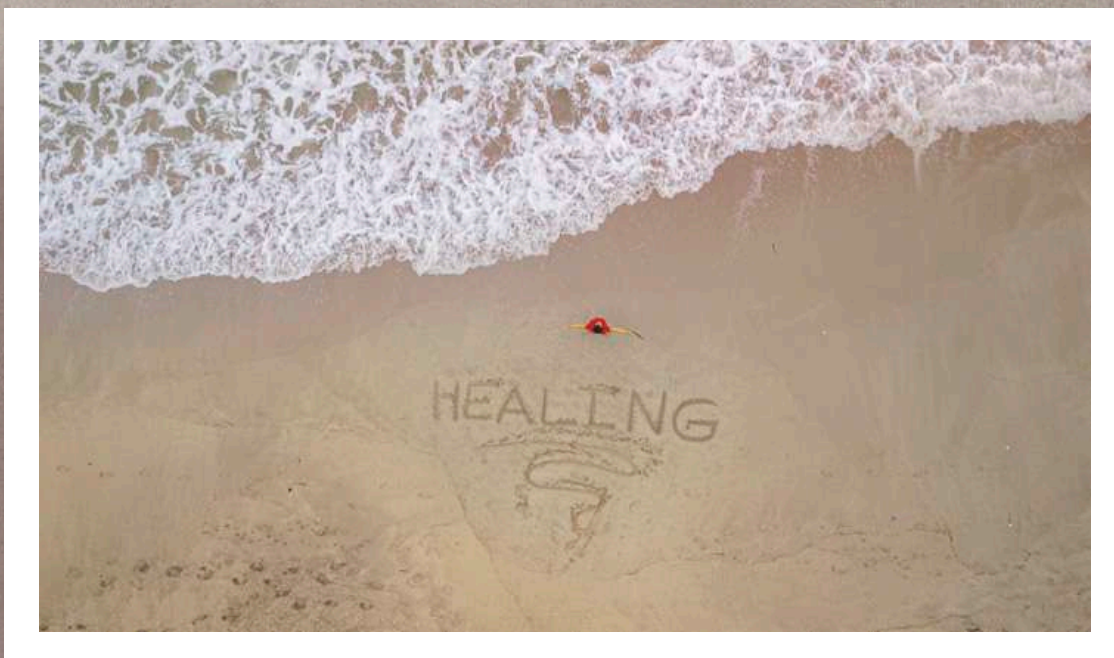


The Transcendental Wellness Experience at Hotel Nantipa

A Blissful Beach Healing Approach

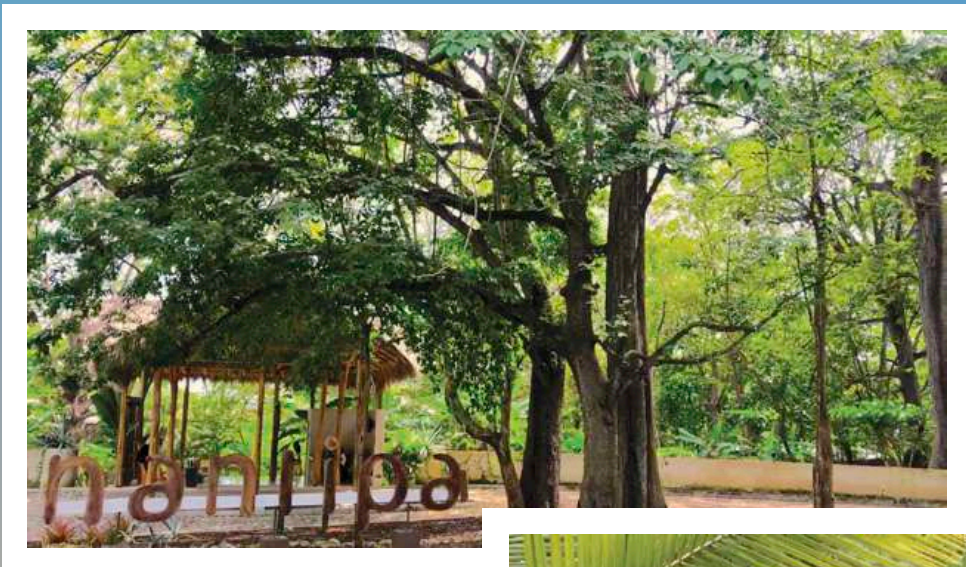


Escape to an exclusive and enchanting oasis to find peace in paradise and also within yourself. Let the load of everyday life lighten as you delve into a distinct wellness experience designed to help you rediscover the strength and resilience that resides within you. Through a balance between stillness and mindful movement, this holistic healing experience will help you navigate mind, body and soul to gain a deeper understanding of self-care in order to achieve ultimate wellbeing. Peel back the layers of the self to cleanse, energize and transcend to a more radiant realm of being with the care and guidance of a personal wellness practitioner dedicated to your unique experience. Learn to honor the present moment and ignite the light within to achieve health and harmony in this holistic healing experience at Hotel Nantipa, located on Playa Santa Teresa in the remarkable Nicoya Peninsula region of Costa Rica.



Day 1 – A warm welcome to an enchanting oasis by the sea

To travel to Hotel Nantipa is to embark on a beautiful adventure in and of itself. From your origin, first fly to the San Juan Santamaría International Airport (SJO) near San Jose, the capital city of Costa Rica. Next, catch a brief but scenic domestic flight to Tambor Airport. In flight, enjoy an incredible bird's eye view of the Golfo de Nicoya, a stunning inlet of the Pacific Ocean that separates the Nicoya Peninsula from mountainous mainland Costa Rica. Upon arriving to Tambor, a professional driver will greet and escort you to Hotel Nantipa “con mucho gusto” (Spanish for “with much pleasure”). In this part of the country, roads are commonly unpaved and while the route may be bumpy, it will be worthwhile. Sit back and enjoy the short ride along the curving coastline and through lush tropical landscape to your destination. (The drive typically takes about 45 minutes.)



Hotel Nantipa is a boutique luxury hotel tucked away in the tranquil beach town of Santa Teresa – a perfect destination for those looking to wander off the beaten path, retreat and find serenity without being in total isolation. This laid-back locale is famous for world-class surf, excellent yoga, pristine beaches and sensational sunsets. Hotel Nantipa is nestled in the heart of this endearing town and is one of very few hotels blessed with premium beachfront real estate. Nantipa means “blue” in the language of the local Chorotegan indigenous tribe and with just one glance at the property’s panoramic views of the vast and vibrant ocean, the inspiration for its name is immediately apparent.



Hotel Nantipa's 18 stand-alone luxury suites are scattered throughout the property's abundant tropical gardens, enhancing an atmosphere of exclusivity. Each abode features the upmost in comfort and offers sanctuary just steps away from the soft white sand shores of Playa Santa Teresa. This is the epitome of barefoot luxury.

Upon arrival, settle in to your private villa and take time to unravel from your travels. Just before sunset, find your way to the beach and get acquainted with your personal wellness practitioner. Together, you'll set the tone for your stay and discuss any desired intentions for your unique wellness experience. Take this time to establish the purpose of your journey and embody a mindset of manifesting what wellbeing truly means to you. Turn inward to tread onto a nurturing path of self-exploration and self-care.



Afterward, indulge in a three-course meal at Manzú Restaurant, an intimate beachfront setting with a relaxed ambiance kissed by the salty sea breeze. The menu offers international cuisine with authentic Costa Rican flare featuring fresh local ingredients and signature cocktails showcasing tropical fruits and local liquors.

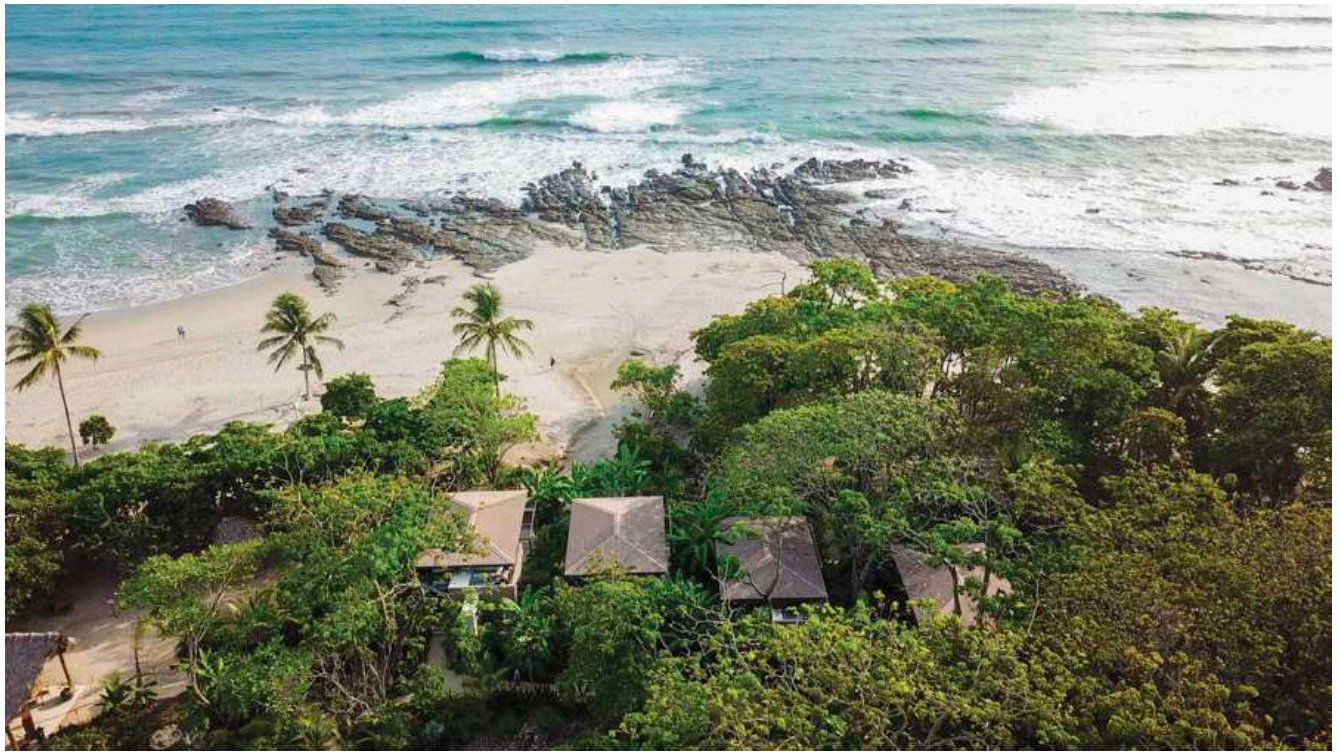


After a nourishing meal, wander back to your suite and sink into the soft sheets of your plush bed. Let the whispers of the waves in the distance lull you to sleep and enjoy a peaceful night of rest before your wellness experience truly begins the next morning.



Day 2 - The journey begins with an open mind & heart

Rise with the sun as it ascends over the rolling hills to the east and illuminates the outstretched leaves of the treetops below. Awaken to the sounds of howler monkeys calling out from the depths of the jungle as you gently stir to life. Perhaps enjoy a cup of Costa Rican coffee and then make your way to the beach where your wellness practitioner will guide you through an active meditation exercise along the coast.





This meditation-in-motion is designed to open the mind and heart to align with the intentions set forth for your unique wellness experience. This practice also aims to encourage living in the present moment and tapping into the power of mindfulness. With each step into the soft sand, allow the body to calm and the mind to still. Observe the ebbs and flows of the rolling waves and breathe in the fresh ocean air to soothe the soul. Feel the grains of sand between your toes and embrace the beauty of your surroundings. Notice the balance between the simplicity and profoundness of nature. Begin to disconnect from the distractions of daily life and let thoughts and worries slip away for the time being. You are exactly where you are meant to be at this very moment.





Upon returning to Nantipa, begin your first private yoga session. Regardless of your fitness level or experience, the expertise and one-on-one guidance of your practitioner will ensure this is a personalized practice just for you. With careful attention to alignment and posture, gently activate and lengthen the muscles and link movement with breath as you become more in tune with the mind-body connection.



Afterwards, enjoy a refreshing breakfast before spending the remainder of the morning and afternoon as you wish.





Bask in the sun on the beach, take a dip in the large outdoor pool, lounge in the shade of a tree by the shore or wade in the warm waters of the Pacific Ocean. Pause to nosh on a nutritious snack or light lunch at your leisure.





In the early evening, reunite with your wellness practitioner for a restorative yoga session intended to soften and ease the body into a more relaxed state. Slow down, unwind and release through passive stretches and supported postures. As you settle into in each shape, dive deeper into the layers of yourself. This calming practice is an effective counterpart to more active forms of exercise and is beneficial to body, mind and soul.





Following this therapeutic exercise, engage in your first life coaching session. Together, you and your practitioner will work to uncover any challenges or obstacles that might be preventing you from living a peaceful and fulfilling life. Begin to envision choices and actions that will lead you toward healing and achieving greater balance, happiness and wellbeing. Explore ideas, adaptations and opportunities to live a life of purpose and passion. As this insightful session concludes, perhaps take a moment alone to journal about your findings, thoughts and feelings.



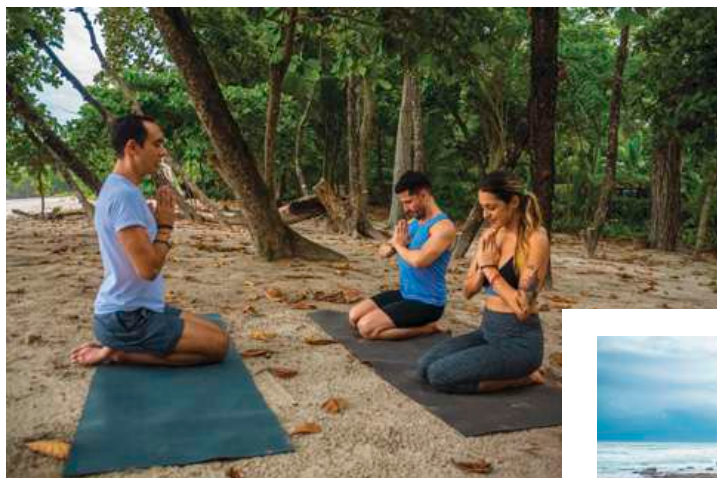
When you're ready to replenish, savor a delicious dinner. Afterward, if it calls to you, take a seaside stroll underneath a sky full of stars before you retreat to your villa to rest for the night.

Day 3 - Dive deeper into mind, body & soul

"Your breath is one of your most powerful healing resources. For instance, deep, slow, and rhythmic whole-body breathing can reduce anxiety, fear, pain, and depression, activate your immune system, increase your ability to concentrate, and release healing and "feel good" hormones, such as serotonin and oxytocin. Deep breathing does this by activating your parasympathetic nervous system and a rest-renew-heal response, ultimately helping you feel relaxed, in control of your experience, and connect with yourself and the world - Yoga Journal"



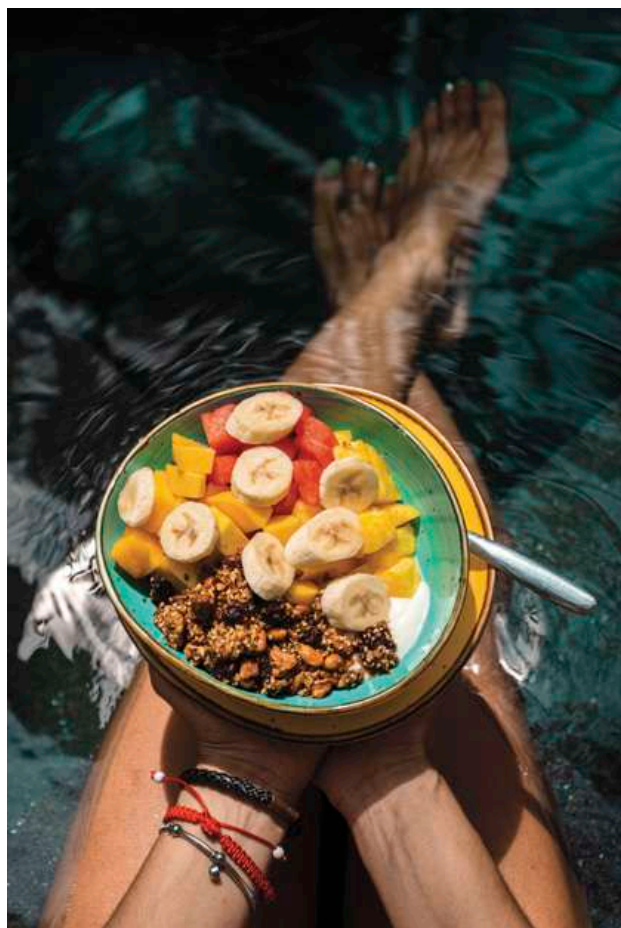
Begin the morning discovering the power of breath and energy through a session of Kriya Yoga, which utilizes meditation and pranayama (yogic breathwork) to cleanse the body and optimize the flow of energy within and through it. With the careful guidance of your wellness practitioner, explore this gentle yet powerful practice and learn about its roots, techniques and benefits.



Next, enjoy a private exercise session of your choice depending on your energy level, mood and preference. Build upon your prior yoga session with more mindful movement, increase stamina through a cardiovascular workout such as a jog on the beach, or develop strength through weight training exercises.



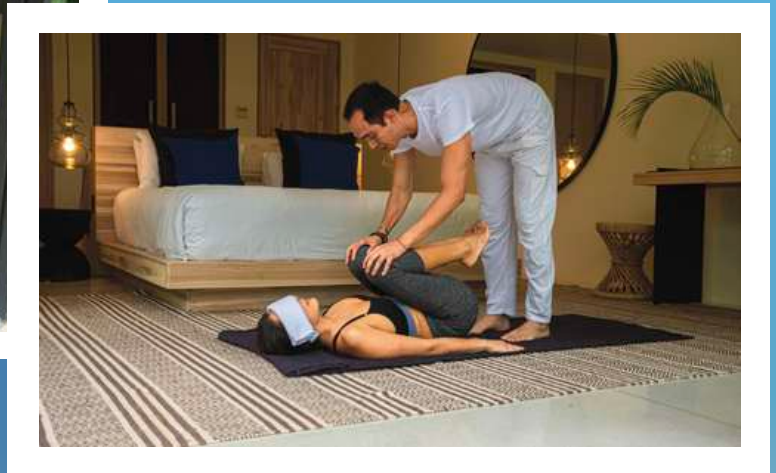
Enjoy a wholesome breakfast and then take time to rest
and restore for the remainder of the morning.



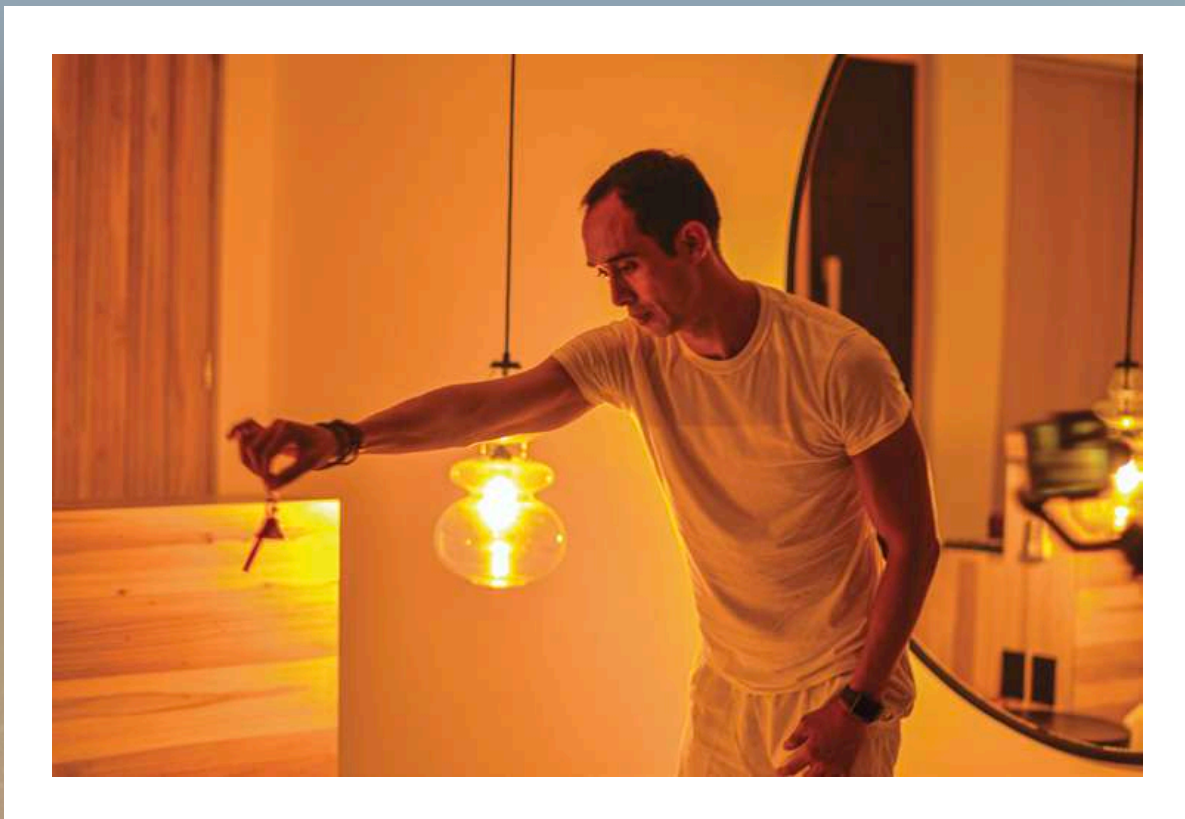
After lunch, enjoy an active adventure of your liking. Options may include horseback riding, hiking and surfing lessons – all guided by bilingual local experts. Take the opportunity to become familiar with the beautiful culture and environment that makes the Nicoya Peninsula stand apart from other regions of Costa Rica. Venture into the primary forest, stroll along rivers, explore mangroves and nearby beaches to connect with nature and learn the local way of life.



Upon returning to Nantipa at dusk, reunite with your wellness practitioner to engage in an ayurvedic marma point therapy session. This effective form of massage is an ancient energy healing practice that formed the foundations of more modern therapies such as acupuncture, acupressure and reflexology.



Marma point therapy is believed to cleanse and enhance the biochemistry within the body for overall health. This special session will close with a guided meditation to seal in the benefits and sensations of a memorable and meaningful day.



Relish in another gourmet meal in the moonlight and then drift away to dreamland in the comfort of your beachside bungalow.



Day 4 – Awaken & Empower

Flow into your final full day with another amazing one-on-one yoga session under the shade and shelter of the trees that line the waterfront. Develop a deeper understanding of your body, its capabilities and limits. Work to optimize mobility with a combination of exercises that promote strength and flexibility. Learn techniques and methods for maintaining your body in a sustainable way that will allow you to achieve lifelong wellbeing.



If you're feeling energetic after your early morning yoga practice, perhaps continue with a personal training session that takes you off the mat. Or, simply enjoy a sensational breakfast and then take full advantage of free time before regrouping with your wellness practitioner for an unforgettable evening.





As the sun descends across the glistening ocean to meet the horizon, join your wellness practitioner for a final life coaching session in the privacy of your villa. Reflect upon the realizations that were brought to life in your prior coaching session and shed light on any new insights, ideas or inspiration that may have emerged throughout your wellness experience.



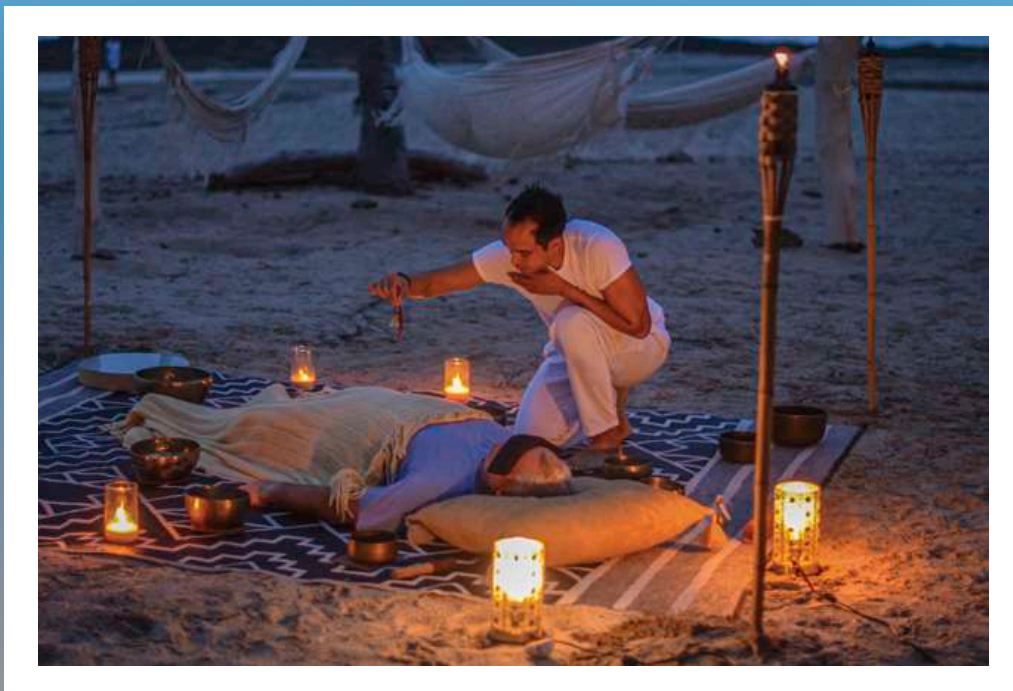
Identify and ignite the power within you to transform your mind and body and transcend to a state of heightened awareness, mindfulness and wellbeing. To let go of what weighs you down and release what no longer serves. To embrace the present moment and seek out positive energy to light your path toward a brighter future.

"Awakening is not changing who you are, but discarding who you are not."

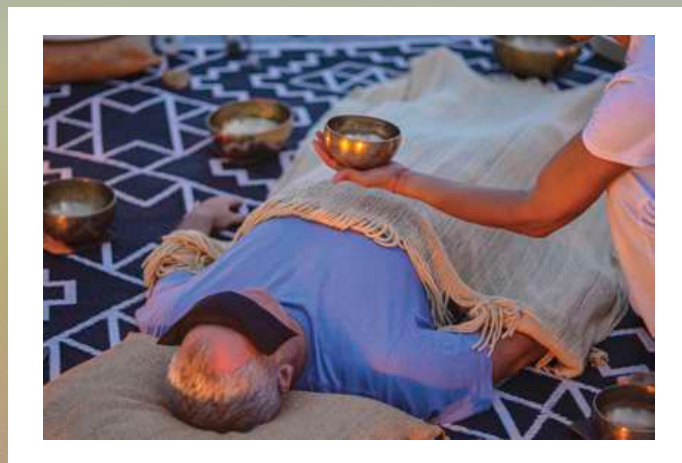
~ Deepak Chopra

To honor your journey of healing and wholeness in the most magical way, your one-of-a-kind wellness experience will come to an extraordinary end with a blissful sound bath on the beach. Settle into a dreamy oceanside scene illuminated in candlelight. Lie upon a cozy cushion and get comfortable as your practitioner creates an immersive experience like no other.

Let the soft sounds of the ocean cradle you while the soothing vibrations of cuencos Tibetanos (Spanish for “Tibetan bowls”), chimes and gongs permeate you in this healing sound therapy session. Cherish in the serenity of this precious moment in time. Reflect upon the rewarding experience you have gifted to yourself – the chance to come home to yourself.



Slowly rise from your resting place and part with your wellness practitioner who has gently guided you through self-exploration, self-care and self-love with dedication and devotion.



Indulge in a decadent dinner before sliding into the folds of your bed and falling away to slumber.

Day 5 - Let the light within shine bright

As you awaken on your final morning in the comfort of your luxury bungalow, we hope you do so with a renewed sense of peace and appreciation for your unique wholeness. We hope you hold on tightly to the memories made and the lessons learned so that you can return to this state of calm and gratitude throughout your life. We hope you remember to turn inward to rest your body, quiet your mind and tap into your inner strength in order to heal and thrive



What's included in this wellness experience?

- Meet and greet at the SJO International Airport
- Round trip local flights between SJO and Tambor Airport
- Private round trip transfers between Tambor Airport and Hotel Nantipa
- 4 nights / 5 days of elegant beachfront accommodations
- Welcome cocktail
- 3 nourishing gourmet meals per day
- A professional holistic wellness practitioner dedicated to your unique wellness journey
- 1 guided active meditation on the beach
- 2 private yoga sessions
- 1 private Kriya yoga pranayama session
- 1 private restorative yoga therapy session
- 2 life coaching sessions
- 1 Ayurvedic marma point therapy session
- 1 healing sound therapy session on the beach
- 1 active outdoor adventure/tour (choose from options provided)
- 2 private personal training sessions (optional)



Alcohol drinks and gratuities are not included. Price for two people is based on double occupancy. All Government taxes are included.

Type of room	Jan 6 – Apr 3, 2020 Jun 29 – Sep 7, 2020	Dec 20, 2019 – Jan 5, Apr 4 – 12, 2020	Apr 13 – Jun 28, Sep 8 – Nov 20, 2020
Nankú Suite	One person \$7,198 Two people \$8,756	One person \$7,520 Two people \$9,078	One person \$6,780 Two people \$8,338
Ninta Pool View Bungalow	One person \$7,520 Two People \$9,077	One person \$8,017 Two People \$9,576	One person \$6,960 Two People \$8,518
Ninta Beach Front Bungalow	One person \$7,752 Two people \$9,311	One person \$8,280 Two people \$9,839	One person \$7,224 Two people \$8,782

To book this Itinerary please contact our Wellness Travel Consultant: Isaac Garcia.
Direct USA Line Toll Free **1-844-628-4982** or **info@wellnesscostaricacr.com**
www.wellnesscostaricacr.com