



Sundara Yoga  
[www.sundarayogaretreats.com](http://www.sundarayogaretreats.com)



# Yoga Retreat Costa Rica 2027

Reconnect, Relax, and Revitalize

With Christa Negrete

# Located at Anamaya Resort

Montezuma, Puntarenas, Costa Rica

Named one of the world's  
best wellness experiences for  
2026 by National Geographic!

April 24 - May 1, 2027

Seven incredible nights in a sacred  
space nestled in the lush jungle, a  
twenty minute walk from the sea.



# Wellness Activities Included

Our Retreat is designed to provide relaxation and self-care experiences through activities such as:



## 01 Yoga Sessions

Gorgeous Yoga space overlooking the sea. All levels welcome, all props provided.

## 02 Hiking

There are numerous trails to waterfalls within walking distance.

## 03 Soundbath Experience

Experience how “sound is medicine”. Resetting the nervous system for ultimate relaxation and meditation.

## 04 Swimming

Salt water infinity pool at the resort and twenty minute walk to the ocean.

## 05 Infrared Sauna

Efficient, safe, and healthy way to cleanse the body, lose weight, and relax.

## 06 Cold Plunge

Benefits include muscle recovery, enhanced circulation, reduced inflammation, and stress resilience.

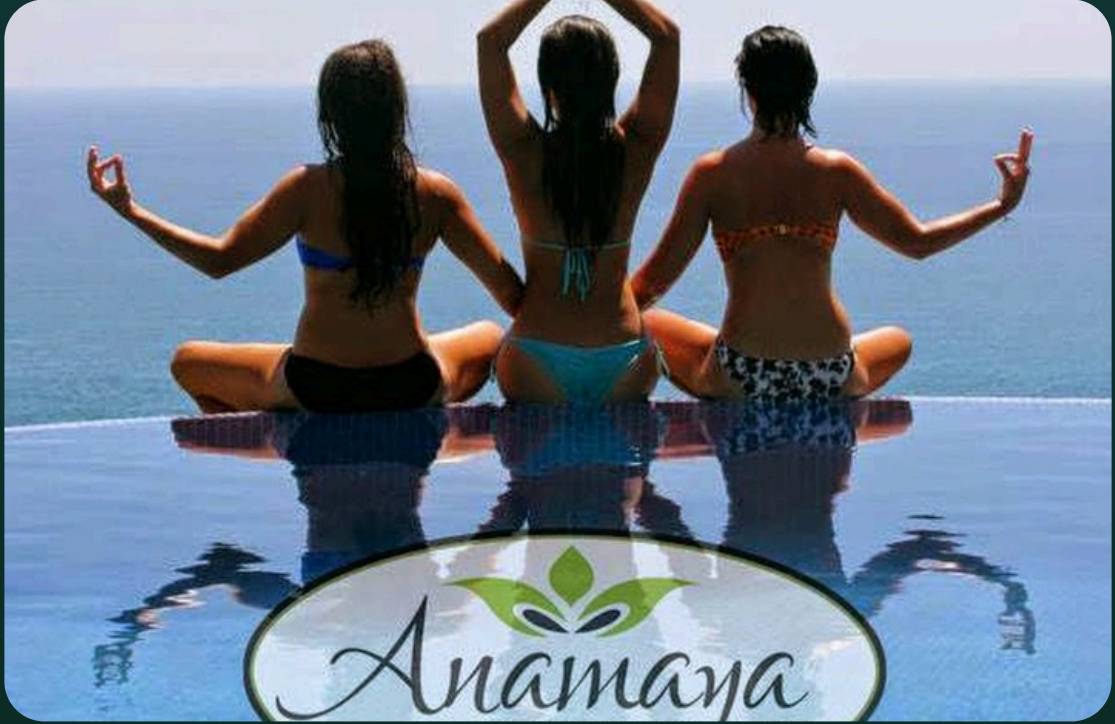
## Optional activities for a fee:

### Spa Treatments:

- ~Massage
- ~Skin services
- ~Holistic therapies including Reiki and Foot Reflexology

Costa Rica adventure tours can be arranged:

- ~Surfing lessons
- ~Canopy tours
- ~Horseback riding
- ~ATV tours
- ~Snorkeling
- ~Scuba diving
- ~Sea kayaking



## Pricing as follows:

✔ Shared Accommodations	\$1,400 per person - 50% non-refundable deposit required to register. Remaining balance due upon check-in.
✔ Private Accommodations	\$1,700 per person - 50% non-refundable deposit required to register. Remaining balance due upon check-in.
✔ Half Board Meal Plan	\$344.40 per person per week (breakfast & dinner) 50% non-refundable deposit required by April 10. Remaining balance due upon check-in.
✔ Full Board Meal Plan	\$516.60 per person per week (all meals) 50% non-refundable deposit required by April 10. Remaining balance due upon check-in.

Healthy and delicious meals are prepared fresh daily. They are 100% gluten and dairy free, with vegan, pescatarian, and vegetarian options available. Anamaya's only animal proteins served are free-range chicken, eggs, and local fish. All meal plans include fresh fruit and homemade granola each morning before breakfast and as an afternoon snack.

Airfare and travel insurance can be purchased through our sister company, Negrete Thrive Travel, with a waived planning fee. Visit [www.negretethrivetravel.com](http://www.negretethrivetravel.com) for more information.  
Passport and waiver required to attend.



Please email [christa@sundarayogaretreats.com](mailto:christa@sundarayogaretreats.com) with any questions or concerns. Pay your deposit using the pay button below and you will receive your registration form!

So honored to have you join us! Can't wait to see you in paradise.  
May you realize the value in taking this time for yourself!



# Pura Vida