

A group of people are practicing yoga in a rustic, thatched-roof hut. They are in various poses, with some standing and others in a low lunge. The background shows lush greenery and trees. The text is overlaid on the image.

the
SPACE.

Yoga + Surf Retreat

• 5 Nights of Growth, Discovery + Adventure •

Starts Last Monday of Each Month 2025

transform your mind, body + soul

why San Juan Del Sur, Nicaragua?

discover the **hidden gem** of wellness tourism

With its unspoiled natural beauty, **affordability** and tranquil atmosphere, it's an **ideal choice**. **San Juan Del Sur** - being a welcoming and vibrant community - is known for its stunning scenery and a strong sense of **connection to nature**, where guests can **deeply reconnect**.

CENTRAL AMERICA



NICARAGUA

SAN JUAN DEL SUR

Warm, Authentic Culture and Community: This charming town is known for its **genuine hospitality** and vibrant cultural scene, providing a **truly enriching experience**.



Breathtaking, Pristine Nature: With fewer crowds than other tourist hotspots, it's a sanctuary **for guests to relax, recharge, and reconnect with nature**.



Adventure is Never Far Away: San Juan Offers an **incredible array of natural adventures** to create transformative experiences **that leave lasting impressions on every guest**.



Perfect Year-Round Climate: With nearly constant warm temperatures, San Juan del Sur is an ideal destination for retreats in **any season**.





the SPACE

a boutique jungle oasis

Located in the jungle surrounds of San Juan Del Sur, Nicaragua, **the SPACE** is where fun meets professionalism.

Designed for today's travelers and digital nomads, we offer **thoughtfully curated experiences** with the ability to maintain a work/life balance in a **variety of accommodation options** to suit your needs.

Our spaces seamlessly **blend work and leisure**, fostering collaboration, networking, and creativity in a dynamic yet **natural setting that's as inspiring as it is unique**.

how we're different

something fresh



Secluded jungle setting: Nestled in **nature**, our venue offers **diverse, inspiring spaces** perfect for creating your transformative experience.



You have options: With a **variety of accommodation options** all rooms both shared + private have ensuite bathrooms. Choose the option that suits your budget best. Enjoyed? Extend your stay.



Social atmosphere: Connect with fellow retreat members and travelers in our communal areas, on-site co-working space, **daily activities** or free time. **The perfect blend.**



Thoughtfully balanced program: combining wellness, surfing, and cultural immersion - **headed by a certified local professional** supported by local facilitators and teachers.



natural jungle setting



group connection



room option variety



curated experience

004

5 night offering

retreat dates: last Monday of every month 2025

START: MONDAY | CHECKIN 2PM

- welcoming ceremony
- 4 x morning yoga, breathwork + meditation
- Meals: 5 Dinner, 4 Lunches, 5 Breakfasts w/ drink
- 4 x surf lessons w/ video analysis, coaching + professional photographs
- 3 x evening restorative yoga, breathwork + meditation
- 4 x unique wellness workshops
- 1 x ice bath, catamaran trip, 1 hour massage
- sunset beach bonfire
- sound healing
- closing cacao ceremony

END: SATURDAY | CHECKOUT 11AM



wellness



growth



nature



recharge



activities



nourishment



adventure

the
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005

extra info

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things to note + what to expect

- **Group Size:** Limited to 20 participants for an **intimate experience**.
- **Skill Level:** Suitable **for all levels**.
- **What to Bring:** Comfortable yoga attire, swimwear, sunscreen, reusable water bottle, journal.
- **Health & Safety:** Please **inform us** of any dietary restrictions or allergies.
- **How to book:** Please contact us directly to book your retreat + accommodation



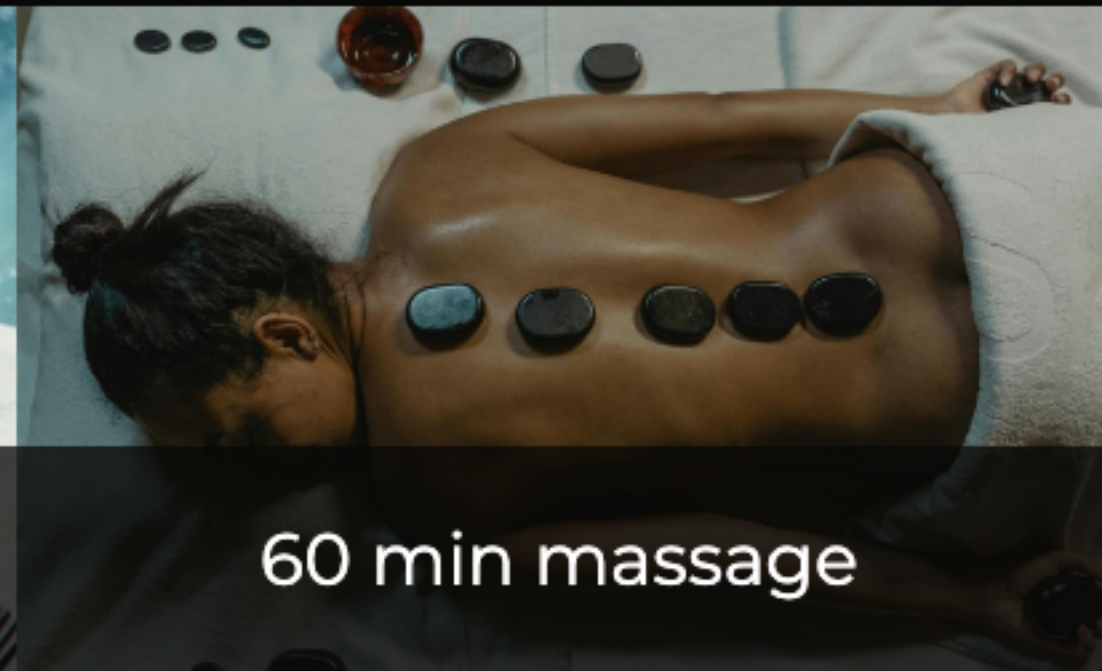
daily yoga



daily surfing



nutritious food



60 min massage



catamaran trip



guided workshops



co-work center



daily activities



brief retreat schedule outline

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga - Meditation - Breathwork [75 min]	Yoga - Meditation - Breathwork [75 min]	Yoga - Meditation - Breathwork [75 min]	Yoga - Meditation - Breathwork [75 min]	
	Breakfast + Juice/Smoothie	Breakfast + Juice/Smoothie	Breakfast + Juice/Smoothie	Breakfast + Juice/Smoothie	Breakfast + Juice/Smoothie
	Surf lessons w/ video analysis, coaching + professional photographs	Surf lessons w/ video analysis, coaching + professional photographs	Surf lessons w/ video analysis, coaching + professional photographs	Surf lessons w/ video analysis, coaching + professional photographs	Check-out 11 AM
	Lunch + Juice/Smoothie	Lunch + Juice/Smoothie	Lunch + Juice/Smoothie	Lunch + Juice/Smoothie	
Check-in (2 PM – 4 PM)	Ice Bath		Massage 60 min		
Opening Ceremony [90 min]	Visualization Meditation Workshop [90 min]	Beach trip Nature Meditation [90 min]		Catamaran Sunset Sail Food + Soft drinks	
Restorative Yoga - Meditation - Breathwork [60 min]	Restorative Yoga - Meditation - Breathwork [60 min]	Restorative Yoga - Meditation - Breathwork [60 min]	Beach Bonfire	Cacao Closing Ceremony	
Welcome Family Dinner + Drink Soft	Dinner + Juice/Smoothie	Dinner + Juice/Smoothie	Dinner + Juice/Smoothie	Dinner + Juice/Smoothie	
		Sound Healing Session			

accommodation + package

single or sharing prices - choose your room

Prices Include: Retreat schedule + all activities listed, meals w/ drink where specified + 5 nights in the accommodation of your choice.

Choose A Room: Choose from our variety of options, you can book a single bed, room or share with other participants.



DORM + AC
single bed
5 Nights \$1075pp



PRIVATE
single
5 Nights \$1300pp
shared | 2pax
5 Nights \$1150pp
shared | 3pax
5 Nights \$1100pp
shared | 4pax
5 Nights \$1075pp

same group booking



PRIVATE + AC
single
5 Nights \$1325pp
shared | 2pax
5 Nights \$1165pp
shared | 3pax
5 Nights \$1110pp
shared | 4pax
5 Nights \$1080pp

same group booking



SUITE + FAN
single
5 Nights \$1325pp
shared | 2pax
5 Nights \$1165pp



SUITE + AC
single
5 Nights \$1350pp
shared | 2pax
5 Nights \$1165pp

Not Included:
Additional food + drinks, airport transfers + tips.

NOTE: Accommodation Choice Subject to Availability

008

dream SPACE.

various accommodation options

all rooms ensuite

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luxury suite w/ AC or without | 2 person capacity

dorms + AC | 8 person capacity

privates w/ AC or without | 2 - 4 person capacity

009

grow SPACE.

wellness spaces for mind + body



treetop outdoor yoga deck



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multifunctional workshop space w/ AC



indoor shala with AC

010

food SPACE.

wellness options for mind + body

the
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various options to choose from

a non alcoholic drink with each meal

meals included

011

work SPACE.

various options of where to work



quiet spaces



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quiet co-work space if needed



boardroom + 2 privacy booths 6-8

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communal areas

various indoor + outdoor spaces



large communal rancho area



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daily activity options for downtime



2 large swimming pools with swim-up bar

BOOK NOW - spots limited

contact us directly

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thank you for considering **the SPACE.**



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