

costa rica retreat itinerary

may 23-30, 2026

Please note that the itinerary is flexible and subject to change to allow us to flow with the rhythm of the week, the weather, and the needs of the group.

Saturday

Afternoon arrivals + check-in at Blue Osa
5:00 pm – Opening Circle & Welcome Practice
6:30 pm – Dinner

Sunday

7:30 am – Breakfast
10:00 am – Morning Yoga + Meditation
12:30 pm – Lunch
1:00–5:00 pm – Free Time
5:00 pm – Evening Yoga & Meditation
6:30 pm – Dinner
8:00 pm – Stargazing with Tita

Monday

7:30 am – Breakfast
10:00 am – Morning Yoga + Meditation
12:30 pm – Lunch
2:00–5:00 pm – Jungle Hike
5:00 pm – Evening Yoga & Meditation
6:30 pm – Dinner

Tuesday

7:30 am – Breakfast
10:00 am – Morning Yoga + Meditation
12:30 pm – Lunch
1:00–5:00 pm – Free Time
5:00 pm – Evening Yoga & Meditation
6:30 pm – Dinner

Wednesday

7:30 am – Breakfast
9:00 am – Jungle Zip Line Adventure, lunch & return
5:00 pm – Evening Yoga & Meditation
6:30 pm – Dinner

Thursday

7:30 am – Breakfast
10:00 am – Morning Yoga + Meditation
12:30 pm – Lunch
1:00–5:00 pm – Free Time
5:00 pm – Evening Yoga & Meditation
6:30 pm – Dinner

Friday

7:30 am – Breakfast
10:00 am – Boat Tour: Dolphins & Snorkelling, lunch & return
5:00 pm – Closing Circle
6:30 pm – Dinner

Saturday

7:30A – Breakfast & Departures