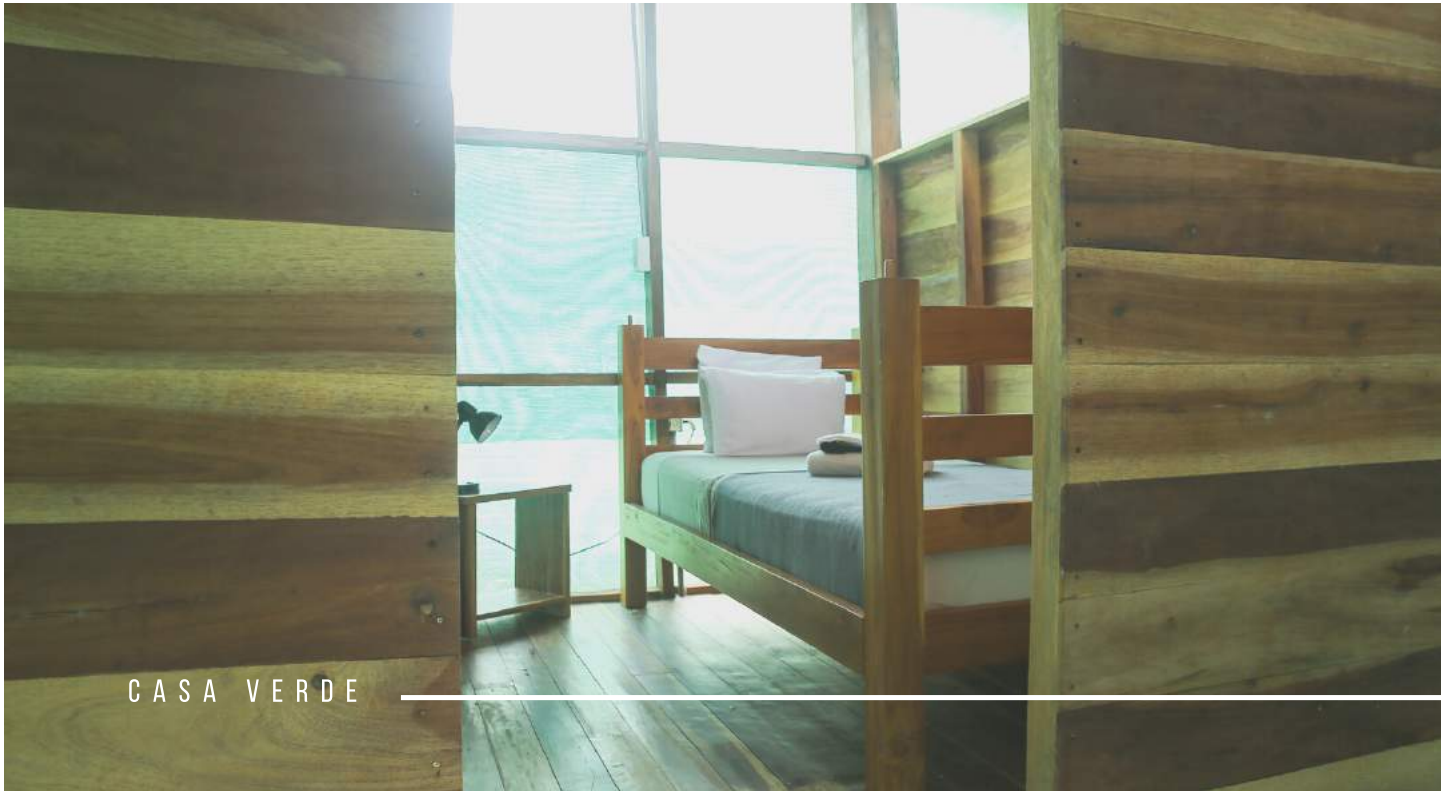


CABINAS

features 2 single beds in each.



COZY DESIGN

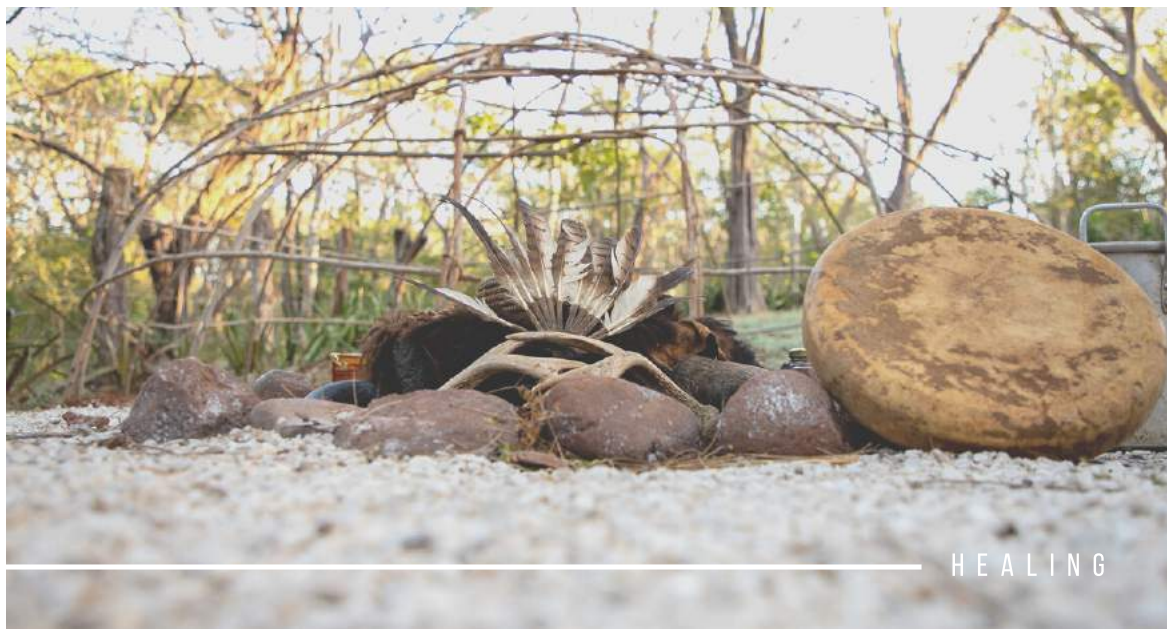


CASA VERDE

Shared space with seven (7) distinct private quarters (single bed in each) with access to our community bathroom.







CEREMONIES

We offer ceremonies on property, once per week.

The first, is the Sweat Lodge, also known as, Temascal or Inipi, is an ancient and pure medicine ceremony, a temple to honor the elements of earth, fire, water and air. An opportunity to experience a spiritual reunion with the creator and a respectful connection to the earth itself. The intention is to clean the mind, the body, and be in balance within.

The second is the Cacao Ceremony, which is rooted in helping to re-balance the energies within us, and restore good health. For centuries, cacao has been used to heal the mental, physical, and spiritual body. Native shamanic tools like drumming, feather cleansing, smudging, and shamanic sound journeys may be used in the ceremony.



GETTING TO PEACE RETREAT

The closest airport to Peace Retreat is the Liberia International Airport (LIR). The drive time from the airport to our property is between 60 and 75-minutes. The majority of the trip is on paved roads until the last approximately 5-miles where it turns to gravel. The drive is easy and a great way to see the stunning landscape of the province of Guanacaste.

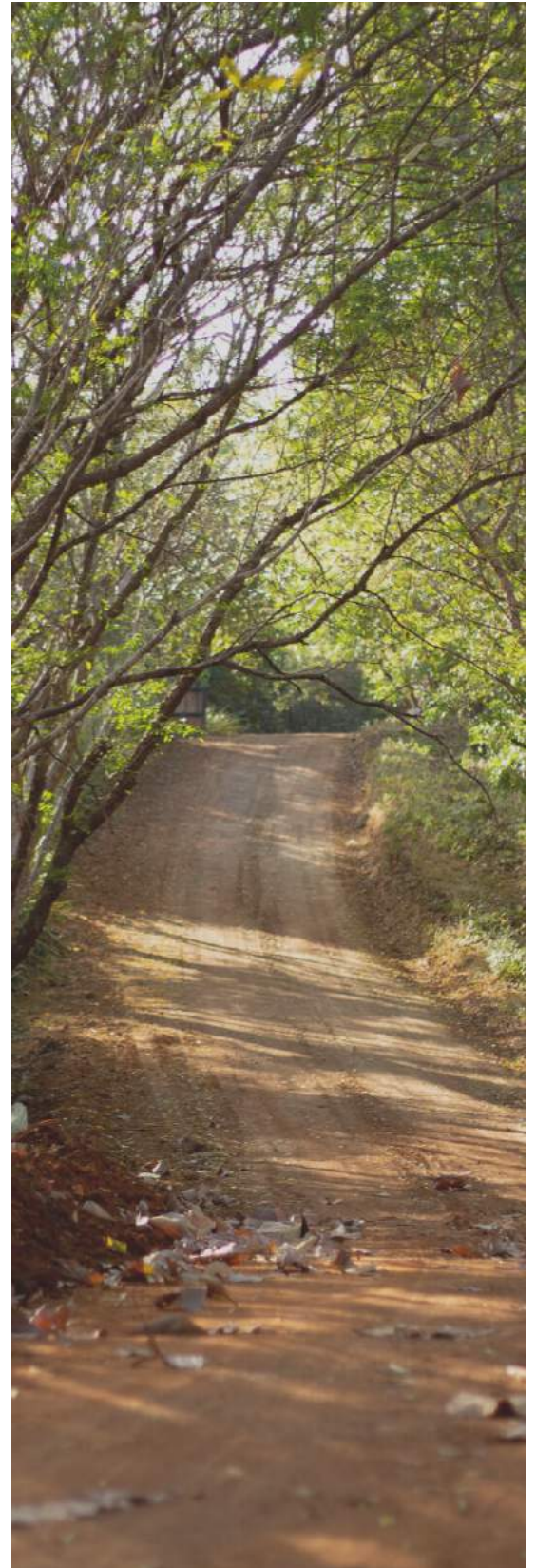


SHUTTLE SERVICE

We are pleased to coordinate shuttles as required to meet the needs of your group and arrival schedule. This simply requires coordination with guest flight details and choosing shuttle times that best suit how you would like your guests met and transported to Peace Retreat. We offer a direct shuttle service from the Liberia International Airport (LIR) to Peace Retreat.



CONFORTABLE VEHICLES



THINGS TO DO



With some of the most consistent waves and surf breaks in the region, Playa Negra is a very popular surfer beach, made famous by the movie *Endless Summer II*.

Surfers and non-surfers alike enjoy Playa Negra's pristine, opening to unique stretches of sand and volcanic reef around each ocean-side cliff. Beaches vary with white sand, black sand and sea shells. Sandy beaches, often lined with native trees and palms are interspersed with tidal pools formed from the lava rock. The Pacific tides swing substantially, so the beaches may go as far as the eye can see at low tide, and be mostly covered at high tide.

Peace Retreat is approximately a ten-minute walk to the town center of Playa Negra, and a 20-minute walk to the beach of Playa Negra.



DAILY YOGA CLASSES

We offer daily yoga classes at 7am and again at 04:30 pm Monday through Sunday. However, what's typical is that we suspend our daily yoga classes for the group retreat schedule.

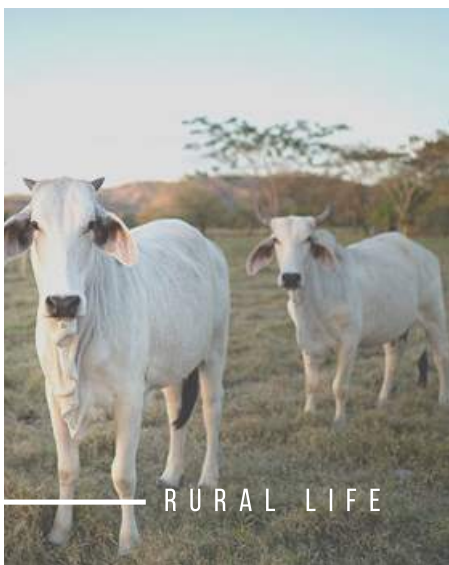
This way you, as a group leader, may schedule your yoga classes or activities as you see fit.



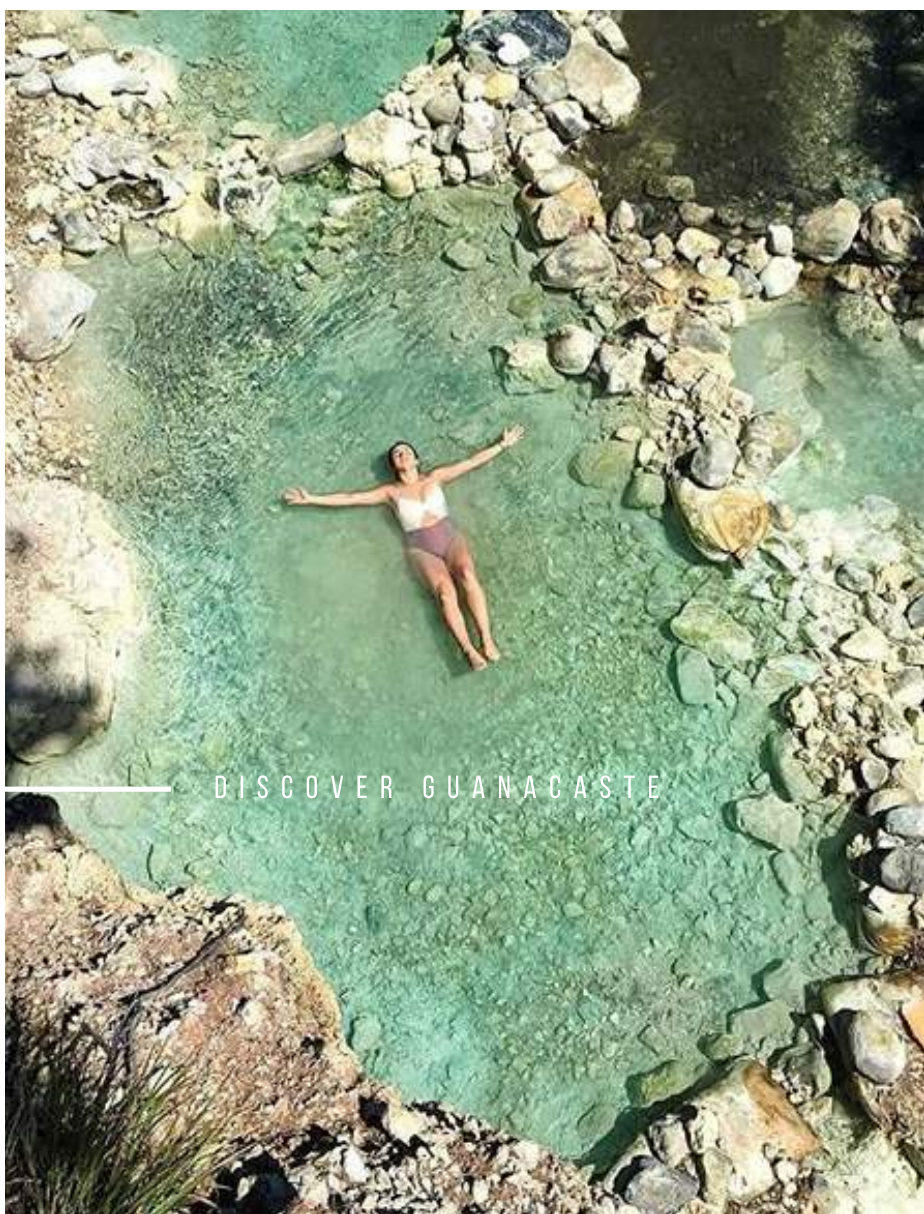
2 HOUR EXCURSIONS

- SUP/ SUP Yoga
- Surf lessons
- Snorkeling
- Nature/Water-fall Hike (seasonal)
- Zip-lining
- Mountain biking
- Horseback riding





RURAL LIFE



DISCOVER GUANACASTE

ALL-DAY EXCURSIONS

- Catamaran sunset cruise
- Nicaragua day adventure
- All day volcano adventure
- Guanacaste nature tour
- Arenal volcano experience





Our Body at Peace Spa is open daily. Our body therapies and signature services focus on the rich ingredients of Costa Rica and reflect our unique ocean and jungle surroundings. All of our spa treatments use local oils, ingredients, and lotions. Our invigorating treatments are performed by highly qualified therapists, here to support every step of your experience.

We offer two options to select from, they are:



OPTION 1

- Choose two (2) body therapies from our signature service menu.
- The experience is 2-hours of delectable self-care.
- Appointment times are 10am, 1pm and 3:15pm.
- Investment: \$108

OPTION 2

- Choose three (3) body therapies from our signature service menu.
- Delicious Lunch - (served at 12:30pm)
- One complimentary glass of wine

Choose one of the following appointment times:

AM PACKAGE: 9am – 1pm (7am yoga)

PM PACKAGE: 12:30pm – 4:30pm (4:30pm yoga)



COMMUNICATION AND INTERNET

There is complimentary Wi-Fi throughout most of Peace Retreat and in most of the accommodations. There are no computers for use on property.

As such, we encourage guests to bring their own devices for use, if so desired.

LAUNDRY SERVICE

We offer a laundry service for \$12.00 per load with a 24-hour turnover.

MONEY

There are no ATMs in Playa Negra. The nearest banks are in Tamarindo or Santa Cruz (40-minute taxi rides). Money can be exchanged in the airport. Very few businesses in Playa Negra accept credit/debit cards. American dollars are accepted everywhere. We encourage guests to bring cash to pay for excursions and activities.

Items purchased from our store, café, or any of our Body at Peace Treatments may be purchased by way of credit card.

Please note that we have safes on site for guests to lock their valuables in.

COMMITMENT TO PRESERVING THE ENVIRONMENT

Eco-consciousness is one of our core values.

Energy and water efficiency is built into our daily operations and encouraged among staff and guests. We encourage using biodegradable personal products at the Peace Retreat.



PEACE GROUP PACKAGES (FOR 8 OR MORE PEOPLE)

The below noted packages are example quotes, and are designed to offer a view of what your potential retreat costs may be. We custom design pricing based on the vision you have for your retreat offering.

We offer the group leaders the ability to personalize their own retreat or training in a way that will best align with their vision. The length of retreat/training, the activities offered, food available, and yoga schedule, all can be catered to your desires. We offer retreat organizers a flat rate for accommodations regardless of room type, creating the option for retreat organizers to vary pricing for participants as they see fit.

Students can also choose to extend their stay before or after the scheduled retreat, and any additional nights before or after your registered retreat dates will be billed directly to your participants as listed per our website.



YOGA RETREAT

5 DAYS | 4 NIGHTS

- Shared Accommodations (double occupancy)
- Breakfast & Dinner (basic vegetarian menu, special diet requests may be an additional charge (beginning with dinner on night one and ending with breakfast on day 5)
- Tea and coffee provided from 7am-10am
- Airport transportation both ways from Liberia Airport (2 group shuttles on arrival and departure included)
- Studio rental for 1 morning class and 1 evening class (additional access possible) (evening class to begin retreat on day 1, finishing with a morning class on day 5)

YOGA RETREAT

7 DAYS | 6 NIGHTS

- Shared Accommodations (double occupancy)
- Breakfast & Dinner (basic vegetarian menu, special diet requests may be an additional charge) (beginning with dinner on night 1 and ending with breakfast on day 7)
- Tea and coffee provided from 7am-10am
- Airport transportation both ways from Liberia Airport (2 group shuttles on arrival and departure included)
- Studio rental for 1 morning class and 1 evening class (additional access possible) (evening class to begin retreat on day 1, finishing with a morning class on day 7)





ADDITIONAL SUPPORT

Our goal at Peace Retreat is to make your retreat experience as seamless as possible, from start to finish. We offer a variety of additional support services at a reasonable cost, that can help make the process even easier.

Registration and Payment Management

Keeping track of registrations and payments can be the most challenging part of hosting a retreat- Creating a site for registrations, communicating with students, finding a forum to collect money, following up with students on deposits, covering transfer fees...all can be very time consuming and plenty to manage. We can take that responsibility on by managing all registrations...

The best part is, you still have control of how you price your retreat. We allow you to set the price for accommodations, deposits, early bird discounts, last minute bookings, and date that the final payment is due by your participants/guests. We can also include discount codes and special rates if you choose to offer those to your participants/guests.

In addition, if you choose to utilize our Registration and Payment Management System, an upside is that you may not need to personally submit additional deposits to Peace Retreat. The retreat deposits/tuition being paid by your participants/guests to us directly will be held by us, so if you are receiving consistent bookings, held funds, in part, will be used to pay for contractual deposits, as detailed in the contract (3 months prior to start date and the final deposit).

We are pleased to offer you additional information about the process upon request.

PAYMENT DETAILS

Initial deposit due at time of booking.

- 8-10 participants - Flat Fee deposit of \$1000
- 10+ participants -20% of estimated attendance

Initial deposit payment is due to secure the dates along with a signed contract.

Second deposit payment due 90 days out from retreat:

- 40% deposit due

One week prior to start date:

- Final balance is due

All deposits are non-refundable.

Notes:

It is typical to have the number of retreat/training participants fluctuate during the booking process. In our experience we often observe the enrollment number grow as the retreat/training start date nears. We are committed to partnering with you in a way that works for you. We are pleased to adjust the contract numbers as enrollment moves.

Please note that our group contract numbers are for a minimum of eight guests. As such, should group leaders enroll less than eight (8) guests there is still a requirement to pay for 8 guests.

Should contract terms not be met, Peace Retreat reserves the right to cancel any bookings without any advanced notification.

Due to high service fees and to keep costs to a minimum, we request payment via online e-transfer (for Canadian Clients) and bank wire or Paypal for international clients. On site we accept credit card, local colones or US dollars.

PEACE & THANK YOU

We are very passionate about our business; we live it as a lifestyle and we're committed to sharing it generously, and thank you for taking the time to consider joining us at Peace Retreat, and we look forward to speaking with you in the near future.

Namaste,
Peace Retreat Team



peace retreat
COSTA RICA