



SACRED ESSENCE OF PURA VIDA

February 22 - 28, 2025

**FOR WOMEN SEEKING A
TRANSFORMATIVE,
REJUVENATING
ADVENTURE IN COSTA
RICA'S STUNNING
LANDSCAPES, GUIDED BY
INTUITIVE EMBODIMENT
COACH SUMMER COBERLY.**

unboundsoulcoach.com
mangotreevillasandretreats.yoga



JOIN INTUITIVE EMBODIMENT COACH SUMMER COBERLY!

The Sacred Essence of Pura Vida Retreat is perfect for women seeking a transformative adventure in the stunning landscapes of Costa Rica, where they can disconnect from daily stress, reconnect with nature, and rejuvenate their mind, body, and spirit through yoga, wellness activities, sisterhood connections, and immersive experiences guided by intuitive embodiment coach and Reiki master teacher, Summer Coberly.



February 22 - 28, 2025

SCHEDULE EXAMPLE:

06:30 Coffee/Tea available
08.00 Yoga Practice
09:00 Breakfast
10:00 Visit a waterfall
01:00 Lunch
02:30-6:30 Workshop
activity/massage, smoothies
& free time
06:30 Dinner

Starting From \$2,210

Click the button to secure your spot!



[JOIN THE RETREAT](#)

Airfare not included

A RETREAT FOR WOMEN SEEKING A TRANSFORMATIVE, REJUVENATING ADVENTURE IN COSTA RICA!

The Sacred Essence of Pura Vida retreat in Costa Rica offers a transformative experience for mind, body, and spirit. Guests will stay at the luxurious Mango Tree Villas, enjoying shared accommodations with full amenities. The retreat includes airport transportation, local activities, and events.

Delicious, healthy meals prepared by a local chef are provided throughout the stay. Guests can relax with a complimentary 60-minute massage and have the option to book private photo shoots with a boudoir and empowerment photographer.

Daily activities may include yoga with Christina, visits to local waterfalls, a cacao ceremony, beach trips, an ice bath experience, free time, a sunset dinner, souvenir shopping, and a farewell lunch. The retreat concludes with a shuttle to the airport for departure.

The retreat is designed to rejuvenate and inspire, offering a chance to disconnect from daily stress and reconnect with nature. Beginners and solo travelers are encouraged to join and create lasting friendships.

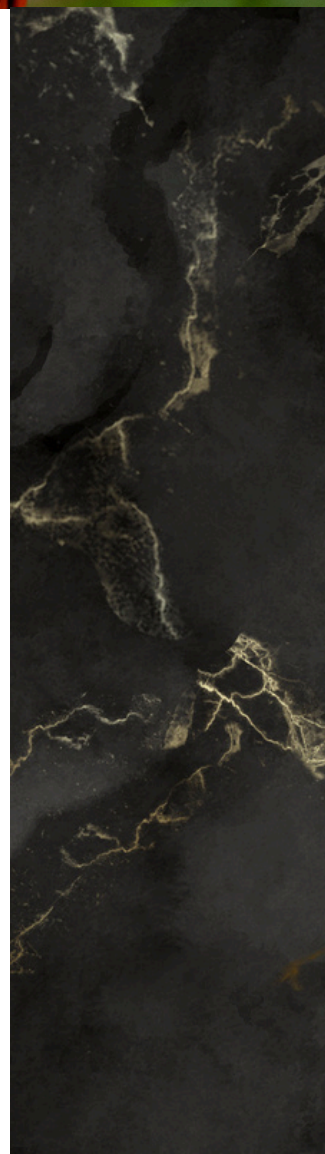
The retreat is co-facilitated by Summer, an intuitive embodiment coach and Reiki master teacher, and Christina, a certified professional coach and yoga instructor.



ABOUT SUMMER~

Summer, the Unbound Soul Coach, is an intuitive embodiment coach and Reiki master teacher who helps individuals tap into their deepest selves to believe in and experience their wildest dreams. She creates sacred spaces for self-exploration, emotional processing, and self-discovery, guiding clients to connect with themselves and transform stagnant energy into forward momentum. Inspired by her own journey of overcoming hard times and a spiritual re-awakening without the desired support, Summer became a coach to help others find their true selves and heal.

Since 2021, she has been serving her community by mentoring women and offering energy work, expanding her services to couples in 2024. With her guidance and expertise, Summer is dedicated to empowering individuals and couples to embrace their authentic selves and live their best lives.



About the location



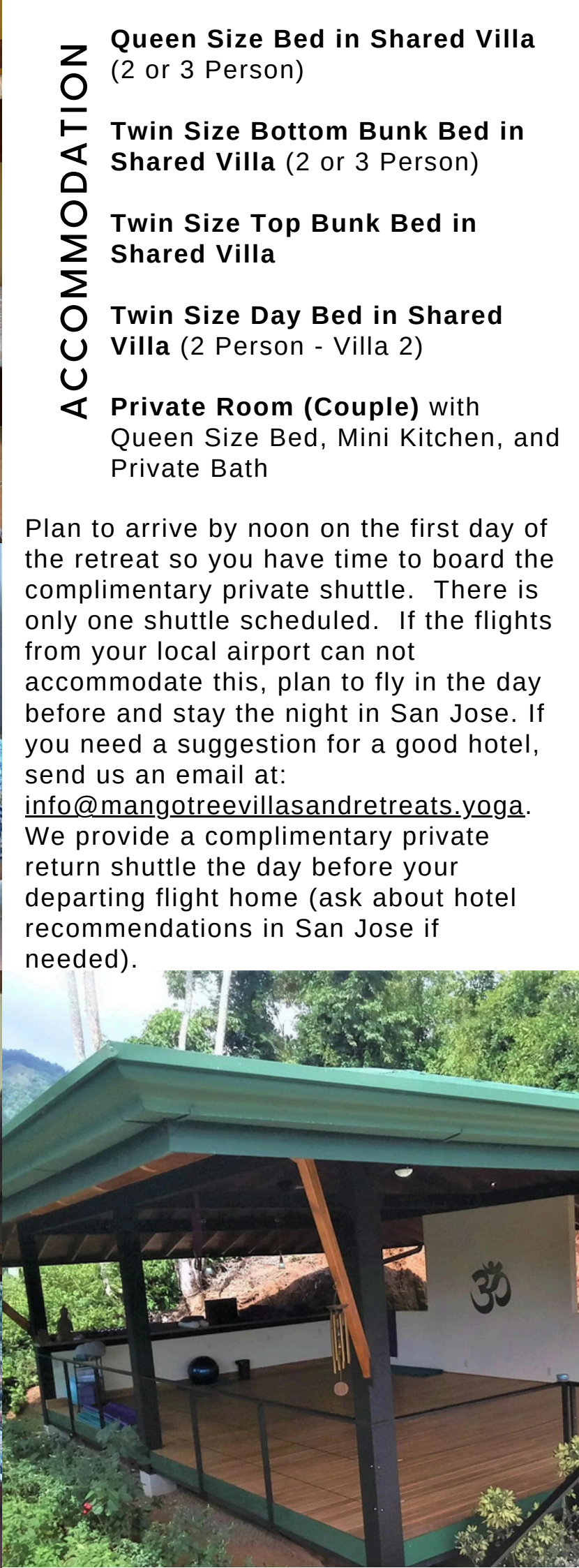
Our retreat center, nestled in the breathtaking mountains of the Pacific Coast, offers the perfect sanctuary to reconnect with yourself, others, and the environment.

With a variety of comfortable accommodations, from cozy cabins to spacious lodges, Mango Tree Villas and Retreats provide a nurturing space for you to unwind, rejuvenate, and embark on a journey of self-discovery.

"Mango Tree Villas is the most wonderful retreat, set in a beautiful, peaceful location. The separate villas look out through the trees and the countryside beyond. All of our needs were cared for."

-Sue





ACCOMMODATION

Queen Size Bed in Shared Villa (2 or 3 Person)

Twin Size Bottom Bunk Bed in Shared Villa (2 or 3 Person)

Twin Size Top Bunk Bed in Shared Villa

Twin Size Day Bed in Shared Villa (2 Person - Villa 2)

Private Room (Couple) with Queen Size Bed, Mini Kitchen, and Private Bath

Plan to arrive by noon on the first day of the retreat so you have time to board the complimentary private shuttle. There is only one shuttle scheduled. If the flights from your local airport can not accommodate this, plan to fly in the day before and stay the night in San Jose. If you need a suggestion for a good hotel, send us an email at: info@mangotreevillasandretreats.yoga. We provide a complimentary private return shuttle the day before your departing flight home (ask about hotel recommendations in San Jose if needed).



THE FOOD

3 delicious meals and beverages prepared daily by a local chef!

Savor delicious, healthy cuisine at this nature and wellness retreat! During your stay you'll enjoy a variety of delicious meals prepared by our talented private chef. The retreat's culinary offerings are designed to nourish your body and soul, providing you with the energy and nutrients needed to fully immerse yourself in the experience.



TESTIMONIALS

"There is a wonderful atmosphere at MTRV with its nature rich setting combined with Gail & Brian & staff's attentive hosting. Delicious fresh vegetarian food, a yoga studio with beautifully crafted wooden floor and ceiling as well as a spectacular view of toucans and sunsets watching. Thank you for a memorable 8 night stay. "

— guest

"Luxury! I felt pampered and well taken care of. The whole staff made me feel at home. The food and service was more than I could have asked for! The cooks food was all homemade and never wasteful, delicious food! Well thought out meals and transportation around town was excellent!"

— MP



PRICING:

- **Queen Size Bed in Shared Villa (2 or 3 Person):** \$2,460 per person
- **Twin Size Bottom Bunk Bed in Shared Villa (2 or 3 Person):** \$2,260 per person
- **Twin Size Top Bunk Bed in Shared Villa:** \$2,210 per person
- **Twin Size Day Bed in Shared Villa (2 Person - Villa 2):** \$2,260 per person
- **Private Room (Couple) with Queen Size Bed, Mini Kitchen, and Private Bath:** \$4,720 per couple

WHAT'S INCLUDED

- Luxurious accommodations at Mango Tree Villas, a retreat center reserved exclusively for our group (maximum 10 guests)
- Shared villas with full kitchens, private bathrooms, living areas, verandahs, and air conditioning
- 6 nights' stay at Mango Tree Villas
- Airport transportation (1 shuttle pickup at SJO airport and 1 private shuttle from Dominical to SJO)
- Transportation to local activities and events
- 3 delicious meals and beverages prepared daily by a local chef (organic when possible)
- Complimentary 60-minute massage
- Access to a boudoir and empowerment photographer for private photo shoots (additional fees apply)

WHAT YOU NEED

- Your best energy
- Water bottle to avoid using plastic
- A notebook and a pen. You may feel inspired to journal during the retreat
- Yoga clothes and a yoga towel
- Comfortable shoes to walk in nature
- Beach clothes and something warm for the cool nights
- Mosquito repellent
- Travel insurance

WHAT'S EXCLUDED

- Flights
- Alcoholic beverages

Starting From \$2,210

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JOIN THE RETREAT

