

**Ready to Lead a Life-Changing Retreat
in Costa Rica?**



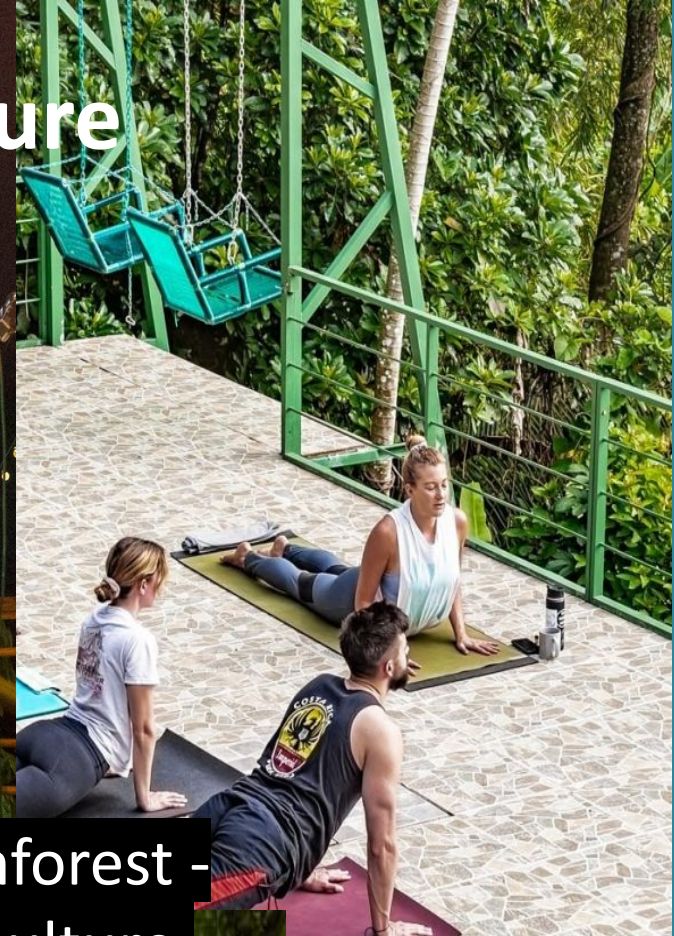
*A guide for results-driven retreat leaders,
coaches, and visionaries ready to elevate their
impact.*

*At Samasati, you'll host in a setting that
magnifies transformation—for your guests
and for yourself.*

Secluded. Peaceful. Connected. Magical.

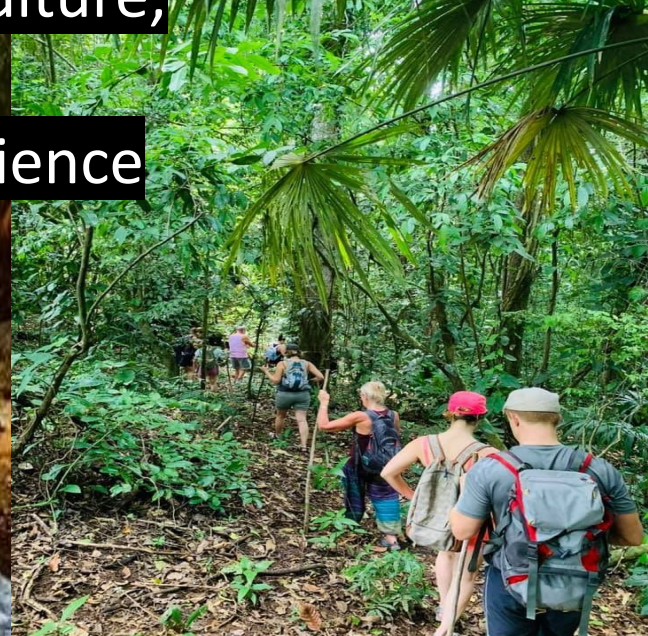
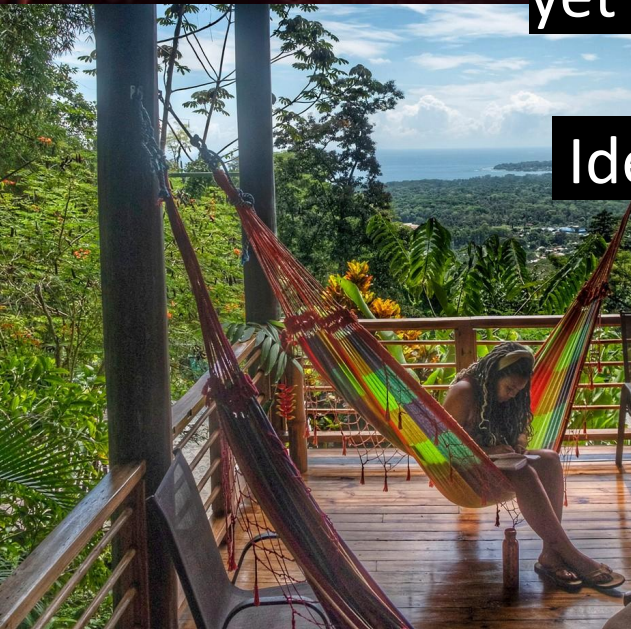


Nature, Culture & Adventure



Your guests bask in the heart of a Rainforest - yet minutes away from vibrant local culture, beaches & adventure.

Ideal blend for a well-rounded experience



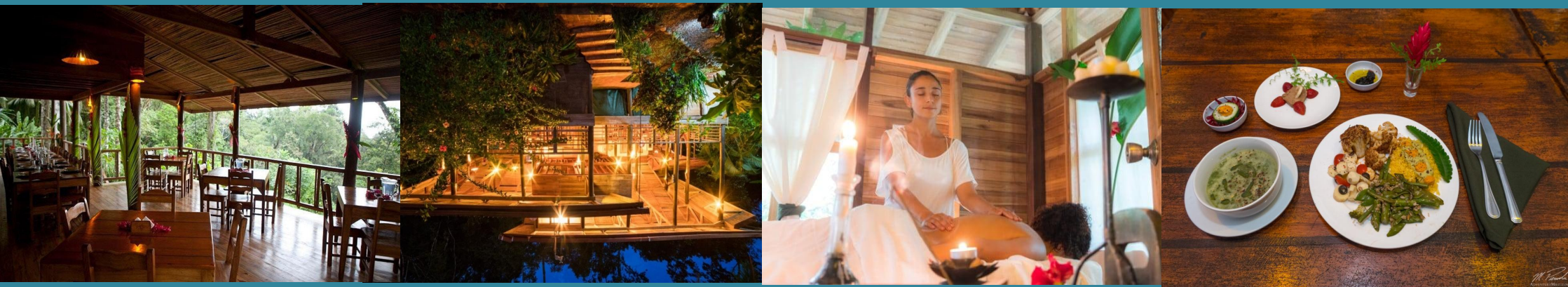
The Samasati Difference - Support & Healing in Nature

Concierge Support for Retreat Leaders

From inception to check-out, our team makes your vision effortless. Focus on guiding your guests while we help with logistics— planning, daily guest needs, transportation, tours, and special requests—so you can lead without distraction.

A Natural Healing Sanctuary

Immerse your guests in the restorative rainforest. Time in nature lowers stress, reduces blood pressure, and strengthens immunity. Every moment at Samasati becomes a chance to recharge, reconnect, and rejuvenate.



The Samasati Difference - Accommodations & Amenities

Accommodations & Facilities for Up to 36 Guests

Choose private or shared bungalows with terraces offering breathtaking forest and sea views. Amenities include a spa, pool, jacuzzi, three practice areas, and Wi-Fi in most spaces.

Secluded Yet Convenient


Complete privacy, just 20 minutes from Puerto Viejo. Guests can explore beaches, world-class surf, Caribbean culture, restaurants, and nightlife, then return to the tranquil embrace of the rainforest.

Authentic Caribbean & International Cuisine

Fresh, locally sourced, organic meals. Vegetarian by default, with chicken and fish upon request. We accommodate dietary needs—gluten-free, sugar-free, vegan—so everyone enjoys a nourishing experience.

Curate Unforgettable Experiences

Delight your guests with curated add-ons that elevate their retreat journey:

 **Community Impact:** Partnership with Peace Through Yoga Foundation supports local girls through the Girls For Success program

 **Adventure:** Snorkeling, ziplining, jungle hikes, and waterfall excursions

 **Culture:** BriBri tribal visits, local cooking classes, and artisan markets

 **Spiritual:** Guided cacao ceremonies and ecstatic dance experiences

 **Wellness:** Spa treatments by world-class practitioners in a jungle sanctuary

 **Celebration:** Caribbean dinner party with live calypso band — a guest favorite

Private Rainforest Bungalows for Connection & Comfort

11 Private Bungalows

Samasati offers private bungalows, each nestled in the rainforest with its own terrace, sitting area, bathroom, and garden. Spaced for serenity and privacy—perfect for leaders and guests seeking rest, reflection, or inspiration.



11 Private Bungalows - Detail

5 Bungalows with Loft– Sleeps 2 – 4 people

2 beds in a lower level and 1 in a private sleeping loft. All share 1 bath and living area and terrace downstairs.

4 Bungalows – 1 Large Bed / Platform Bed

Ideal for singles or couples.

Bi Level Bungalow – 4 queen beds

2 Bungalows with 2 beds each. These 2 bungalows are stacked on top of another and ideal for families or friends.



Hostel Rooms - 5 Rooms with 2 shared baths

Social Option for Solo Guests or Friends

The Guest House includes 5 adjoining private rooms with shared bathrooms and a terrace.

Choose between two single beds or one double bed.

Perfect for solo travelers looking to connect or groups of friends wanting a budget-friendly, community experience.



Spaces to Move, Meditate, and Gather



Main Hall: Up to 30 yogis or 40 chairs; perfect for large sessions or workshops



Studio: Up to 14 yogis; ideal for small groups and intimate sessions



Poolside Terrace: Outdoor option for 10–25 people—ideal for movement, dance, or breathwork in nature

Fuel for the Soul: Our Food Philosophy



🌿 Local, Fresh, and Nourishing

🥗 Served Buffet Style

Specific dietary requirements can be provided - Gluten free, vegan, dairy free, sugar free



Getting To Samasati



Small local plane
(Fly Sansa)



4 – 6 hour scenic drive with
local food along the way



Overnight Stay
In San Jose Area

By Air + Shuttle:

30-minute flight to Limón

Shuttle to Samasati: ~45 minutes | \$22 per person

Total time: ~1.5 hours from landing

By Shuttle or Taxi:

Scenic 4.5-hour drive from San José

Shuttle: \$65 per person | Private taxi: \$250 (up to 3 people)

Group of 6+? We'll help charter a cost-effective private shuttle.

Extra Options

MEPE Public Bus services

If you land too late to make the shuttle or the flight

Otherwise, you can stay overnight at our partner hotel:

Adventure Inn

They will give you a discount with the code **SAMASATI**

www.flysansa.com

www.caribeshuttle.com

www.adventure-inn.com

Retreat Pricing That Scales With You

Fall 2025 & Spring 2026

Option 1: Shared Retreat Center (Non-Exclusive)

\$147/night per guest (8 guest minimum) + + 13% Tax
Center is open to other guests

Option 2: Private Retreat Center (Exclusive Use)

\$2,700/night for up to 15 guests + 13% Tax
\$140/night per extra guest + 13% Tax
3-night minimum
Full property access for your group only

All packages include:

- ✓ Lodging in bungalows or shared rooms
- ✓ 3 fresh, vegetarian buffet meals daily (meat available ala carte)
- ✓ Access to yoga shalas, pool, hot tub, jungle trails
- ✓ Wi-Fi in key areas & most lodging, coffee, tea, fruit, and concierge service
- ✓ 2 round-trip group transfers to Puerto Viejo (for 6-night retreats)

What to know

Samasati is tucked into the Costa Rican rainforest—remote, lush, and alive with nature. To make the most of your retreat, here's how to pack, plan, and prepare with ease



Pack for Possibility: The Rainforest is Alive

Samasati is more than a place—it's a living, breathing rainforest. Here's how to prepare for all it offers:

🧘 Ideal for: yoga, hiking, journaling, reading, dreaming

☀️ Expect: cool nights, warm beach days, occasional rain

🎒 Pack for:

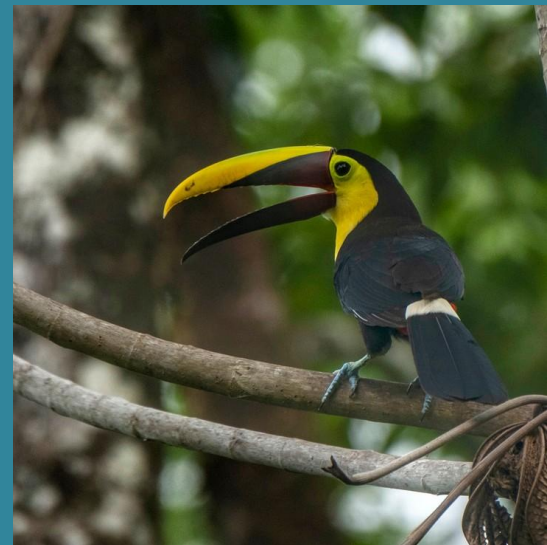
Yoga: leggings, layers, water bottle, journal

Beach: bathing suit(s), hat, cover-up, sunscreen

Hikes: sturdy shoes, bug repellent, backpack

Rain: poncho or jacket, waterproof bags

Evenings: long sleeves, socks, flashlight



Living in Harmony with the Jungle

Expect to encounter howler monkeys, toucans, sloths—and the sounds of a rainforest symphony. While nature is vibrant, we've taken steps to help you coexist comfortably:

- 🏠 Daily room treatment with essential oils
- 🌿 Yellow lighting to deter bugs
- 🌀 Fans & screens provided; nets available on request
- 🦟 Bring natural repellent with citronella or lemongrass

You may also hear the nearby town of Hone Creek—Zumba music, soccer practice, or the hum of local life. It's part of the magic. The town also provides essentials:

Emergency clinic, pharmacy, dentist, markets are nearby



Caring for Yourself and the Land

About Your Belongings:

The rainforest is humid. Avoid bringing delicate fabrics or leather.

Limit electronics; moisture can be damaging

💧 About Water:

Samasati water is from the mountain and catchment-based and sacred

Bring a reusable water bottle

Safe filtered drinking water is available throughout the property

🥗 About Food:

All meals are vegetarian by default

Chicken and fish available for an added cost

We accommodate most dietary needs—just let us know in advance



What to Expect on the Mountain

🌅 Samasati sits atop a lush mountain ridge—just 5–10 minutes from our gate, but a world away from distractions

🚗 The road is rugged—but the view is worth every bump

🌊 The beach is only 20 minutes away

Important Tips:

🔦 A flashlight is essential—it gets dark early in the jungle

💡 Power outages happen; rooms have safety lighting

🕯️ Meals, yoga, and events continue by candlelight when needed

📶 Fiber-optic internet available in the restaurant & half the property

👁️ Bring binoculars—wildlife is everywhere!



Your Essential Retreat Packing List

Water-resistant Day Bag – For your flashlight, water, camera, phone

🧺 2+ Bathing Suits – One will always be drying

🧺 Waterproof Bags & Ziplocks – For all clothes & electronics

👟 Hiking Shoes + Extra Socks – Trails are gorgeous but can be slick

☁️ Rain Gear – It's the rainforest. Expect rain.

💧 Reusable Water Bottle – Clean, filtered water is always available

👣 Sandals for the Beach – Flip-flops OK, or hiking sandals

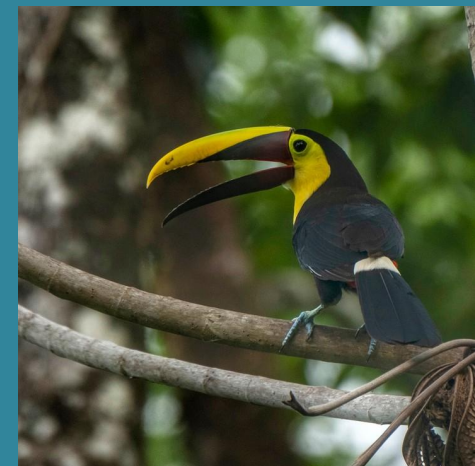
🦟 Natural Bug Repellent – Citronella, peppermint, lavender

🧦 Cozy Clothes for Cool Nights – Long sleeves, soft pants, socks

📖 Journal, Sketchpad, Books – Bring your tools in ziplocks

🔦 Flashlight – Smartphone is OK, but a real one is better

☀️ Reef-Safe Sunscreen – Protect yourself and the ocean



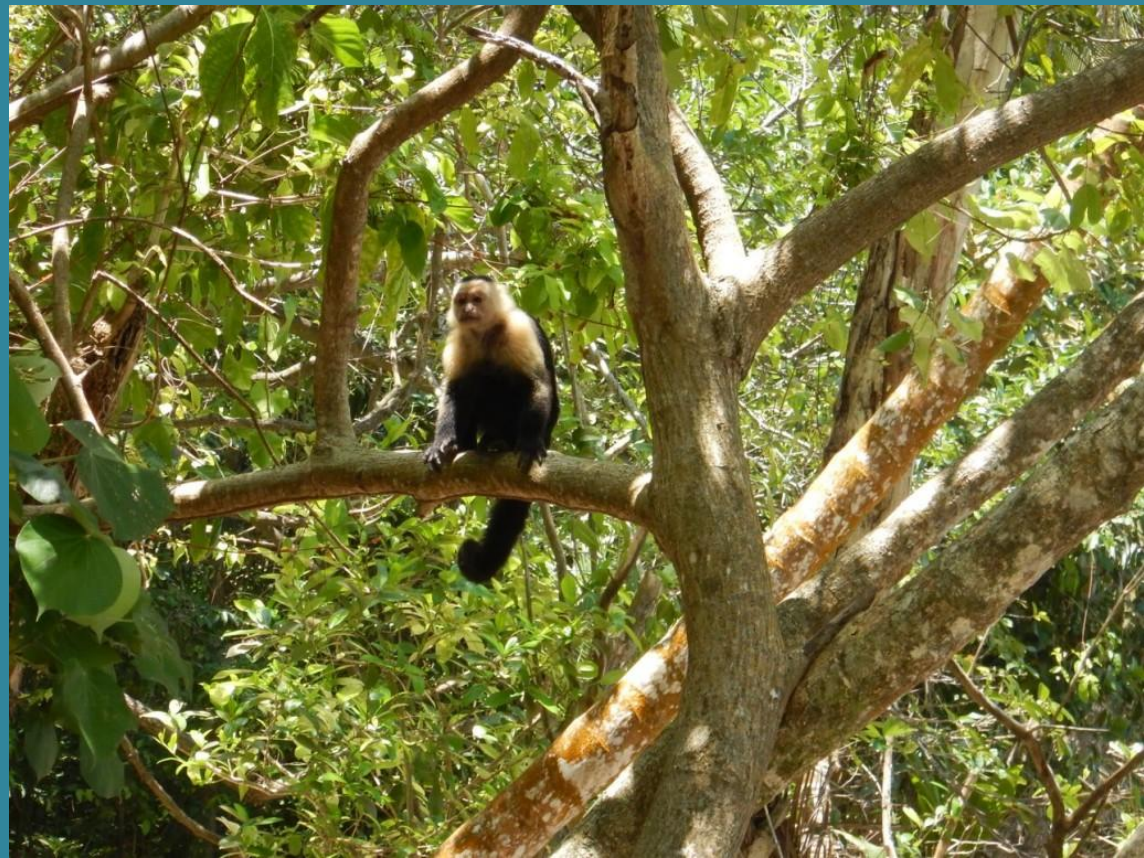
Extras to Elevate Your Experience

🧘 Yoga Clothing: Bring multiple sets for sweat + serenity

🧴 Biodegradable Toiletries: Shampoo provided; bring toothpaste, deodorant, sunblock, etc.

💰 Cash: Local currency is Colones; small USD bills accepted

👗 Town Clothing: Puerto Viejo is laid-back. Light, casual beachwear is perfect



Contact & Address

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