



RETREAT ADD-ONS

PRIVATE SOUND BATH

A soothing class of complete relaxation that's combined with live healing sounds that emphasize softness and self-compassion. It is a non-strenuous experience where you will lie in a comfortable position on your mat with props to help assist you while receiving a sound bath with healing vibrations from Ceibo's collection of crystal and alloy Tibetan bowls and other sound healing instruments of the world.

Cost: \$375 + tax for private clients.





SACRED CACAO CEREMONIES

Cacao Ceremony 60 min

When we gather to share the cacao we honor our connection to the Earth and the elements. We will enjoy the flavor and benefits of costarican cacao, share collective blessings, guided gratitude meditation, and songs, followed by traditional dance inspired in the indigenous people of costa rica.

The goal is to communally uplift mood, increase vitality, and open the heart and intuition. along with other personal spiritual intentions.

Cost is based on the size of the group (we follow strict cancelation policies)

BEACH BONFIRE AT PLAYA GARZA

A beach bonfire is the perfect way to discover the beautiful night sky of Nosara. It is an opportunity to enjoy the tranquility of the night in Playa Garza and enjoy a nice meeting. Beverages and marshmallows can be added for an additional charge.

Cost: \$200 cash only.

Transportation cost is not included.





DRUM CIRCLE

Percussion Circle 60min

Sound healing can also be an active experience that you take part in, and we do that with drumming.

Allowing ourselves to explore and have fun playing and dancing to the sound of drums can create a sense of community that results in many benefits to our health.

The main objective is to share rhythm and get in tune with each other and themselves

Cost is based on the size of the group (we follow strict cancelation policies)

GIVING BACK TO OUR COMMUNITY

We are excited to offer our guests the opportunity to give back to the local community during their stay. As part of our commitment to supporting the well-being of the people and the environment in the Nosara area, we have partnered with Garza school to offer a voluntary donation option as part of our retreat activity package. Your contribution will directly support the kids that are in school in Garza, and we thank you in advance for your generosity.

WAYS YOU CAN HELP:

1. Activities with the children.
2. School supplies donation.
3. Welcome economic donations.





NATURAL RITUAL OF LIFE & SKIN CARE WITH PLANTS OF COSTA RICA

A holistic experience to discover the healing power of three of the best medicinal plants of the tropics for skin care and human well-being. Considered anti-aging weapons, they have miraculous results to naturally rejuvenate skin and hair, creating protection from the harmful effects of the sun, age and malnutrition. In this workshop we will share a short meditation to calm the mind, talk about the uses and benefits of the medicinal plants, taste moringa cookies, herbal infusions, neem and moringa medicinal soap, moringa oil, goddess care oil, toners and facial massages.

Cost: based on the size of the group



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BODHI SURF

NOSARA · COSTA RICA

CONNECT WITH THE OCEAN

At Bodhi Tree, you'll have access to world class, year-round, consistent waves and certified instructors that will help you achieve your surfing goals. We strive to teach you how to surf in a fun and relaxed environment where you'll immediately feel as if you're out surfing with friends! We offer a variety of services from beginner, private or group lessons.

SURF'S UP!

TO BOOK A SURF LESSON
LAURANA@BODHITREEYOGARESORT.COM
BODHITREEYOGARESORT.COM



GROUP LESSON

Our surf lessons are scheduled according to the tides to ensure the best learning conditions for beginners. We will start your surf lesson with a workshop where you'll learn the basics of surfing, safety tips, paddling techniques, standing up on a board and riding waves.

All our knowledgeable surf instructors are CPR, Open Water Rescue and First Aid certified to guarantee a safe and amazing experience. Group lessons include all equipment and rashguard.

COST: \$70
(max. 3 pax)

PRIVATE LESSON

Our surf instructors will start with a demonstration along with a stretching program on the beach. Our goal is to make you feel safe, secure and confident in the water. Basic surfing skills, safety tips, paddling techniques, standing up on a board and riding waves will all be part of your instruction. With a ratio of one student per one instructor, you can guarantee that you will catch the ideal waves for a beginner. Private surf lessons are two hours long and include all equipment and rash guard.

COST: \$105

BOARD RENTAL

Just looking to rent a board? We've got you covered. We have a wide selection of rental boards to choose from including short boards and longboards. The daily rental fee includes a leash.

DAILY COST: \$23

