

A person with long dark hair, wearing a light-colored, possibly white, dress or top, is sitting on a sandy beach. They are facing away from the camera, looking out at a calm ocean under a sunset sky. The sky is filled with soft, golden light from the setting sun, with scattered clouds catching the light. The water reflects the colors of the sky. The person is sitting on a light-colored towel or blanket. A dark bag or bag is on the sand next to them.

Costa Rica Retreat  
March 22-29, 2025

# *The Reclamation Retreat*

**Join us in the most magical and untouched place in Costa Rica to reclaim your creativity, innate healing, and inner wild. Resurrect the parts of yourself that crave expression through daily yoga, meditation, breathwork, somatic healing practices, art workshops, TCM workshops, nature, rest, and community.**

## **what's included**

7 night accommodations

Daily meditation, yoga, breathwork, and somatic healing practices

3 insanely delicious farm-to-table meals daily + unlimited coffee, tea, and fruit

\$50 credit for a spa treatment

Shuttle to and from the airport to the retreat center

Unlimited access to natural water pool and private beach that is just steps from your bedroom

Welcome cocktail (or mocktail) celebration

Traditional Costa Rican Tapas Dinner

Rebirthing Breathwork and Reiki with Sarah

Art Therapy Workshops with Elise

Journaling and Expression Workshops with Carley

Traditional Chinese Medicine workshops

A 2-in-1 done-for-you Dream Vacation & Transformation



**Private Room**



**Shared Double Room**



**Shared Triple Room**



**3 delicious farm-to-table meals daily.**

**Coffee, tea, and fruit will be available  
24/7**

**Blue Osa will accommodate any food  
restrictions or allergies.**

**We will be enjoying a welcome  
cocktail party on the first evening  
and a traditional Costa Rican tapas  
dinner celebration one evening.**





**The spot to sip on morning coffee.  
The sun rises behind the mountains  
here.**



**Us last year!**



**The pool, fire pit, meditation temple.**



**Blue Osa grounds.**

# TERMS & CONDITIONS

**Please read our terms and conditions before booking  
your spot on our Costa Rica Retreat.**

We want everything to run as smooth as possible for you and make your retreat and travel dreams come true (: so we'd like to get on the same page

**Deposit:** If you chose our deposit option, you are required to pay a non-refundable under any circumstances deposit. Only once we have received your proof of payment will your reservation be officially confirmed. You will be required to pay your balance in full by February 1, 2025 in order to attend the retreat.

Depending on your payment plan, each payment made is non-refundable after processing. If we do not receive your full payment by February 1, 2025, we have no choice but to make your spot available again and you will forfeit your deposit. There will be no refund, no exceptions. You must sign your waiver immediately after retreat booking.

**Cancellations:** Please make sure you can make it before signing up. Refunds for cancellations are only possible if you cancel within 4 weeks of your next payment. Then only that payment will be refunded.

**Unforeseen circumstances:** due to non-recoverable payments we must make in advance to secure the retreat space, there will be no refunds due to reasons such as, but not limited to, natural disasters, acts of terrorism, illness, pandemics, health conditions, bad weather, strikes, missed, delayed or canceled flights, weather circumstances, medical or personal or family or work emergencies, or change of mind. If you arrive late or need to leave the retreat early, you will not receive any refund on the remaining time of your stay.

**COVID-19:** We will follow all protocols for COVID-19 in Guatemala. Should there be proof of negative tests required, you will be notified no later than a week before the retreat begins.

In the case of an accident or incident, retreat participants will claim against their individual travel insurance and not The Retreat, The Good War LLC, Clayton Yoga LLC, or any of its hosts.

You participate in all classes, workshops, hikes, ceremonies, and activities at your own risk. You must employ your own judgment when participating in activities as to what is appropriate for your physical, mental, and spiritual stability.

Every participant must sign a copy of the participation and liability form before starting the retreat. Failure to do so breaks the contract between the proposed participant and the retreat.

**Photography:** the retreat and its hosts have the right to capture all special moments on the retreat. All photos and videos will be used for future promotion of the retreat. If you do not feel comfortable being in pictures or videos, we will respect your choice, please let us know beforehand.

**Phone use, content, and social media:** this is an investment in you. This is not the place to promote products or services to other participants. Phones during yoga practices and workshops is not allowed. Please respect the privacy of other participants and do not photograph or film unless given consent.

In case we have to cancel: if we must cancel the retreat for any reason beyond the aforementioned reasoning, we will let you know as soon as possible. You will receive a full refund minus the deposit. We are not accountable for your expenses incurred in preparation for the retreat such as loss of work, visa fees, airline tickets, transportation, etc.

**Services:** hosts of the retreat have the right to change the program or services offered in the brochure or website at any time due to extraordinary circumstances or external conditions.

**Cancellation due to retreat booking numbers:** we reserve the right to cancel any retreat prior to departure if there are too few people booked. You will no as soon as possible. You will not be entitled to compensation for injury, loss, expenses or damage, or for any loss of time or inconvenience which may result. We recommend that you purchase travel insurance. If this happens, you will receive a full refund beyond the deposit.

We reserve the right to remove a participant if behavior is disruptive with no refunds.

We reserve the right to hold the participant liable if the participant brings damage to the retreat center or any other participant's belongings etc.

We reserve the right to make changes to this policy at any time. The current policy always stands valid.

Thank you for respecting these conditions. Please reach out with any questions: [carley@theretreaybycarley.com](mailto:carley@theretreaybycarley.com)