

Restore

Reconnect

Recharge



pura  
vida

retreat & spa

April 15 - 20, 2023

# YOUR RETREAT LEADERS



## Elizabeth McNeil, MS, PTA, E-RYT 500

Elizabeth will offer daily yoga classes to help **restore** your body and mind. Suitable for all levels of experience, these classes will also include breath work and guided relaxation.



## Laura Boozer, LMT, Level 1 MELT Instructor

Laura will offer daily classes using MELT foam rollers and Hand / Foot kits. You will learn self-care techniques to help **reconnect** your neuromuscular and fascial systems to improve ease of movement and reduce pain.



## Jenni Page, M.A. Ed., LMFT

Jenni will hold daily facilitated group discussion and conversation to help define your life goals that align with your personal values. You will develop action plans to **recharge** your focus on what's most important to you.

# ALL-INCLUSIVE ACCOMMODATION OPTIONS



Tentafow

**\$1,794 Single Occupancy**  
**\$1,550 pp Double Occupancy**

Our hybrid tent-bungalows are the ultimate in eco-chic accommodations for nature lovers. Spacious six-sided tent bungalows contain the same comfortable beds and relaxing lounge areas as other rooms, electricity (no candles, please), space to store clothes, and of course, plenty of fresh mountain air. Attractive and clean shared baths surrounded by gardens are steps away.

Option of 1 king-size bed or 2 twin-size beds.



A-Frame

**\$2,134 Single Occupancy**  
**\$1,720 pp Double Occupancy**

Our bright A-Frame cottages with private balconies offer panoramic tranquil coffee plantation views. Soaring ceilings add spaciousness and light.

Option of king-size or two twin beds.



Tri-Level

**\$2,325 Single Occupancy**  
**\$1,815 pp Double Occupancy**

An open floor plan with three defined living spaces cascading down from each other. Private balconies/patios offer lovely views of gardens and coffee plantations.

Option of 1 king-size bed or 2 twin-size beds.



Vista

**\$2,177 Single Occupancy**  
**\$1,741 pp Double Occupancy**

These deluxe style rooms feature private balconies with gorgeous views. Approximately 250 square feet, these rooms are great for single occupancy, but spacious enough for a comfortable roommate set-up.

King-size or two twin beds available for Double Occupancy  
Two rooms with one Queen-size bed - Single Occupancy only.

## PLEASE NOTE

In order for any participant to receive the Double Occupancy rate, there must be two paying adults in the room.  
If double occupancy is not met, then the guest will be required to pay the Single Occupancy rate.

# WHAT'S INCLUDED



In addition to the scheduled classes and transportation to and from the airport, the following is also provided:



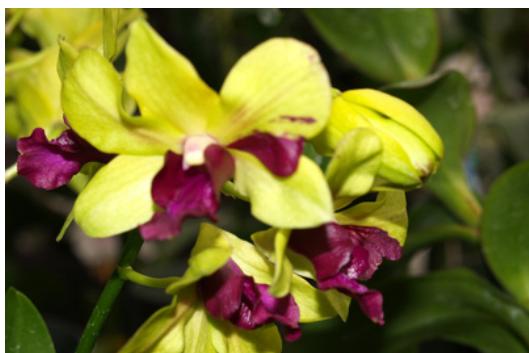
## THREE MEALS DAILY

Served buffet-style in our inviting dining hall, all meals feature both North American and Costa Rican vegetarian, fish and chicken dishes to tempt your taste buds and nourish your body and soul.



## SWIM, FLOAT OR SUNBATHE

Enjoy lazy laps and floating on the mountaintop in the solar heated pool or just soaking in the sun poolside. The property also offers a hot tub.



## EXPERIENCE EXOTIC ORCHIDS

Over 1,400 species of orchid grow wild in Costa Rica. Pura Vida is taking an active role to conserve and celebrate this exotic plant. The grounds hold dozens of species of orchids.



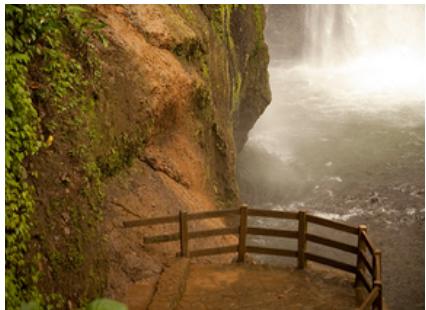
## WANDER AND ROAM

The property has many walking trails for your enjoyment. Meander at a leisurely pace to experience the local flora and fauna unique to Costa Rica.

# WHAT'S NOT INCLUDED - BUT AVAILABLE



## TOURS AND ECO- ADVENTURES



Pura Vida is surrounded by astonishing tropical birds and wildlife, dazzling flora and fauna, majestic cloud-capped forests, flowing rivers, waterfalls, hot springs, tropical rainforests and coffee plantations. Tours and Eco- Adventures are curated to introduce you to the beauty, culture, traditions, and history of the “rich coast” Costa Ricans consider paradise on earth.

## WELLNESS CENTER



The therapists at Pura Vida are highly trained and certified, each committed to healing from the heart and with the essential gift of being present and loving with their touch.

ALSO NOT INCLUDED: ROUND-TRIP AIRFARE TO SJO AIRPORT, GRATUITIES, ALCOHOLIC BEVERAGES OR SPECIALITY SMOOTHIES / DRINKS.

TOURS AND WELLNESS CENTER ARE OFFERED FOR AN ADDITIONAL FEE AND CAN BE SCHEDULED ONCE ON THE PROPERTY

# THE FINE PRINT



- A 50% deposit is required to secure your reservation. All accommodations are made on a first come basis and are made directly via R&R Resorts, LLC.
- Payment in full is due by 1/15/2023.

## REFUND POLICY

- CANCELLATIONS PRIOR TO 1/15/2023

Full refund less \$300 administrative fee.

- CANCELLATIONS AFTER 1/15/2023

No refund. Fees paid can be placed toward another reservation at Pura Vida within one calendar year.

Upon deposit confirmation, you will receive an email with Cancellation / Refund Policy Acknowledgement and Release and Liability Waivers that must be signed and returned to KARMA to complete your registration



R & R Resorts may cancel retreats at any time, subject to a refund of all monies collected.

## ROUND TRIP AIRFARE IS NOT INCLUDED.

It is strongly recommended that you obtain travel insurance with a CFAR (Cancel For Any Reason) clause to protect yourself in case your flight is cancelled due to inclement weather, or should an emergency occur making you unable to travel.

Credits will not be issued due to incoming flight delays and/or cancellations.



RESERVE YOUR SPOT TODAY!

Contact Pura Vida Reservations:

R&R Resorts, LLC

678-248-6412

1-888-767-7375

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