



SAVOR & THRIVE RETREAT

Journey at a Glance

DAY 1 *Arrival & Welcome*

Settle in, slow down, and connect with your surroundings — pura vida from the moment you arrive.

DAY 2 *Awaken with Intention*

Learn how to create sustainable energy through food and mindfulness. Create energizing breakfasts + morning rituals you can take home.

DAY 3 *Nourish & Indulge*

Delight in nourishing snacks and sweets that keep your energy flowing and your spirit happy.

DAY 4 *Flavor & Flow*

Connect with the land and simplify cooking; learn to eat with the seasons and adapt to what you have.

DAY 5 *Savor & Thrive*

Bring it all together: craft your own wellness roadmap and take home tools to thrive every day.

DAY 6 *Reflection & Departure*

Leave renewed, energized, and equipped to Savor and Thrive every day.

Giving Back & Going Local

At Savor & Thrive, we celebrate Costa Rica and its people. We use local labor whenever possible, source fresh, seasonal ingredients, and partner with farmers, artisans, and guides to support the local economy. Every experience is designed to nourish you while giving back — helping the community, honoring the land, and leaving a positive footprint.



Savor & Thrive Retreat

Nosara, Costa Rica | November 6–11, 2025

DAY 1: ARRIVAL & WELCOME	DAY 2: AWAKEN WITH INTENTION	DAY 3: NOURISH & INDULGE
• 2:00–5:00 PM Check-In & Fresh Welcome Juice • 5:30 PM Opening Circle: sunset yoga & setting intentions • 7:00 PM Welcome Dinner at Villa	• 7:30 AM Yoga & breakfast on the terrace • 10:00–1:00 Nutrition workshop & lunch • 1:00–5:00 PM Free Time (beach, relax at villa, massage, etc.) • 5:30 PM Sunset breathwork • 6:30 PM Dinner at Villa	• 7:30 AM Yoga & breakfast on the terrace • 10:00–1:00 Nutrition workshop & lunch • 1:00–5:00 PM Free Time • 5:00 PM Sunset breathwork on the beach • 6:30 PM Dinner at Villa • 8:00 pm Evening Cacao ceremony
DAY 4: FLAVOR & FLOW	DAY 5: SAVOR & THRIVE	DAY 6: REFLECTION & DEPARTURE
• 7:00 AM Breakfast on the Terrace • 8:00 AM–1:00 PM Farm Excursion — harvest ingredients, cook with local farmers, slow shared lunch • Afternoon Free • 5:00 PM Sunset Sound Bath & Gentle Stretch at Villa • 6:30 PM Dinner	• 7:30 AM Yoga & breakfast on the terrace • 9:30 AM–11:30 AM Integration Workshop at Beach: Identify and reflect on your “anchor rituals” • 12:30 PM Group Lunch in Town • Afternoon Free (optional health coaching/reflection sessions) • 5 PM Final Cooking Workshop: Prepare Sunset Celebration Dinner at Villa	• 8:00 AM Gentle Morning Stretch & Closing Breakfast • 9:00–11:00 AM Departures • Leave with the Savor & Thrive Cookbook + Skills eBook featuring all recipes, food rituals, and practical tools

IMPORTANT NOTE ON FLEXIBILITY

In true Costa Rican spirit, our menus and schedule move with the rhythms of nature—think surprise tropical fruits at breakfast, sunset oceanfront yoga, or an impromptu movement class—each shift designed to keep your retreat spacious, restorative, and uniquely yours.

