

Costa Rica Retreat 2025

October 11 – 18, 2025



Step Out of the Ordinary—Step Into the Limitless Potential of LIFE!

I **LOVE** hosting retreats because they offer more than just relaxation—they create **transformational experiences** where you can truly **live your fullest life**.

Imagine gaining **profound, life-changing insights** during meditation and breathwork... **feeling the exhilaration** of doing something you never thought possible... and **expanding your capacity** to experience joy, clarity, and presence like never before.

A retreat allows you to feel, do, and **experience MORE LIFE** than you ever thought possible!

Why You Need This Experience

We all need time to **decompress, recalibrate, and rejuvenate**. This retreat is designed to **reset your nervous system** in a way that modern life simply doesn't allow.

- ✦ **No hustle. No tourist traps. Just nature and renewal.**
- ✦ **A 7-day, 7-night all-inclusive journey** to reconnect with your inner essence.
- ✦ **Deep nervous system restoration** through immersive nature, meditation, and breathwork.
- ✦ **A full-body energy reset** to help you embody your gifts, reclaim your power, and feel truly ALIVE.

The Location: A Private Rainforest Sanctuary

🌿 **Samasati Yoga & Wellness Retreat Center** – a secluded paradise in the lush Costa Rican rainforest, near Puerto Viejo.

🏠 **Nestled on the Caribbean coast in a 250-acre nature sanctuary**—this is a retreat like no other.

🚫 **No distractions, no crowds—just you, nature, and a supportive community.**

Who This Retreat is For

- ✓ **Burnt out? Overwhelmed? Disconnected?** This is your reset button.
- ✓ **Seeking clarity, deep healing, and revitalization?** This is your path.
- ✓ **Craving time to let go, recharge, and realign** with your true self? This is your space.

💧 **Only a few spots left—claim yours today!**

Samasati literally means awareness and balance. This tranquil environment is perfect for reflection, relaxation, and rejuvenation for a naturally supported return to wholeness.

The days are lightly structured offering you an opportunity to enjoy workshops with Suzanne and Holly as well as daily light yoga, breathwork, movement, beach time, the pool, nature hikes, waterfalls, as well as spending a day in the life of the Indigenous Reserve of Talamanca at the BriBri Reservation, or simply master the art of doing nothing but relaxing in the jacuzzi or hammock.



Dining – Farm To Table Delicacies

Sitting in the mountain overlooking the lush Rainforest and Caribbean Sea below, the dining hall is a covered, open-air restaurant providing a dramatic, and unique dining experience. Serving 3 buffet style, locally sourced farm to table organic meals daily. Selections range from Caribbean fusion, Mediterranean Asian to Central American. Bread and pastries are baked fresh daily. Be ready to indulge in delectable desserts, which often feature chocolate made from organic, local cacao. If you have any day trips or tours planned, the staff will happily pack your lunch for you.

The restaurant also includes a specialty bar, which serves rich Costa Rican coffee, tea, wine, beer, and fresh cold-pressed juices. The staff will happily accommodate any requests made in advance such as raw, vegan, gluten-free, dairy-free, or soy-free dishes and protein can be added to any meal for an additional cost.



Release, Recharge, Renew and Have Fun~

While the retreat is its own serene sanctuary, you are by no means isolated. You'll experience local culture, pristine Caribbean beaches with aquamarine waters that are home to both world class surfing and incredible snorkeling. In addition to sun and sand, explore the laid back yet lively town of Puerto Viejo featuring an array of outstanding restaurants, boutiques, bars, coffee shops, and even local farms.



Indigenous Reserve of Talamanca Tour

Indigenous Life & Customs, Shaman Visit, Chocolate Tasting & Waterfall!

We will have an opportunity to experience A Day in the Life at the Bribri reservation, the country's largest indigenous community and head of the canton of Talamanca.



The tour includes a visit to a Bribri family where 5 generations live under one roof. There will be direct contact with the lifestyle of these people, where you'll learn about their houses, how they cook, what plants they use for healing various diseases, how they produce chocolate, and a myriad of details about the Bribri lifestyle. Of course, you'll get to help prepare and taste the homemade chocolate with different aromas and flavors. You will also be served a typical Bribri lunch. In addition, you will have

an opportunity to grind chocolate and discover the secrets of this ancient process. You will also have time to see and purchase souvenirs created by the indigenous handicrafts before your visit ends.

After the tour, the group will visit one of the most spectacular waterfalls in the area, the Volio waterfall, which is the highest in the area at 35 meters tall. After freshening up in the waterfall pools it's time to start the journey back to the retreat center.



Lodging Accommodations - Casitas – Effortless Relaxation

Each wooden cottage was built with reclaimed wood from the area and are located within walking distance of the main reception and restaurant area. All have spacious verandas overlooking the Rainforest or the Caribbean Sea. Some have an additional bedroom in a lofted area above the main floor. The Casitas can accommodate two to four people. Beds are either King size, Double or Single size.

Standard Classic Casitas

The standard accommodation is designed to give you a great deal of privacy. Standard Casitas offer either two Single beds or one double bed on the main level, and a Double bed in the loft, a private bathroom, a terrace with a hammock.



Premium Private Casitas

The Premium Casitas (as pictured below) have windows that open to prime views of the Rainforest or the Caribbean Sea. Each has a King bed, a private bathroom, a quiet terrace with a hammock and is set in a little tropical garden with local flora. These Casitas are ideal for couples or for those seeking full private lodging.



Guest House with Shared Bathroom – Semi- Private Lodging

For the solo traveler on a tighter budget. Allows for shared living space and two shared bathrooms with a private room for sleeping. Guest house has a terrace with hammocks and allows the benefit of developing new friendships and shared experiences. Pictured below.



What's included in your retreat:

This 7-day, 7-night **all-inclusive package** has been created to pamper and care for your soul. Enjoy a balance of adventure, breathwork, movement, sound therapy, and plenty of quiet down time.

- One group call to get to know your co-participants and answer any questions prior to our departure date. (approx. 30 days prior to departure) Participate in Group Telegram Chat
- Overnight accommodations at the COSTA RICA MARRIOTT HACIENDA BELÉN in San Jose on Saturday, 10/11/25
- Transportation to & from Samasati Retreat Center via private minivan. All parties arrive on 10/11/25 for first night at Marriott, San Jose and everyone departs together via private minivan approx. 10:00 am 10/12/25 from the Marriott to retreat center, (approx. 4–5-hour drive). The drive is quite scenic as you will go through the mountains in a national park and stop at a spot serving local food. Transportation back to airport on 10/18/25
- Samasati Retreat Center accommodations (7 days & 6 nights of pure bliss)
- 3 Delicious Meals Daily (breakfast, lunch, dinner) - Freshly prepared organic farm to table vegetarian meals with unlimited water, coffee, & tea available as well as fresh smoothies (upon request) with meals. Protein options are available at additional cost.

- Daily stretching, movement, meditation, & breathwork are available each morning.
- Private use of 200+-acre retreat center and nature reserve (hiking trails, pool, jacuzzi) no other guests will be on site during our stay.
- Nervous System Reboot workshop hosted by Holly Celestine
- Group Biofield Tuning & VibroAcoustic Sound Bath w/Suzanne Offutt & Holly Celestine
- Breathwork and an exploration of the chakras through words, sounds, and movement workshop w/Suzanne Offutt
- A day in the life of the Indigenous Reserve of Talamanca – BriBri Reservation – Life, Customs, Shaman Visit, Lunch, Chocolate Tasting & Waterfall.
- Transportation to beaches and local town for shopping.
- Jungle bathing
- Plenty of downtime to In-Joy tranquility, relaxation, and the solace you deserve
- 1 Sacred Circle Cacao Ceremony (evening event)
- 1 Sacred Circle Fire Ceremony & Ecstatic Dance (evening event)
- Closing ceremony celebration dinner with Calypso band

What's Not included:

- Roundtrip airfare to Costa Rica
- Tipping of guides, drivers, and staff at Samasati
- Personal expenses for spa treatments, private yoga sessions, personal massages, protein w/meal, and alcoholic beverages
- Trip Protection Travel Insurance
- Additional adventure excursions available daily which include: Ziplining, Horseback Riding on the Beach, Cahuita National Park Hiking, white water rafting, bird watching, and other adventure excursions
- Personal purchases or souvenirs

You had me at Costa Rica ~ Sign me Up!!

1. **Premium Private Casita Accommodations**
~Single private occupancy \$4200 (one-time payment or split in two payments).
2. **Guest House Accommodations – Semi-Private Accommodations:**
~\$3800 per person (one-time payment) – space is very limited only 2 guest rooms left
~The guest house provides 5 private guest rooms and 2 shared bathrooms

Refunds: In the unlikely event the retreat cancels due to COVID travel restrictions, deposits and payments will be refunded. In all other cases, deposits and payments for reservations are **non-refundable**, including early departure from retreat.

We are so excited to offer this retreat hosted by Samsati Yoga & Wellness Retreat Center and we look forward to sharing this journey with you! Please do not hesitate to reach out with any questions. You may contact me directly to submit your one-time payment or submit your deposit and set up payment arrangements.

In Love and light~ Holly@energytuneup.net 936-446-9946 (also on WhatsApp/Telegram)

About Your Hosts:

Holly Celestine is a Licensed Vibrational Sound Therapy Practitioner (VSA) who is on a mission to liberate and activate human potential by clearing subconscious blockages held in the body.

In pursuit of avenues that bring the entire body into harmony and balance, she found that sound, frequency, and vibration play a vital role in the symbiotic connection to our mental, emotional, and physical wellbeing. Holly has received multiple certifications in a variety of modalities. She is an International Teacher and Advanced Practitioner for Biofield Tuning and is also a facilitator for Trauma-Tension Release Exercises (TRE), BBTRS Acute Trauma Therapy, Vibroacoustic Therapy, Oxygen Advantage Breathwork, Massage Therapy, Usui Reiki Master, and Bodytalk.

Holly layers her many years of experience with vibrational sound therapy, breathwork, and somatic trauma release therapy for targeted nervous system relaxation helping her clients feel a renewed sense of embodiment and deep inner peace. www.energytuneup.net

Suzanne Offutt is a certified sound and vibration practitioner who has worked with sound and communication in both her professional endeavors as well as her avocation post retirement. Her work through various modalities has led to a deeper understanding of the capacity for the relaxation response and centeredness to come into the power of the presence and at-onement in the human experience.

Suzanne maintains a private practice in sound and vibration practices including the use of tuning forks, Tibetan bowls, breathwork, toning/chanting, and meditation to bring about profound personal revelations for her clients as they pursue their paths to wellness in body, mind, and spirit. She teaches and is an advanced practitioner in the Biofield Tuning program. She has trained in Buteyko Breathing; Vibrational Sound Association; James Nestor's, Breath; Yoga Teacher Training-200 hour; Atma Buti Tibetan Bowl training; Auricular Acupressure; Vibroacoustic Therapy; Karuna Reiki Master through the International Center for Reiki Training; and other pursuits that convey the power of sound and vibration to bring health and wellness to her clients. Her joy comes through her family, working with her beloved community, and singing.