

YOGA AND HOLISTIC WELLNESS RETREAT

Jill Pierce with Casas Kismet
Nosara, Guanacaste, Costa Rica
April 20th-27th, 2024



Slow down, surrender, restore...These are my hopes for those joining me in Nosara, Costa Rica. In the throes of life, we are called to introspection, to feel the barrenness of our nature, to tap into our inner light and warmth, and to truly rest and nourish ourselves. I invite you to join me for a week of exploration of self and soul at Casas Kismet, to set intentions for the year ahead and to nourish your body, mind, and spirit. We will slowly and intentionally navigate the nuances of the human experience through breath, movement, and stillness. While some yoga and meditation experience is encouraged, all are welcome.

SCHEDULE

Saturday

- 4:00-5:00 pm Check-in
- 6:00-7:00 pm Meditation + Welcome

Sunday-Thursday*

- 7:30-8:45 am Morning Yoga
- 9:00-10:00 am Breakfast
- 1:00-2:00 pm Lunch
- 4:30-6:00 pm Restorative yoga/wellness session
- 6:30-7:30 pm Dinner

*No Wednesday evening session

Friday

- 7:30-8:45 am Morning Yoga
- 9:00-10:00 am Breakfast
- 1:00-2:00 pm Lunch
- 5:00-7:00 pm Group outing for dinner
- 7:30-9:00 pm Restorative yoga/wellness session and reflections on the week

Saturday

- 7:30-9:00 am Final morning yoga session, Farewell

All sessions are suggested, but nothing is required. You're encouraged to honor your individual needs and modify as needed.

PRICING

\$2,495-\$3,395 (see room options below)

\$500 non-refundable deposit to reserve your spot

Reserve by January 8th, 2024 | jpierce865@gmail.com

What's included?

- 7 nights accommodation
- 3 local and organic meals daily with the exception of one off site dinner
- Two yoga sessions daily along with myofascial release, meditation, and journaling
- One 20-30 minute craniosacral and tuning fork session
- Ample time to explore or rest
- A week nestled in one of the five Blue Zones of the world
- On site pool and gym
- Wi-fi access

What's not included?

- Airfare to Liberia airport
- Transportation to/from airport
- Excursions
- Off site dinner
- Gratuity (10 % is customary)
- Alcohol or specialty beverages
- Traveler's insurance

ROOM OPTIONS

Karma Penthouse Single Full, Jungle View

- Private top-floor suite with a Full-size bed and jungle view
- Shared living space, bathroom, and kitchen
- Restroom is shared with the Single Queen Ocean view suite
- Includes a large patio

Early bird: \$\$2895 (single)

\$3095, single occupancy

Karma Penthouse Single Queen, Ocean View

- Private top-floor suite with a Queen Bed and view of the ocean
- Shared living space, bathroom, and kitchen
- The restroom is shared with the Jungle View suite
- Includes a large patio

Early bird: \$3095 (single), \$2795 (double)

\$3295, single occupancy

\$2995, double occupancy

Karma Penthouse Single King, Ocean View

- Private, top-floor suite with a King Bed (can be split into twin beds)
- Ocean view
- Shared living space and kitchen
- Private bathroom
- Large patio
- Ideal for couples or friends traveling together

Early bird: \$3195 (single), \$2895 (double)

\$3395, single occupancy

\$3095, double occupancy

Dharma Penthouse 1, King, Jungle View

- Private suite with King Bed (can be split into twin beds)
- Top-floor suite above the yoga studio with a view of the jungle
- Private bathroom
- Shared living space and kitchen
- Outdoor patio
- Ideal for couples or friends traveling together

Early bird: \$3195 (single), \$2895 (double)

\$3395, single occupancy

\$3095, double occupancy

Dharma Penthouse 2, King, Ocean View

- Private suite with King Bed (can be turned into two twins if preferred)
- Top-floor suite above the yoga studio with ocean view
- Private bathroom
- Shared living space and kitchen
- Private patio
- Ideal for couples or friends traveling together

Early bird: \$3195 (single), \$2895 (double)

\$3395, single occupancy

\$3095, double occupancy

Dharma Double Queen, Jungle/Pool View

- 2 Queen Beds in a shared room
- View overlooking the pool and jungle
- Private Bathroom

Early bird: \$2695 (double)

\$2895, double occupancy

Karma Shared Suite 2 (Co-ed)

- Studio-style suite with 2 king beds or 4 twin beds overlooking the pool
- Shared restroom and small kitchen area
- Outdoor patio
- Co-ed shared suite

Early bird: \$2595 (king), \$2495 (twin)
\$2795, single or double occupancy (king bed)
\$2695 (twin bed)

Karma Shared Suite 1 (Female Only)

- Studio-style suite with 2 king beds or 4 twin beds overlooking the pool
- Shared restroom and small kitchen
- Outdoor patio
- Female only

Early bird: \$2595 (king), \$2395 (twin)
\$2795, single or double occupancy (king bed)
\$2595, single occupancy (twin bed)

Dharma Shared Deluxe Suite (Female Only)

- Studio-style room with 3 king beds or 6 twin beds
- Shared restroom living space, a full kitchen, and restroom
- Front door opens to the open-air yoga studio
- Female only

Early bird: \$2495 (king), \$2295 (twin)
\$2695, single or double occupancy (king)
\$2495, single occupancy (twin)

*All units have AC/fans/bathroom(s)/kitchenette

For more information about Casas Kismet:

<https://www.casaskismet.com/>

For more information about Jill:

<https://ainsleyjillian.com/>

