

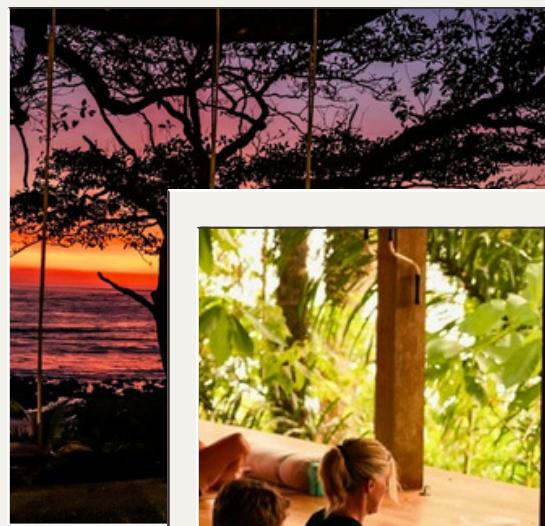
# FIND YOUR CENTER IN A COSTA RICA ADVENTURE

info packet

WOMEN'S  
YOGA &  
ADVENTURE  
RETREAT

AUG 30- SEPT 5, 2026

Guanacaste,  
Costa Rica



# HELLO, I'M SO HAPPY YOU'RE HERE!



Jordan Norman, the founder of Ivy Wild Wellness and Host of many yoga retreats, is a devoted yoga teacher and holistic guide who creates intentional spaces for deep healing, self-discovery, and embodied presence. Jordan weaves together gentle yet powerful practices that invite women to reconnect with their inner wisdom.

Ivy Wild Wellness was founded on the belief that healing is a wild, sacred, and deeply personal journey. Rooted in the rhythms of nature and the wisdom of the body, Jordan Norman created Ivy Wild for those seeking holistic alignment—mentally, physically, emotionally, and spiritually.

Through yoga, mindfulness retreats, sound healing, Reiki, and feminine-centered wellness education, Ivy Wild Wellness empowers women to reconnect with their inner truth, reclaim their health, and live with intention and connection.

Step away from the noise and pace of daily life — into days where your only job is to slow down, feel your feet on the earth, and let the rhythm of the ocean bring you back to yourself.

This is what awaits you on the beaches of Costa Rica: golden sunrises, warm sea breezes, morning movement overlooking the water, incredible meals, and long stretches of time to rest, explore, and actually be present.

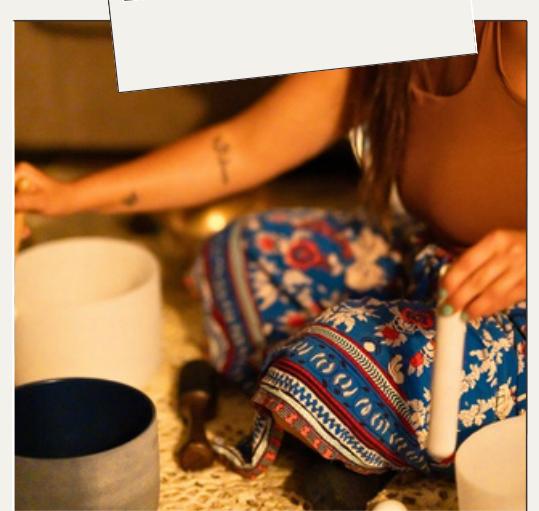
This experience is more than a getaway — it's a return to what feels real. Through daily yoga, coastal adventures, cultural immersion, and easy connection, you'll come home to your body, your clarity, and the version of you that feels most alive.

If you've been craving a reset — time to recharge, reconnect, and remember how good life can feel — this week was created for you.

We would be honored to welcome you to the sand, the sea, and the slower rhythm of Costa Rica.

Will you come with us?  
With love and presence,

*Jordan*



## MEET YOUR HOST

### Jordan Norman

Yoga Teacher | Retreat Leader | Wellness Guide

[www.ivywildwellness.com](http://www.ivywildwellness.com)  
IG: @adventuresofjordannorman  
@ivywildwomen

Hi, I'm Jordan, and I'm so honored to be your host for this retreat! My journey into wellness began when yoga first captured my heart. Through deepening my practice and completing my 500-hour yoga teacher training, I discovered how powerful it is to come back to the body — to breathe, move, and feel like yourself again.

I've had the joy of hosting retreats before, including Breathe & Breeze, and watching women arrive overwhelmed and leave feeling lighter, clearer, and more alive is something I'll never get used to. It's truly my favorite kind of work.

Along the way, I expanded into Reiki, massage, sound healing, and fertility awareness education — all tools that support women in reconnecting with their bodies, honoring their rhythms, and trusting their inner wisdom.

And now, I primarily live in Costa Rica, which makes this retreat even more special. I can't wait to share this country with you — the people, the culture, the nature, the slower pace, and the kind of beauty that brings you back to what matters.

I'm so excited to welcome you into this experience. It's going to be a week of adventure, presence, and genuine connection — and I'm so grateful you're here.



## MEET YOUR FACILITATOR

### **Mariam Soto**

Dance Facilitator | Cacao Enthusiast | Energy Worker

Mariam is a Costa Rica native, ecstatic movement facilitator, and certified practitioner in the Science of Dance — a woman who brings rhythm, culture, and grounded presence into every space she leads.

She makes cacao from scratch, honoring the full process with care and tradition, and shares it in a way that feels warm, accessible, and deeply connected to place. Her cacao gatherings invite you to soften, connect, and drop back into your heart — without pressure or performance.

Mariam's movement experiences are a highlight of the retreat: playful, freeing, and surprisingly powerful. With her guidance, dance becomes a way to reconnect with yourself, shake off what you've been carrying, and feel fully alive in your body again.

Rooted in the land that raised her and inspired by the ocean's rhythm, Mariam brings real warmth and authenticity to everything she does. She'll help you experience Costa Rica not just as a destination — but as a feeling you get to carry home with you.

IG: [@sotomariam](https://www.instagram.com/sotomariam)

# RETREAT OVERVIEW

Dates: August 30- September 5, 2026

Location: The Bohemian Lagarto, Nosara, Costa Rica

Duration: 6 Nights, 7 Days

Group Size: Up to 12 participants, 1 host & 1 additional facilitator

Escape the hustle and reset by the sea with our Costa Rica Beachside Adventure + Yoga Retreat, created for women who want a real break – without needing to plan a thing. Set between lush jungle and golden sand, this experience blends daily movement, ocean time, incredible meals, and cultural immersion so you can slow down, explore, and feel like yourself again. Expect sunrise swims, beachfront yoga, tide pool adventures, cacao and movement experiences with a Costa Rica local, and plenty of free time to rest, laugh, and actually be present.

## What's Included:

- Daily yoga + movement (Vinyasa , Yin, Meditation + Breath)
- Ecstatic Movement + Science of Dance with a Costa Rican local
- Guided nature adventures (waterfalls, tide pools, exploring)
- Women's circle + integration moments (grounded, no pressure)
- Sunset sound bath + meditation
- Traditional cacao experience with a local Costa Rican facilitator
- Nourishing meals throughout the retreat
- Welcome gift
- Beachfront accommodations (private + shared options)
- Tea, quiet time, and space to truly unwind
- ...and more magic in the details ✨



# SUNDAY

## ARRIVE & GROUND

**1:00 PM** – Meet at Liberia International Airport (LIR) + group shuttle to The Bohemien Lagarto

**3:00 PM** – Check in + get settled (beach/pool time encouraged)

**5:30 PM** – Sunset Welcome Gathering with Jordan + Mariam (white outfit optional)

**6:30 PM** – Dinner together

**8:00 PM** – Free time: beach walk, quiet time, early night, or connecting with the group

★ This first day is intentionally slow and spacious.

A photograph of a woman with blonde hair tied back, wearing a dark tank top and shorts, sitting on a wooden deck. She is looking down at something in her hands. The background is filled with lush green tropical foliage and trees. The image is partially obscured by a large white circle on the right side of the page.

# MONDAY

MOVE + EXPLORE + UNWIND

**7:30 AM** — Morning Yoga + Breath  
(gentle tune-in flow)

**8:30 AM** — Breakfast

**10:00 AM – 12:30 PM** — Free time +  
optional add-ons (pool,  
massage/Reiki, surf, or horseback)

**12:30 PM** — Lunch

**2:30 PM** — Waterfall Adventure +  
Floral Ritual

**5:30 PM** — Return + downtime

**6:30 PM** — Dinner

**7:45 PM** — Cacao + Women's  
Circle (warm, grounding, and  
optional to share) 

## TUESDAY

### RHYTHM + RESET

**7:30 AM** – Morning Yoga +  
Meditation Flow

**8:30 AM** – Breakfast

**10:30 AM** – Science of Dance +  
Ecstatic Movement (with Mariam)

**12:30 PM** – Lunch

**1:30 PM – 4:30 PM** – Free time +  
optional add-ons (beach/pool,  
massage/Reiki, surf/horseback if  
available)

**4:30 PM** – Blue Zone Living +  
Nourishment Workshop (Costa  
Rica longevity + practical  
takeaways)

**6:30 PM** – Dinner

**Evening** – Free night (beach walk,  
stargazing, early bedtime) ✨

## WEDNESDAY

COSTA RICA WISDOM + HEART-OPEN

**7:30 AM** — Morning Yoga +  
Meditation

**8:30 AM** — Breakfast

**10:00 AM – 1:00 PM** — Free time +  
optional add-ons (beach/pool,  
massage, Reiki)

**1:00 PM** — Lunch

**3:00 PM** — Bobinsana + Costa  
Rican Plant Wisdom (with Mariam)

**4:30 PM** — Free time + golden  
hour reset

**6:30 PM** — Dinner

**Evening** — Free night (stargazing,  
beach walk, early bedtime) ✨

# THURSDAY

## TIDE POOLS + SLOW COSTA RICA

**7:30 AM** — Morning Yoga +  
Meditation Flow

**8:30 AM** — Breakfast

**10:00 AM – 2:30 PM** — Free  
time + optional add-ons  
(beach/pool, massage/Reiki,  
surf/horseback at extra cost)

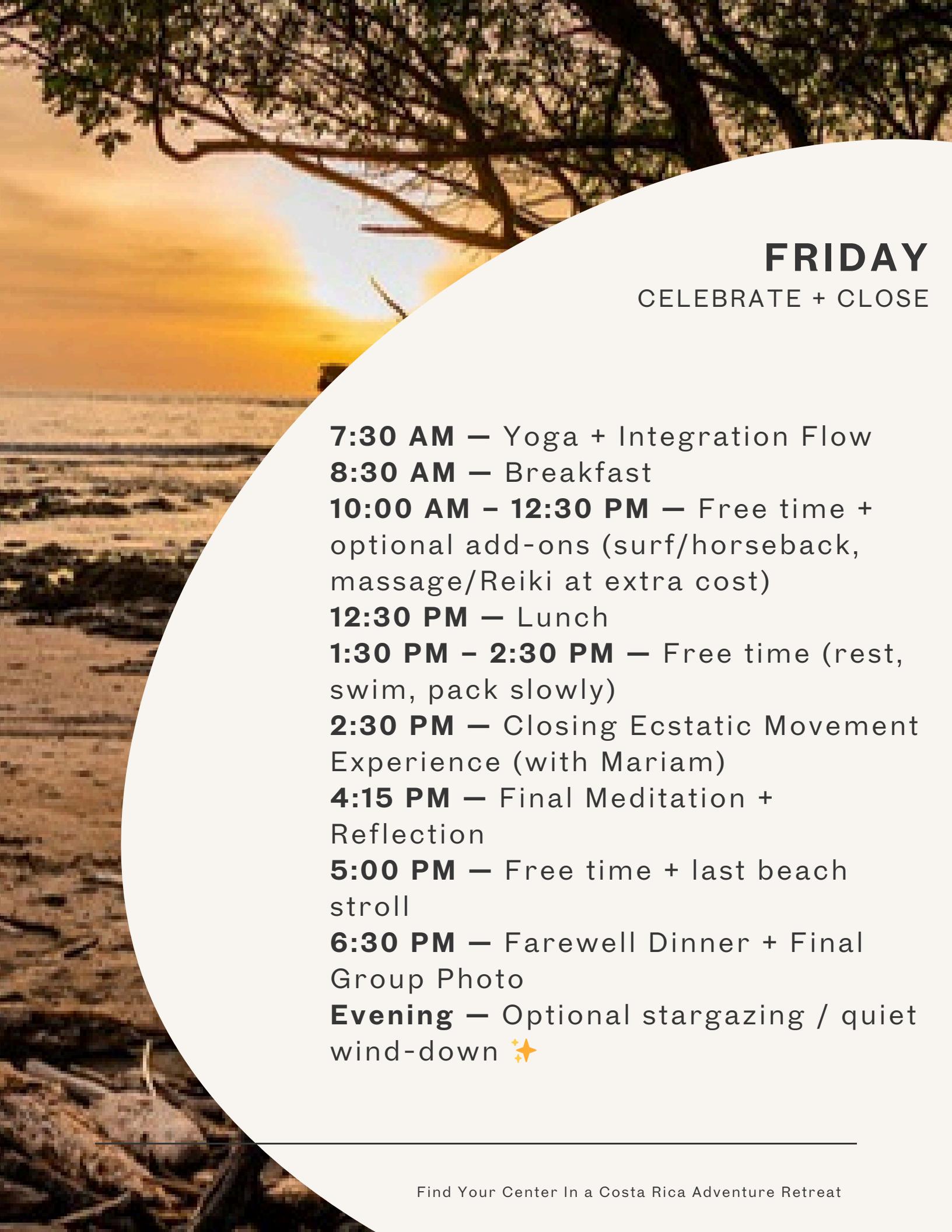
**3:00 PM** — Tide Pools + Golden  
Hour Coastal Exploration  
(timing may shift with the tides)

**5:30 PM** — Return + reset

**6:30 PM** — Dinner

**7:45 PM** — Sunset Sound Bath  
(deep relaxation + nervous  
system reset)

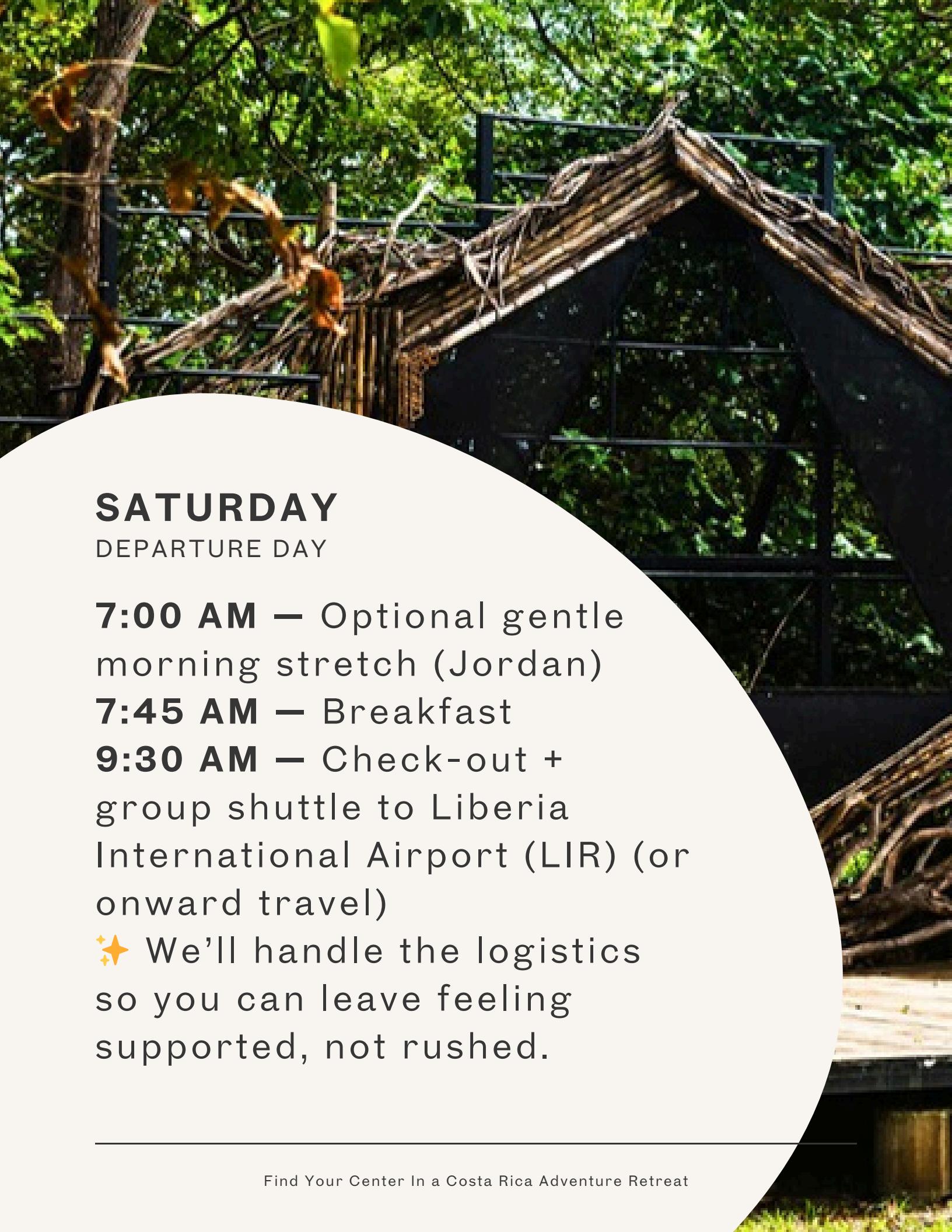
**Evening** — Free night 

A photograph of a sunset over a beach. In the foreground, the branches of a large tree are silhouetted against the bright sky. The sky is a gradient of warm colors, from deep orange to a pale yellow. The ocean is visible in the distance, and the horizon line is low. The overall atmosphere is peaceful and scenic.

# FRIDAY

## CELEBRATE + CLOSE

- 7:30 AM** – Yoga + Integration Flow
- 8:30 AM** – Breakfast
- 10:00 AM – 12:30 PM** – Free time + optional add-ons (surf/horseback, massage/Reiki at extra cost)
- 12:30 PM** – Lunch
- 1:30 PM – 2:30 PM** – Free time (rest, swim, pack slowly)
- 2:30 PM** – Closing Ecstatic Movement Experience (with Mariam)
- 4:15 PM** – Final Meditation + Reflection
- 5:00 PM** – Free time + last beach stroll
- 6:30 PM** – Farewell Dinner + Final Group Photo
- Evening** – Optional stargazing / quiet wind-down ✨



# SATURDAY

DEPARTURE DAY

**7:00 AM** – Optional gentle morning stretch (Jordan)

**7:45 AM** – Breakfast

**9:30 AM** – Check-out + group shuttle to Liberia International Airport (LIR) (or onward travel)

✨ We'll handle the logistics so you can leave feeling supported, not rushed.

# ACCOMODATIONS AND AMMENITIES

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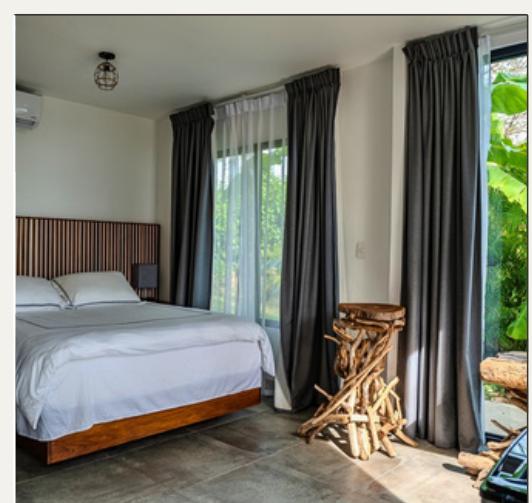
Just steps from the surf and swaying palms, The Bohemien Lagarto is a boutique beachfront stay made for slowing down and settling in. It's the kind of place where you can press pause — and feel your shoulders drop the moment you arrive.

Laid-back luxury meets Pacific coast ease in thoughtfully designed bungalows and studios with views of the beach, pool, and gardens.

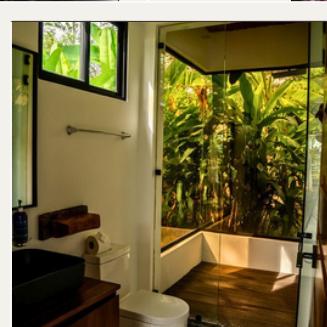
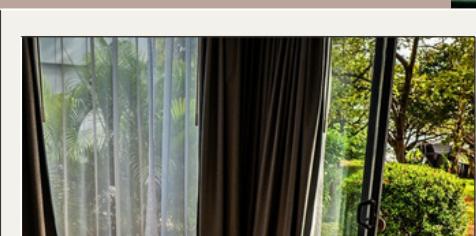


Start your mornings with coffee on your terrace, lounge by the infinity-edge pool, or swing in a hammock while the waves set the rhythm for the day. The beach is perfect for sunrise walks, ocean swims, and quiet moments in between everything else.

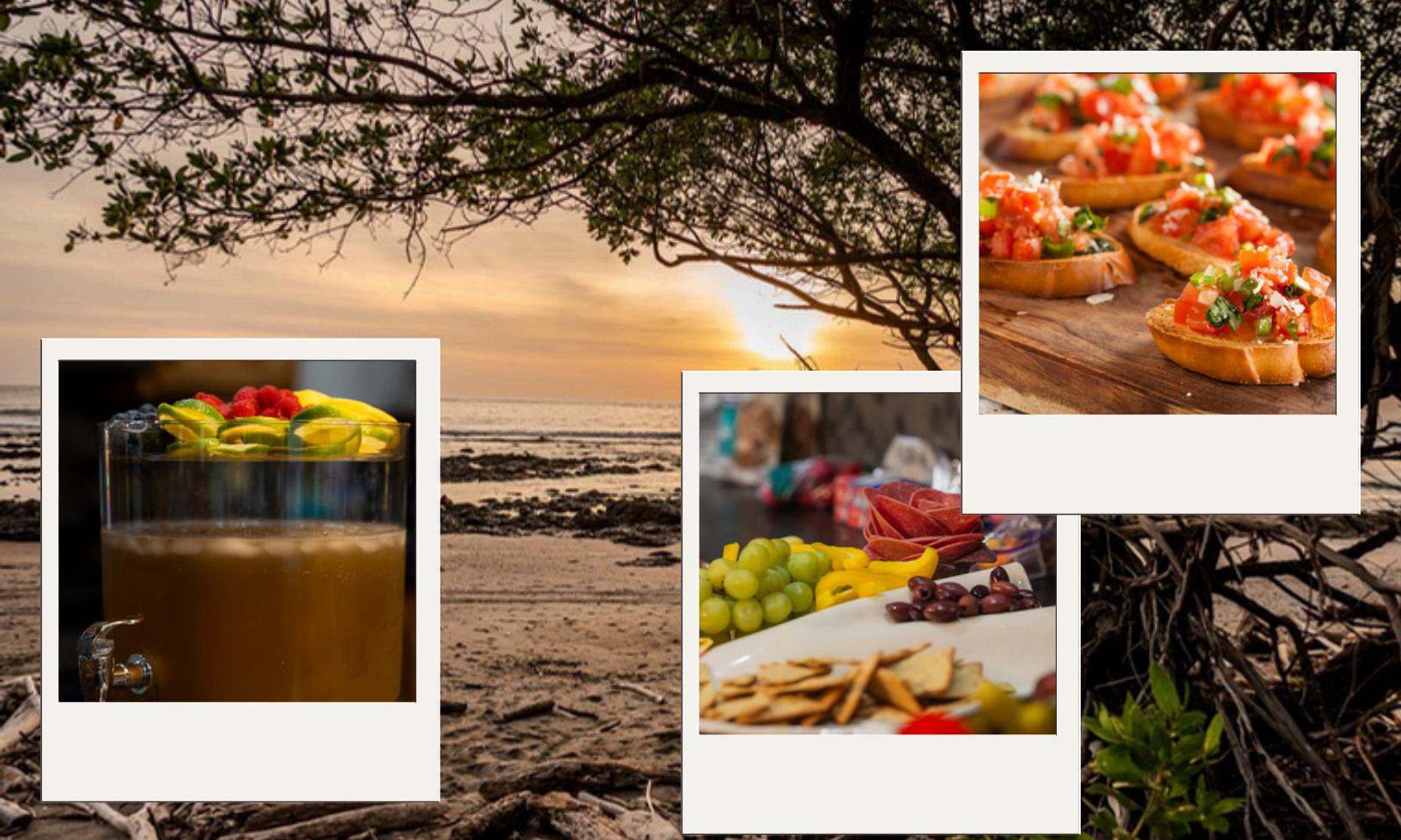
With WiFi, modern comforts, and a serene natural setting, this is more than a place to sleep — it's your home base for a week of adventure, rest, and real presence.



## THE RESORT



Find Your Center In a Costa Rica Adventure Retreat



## MEALS & DIETARY INFO

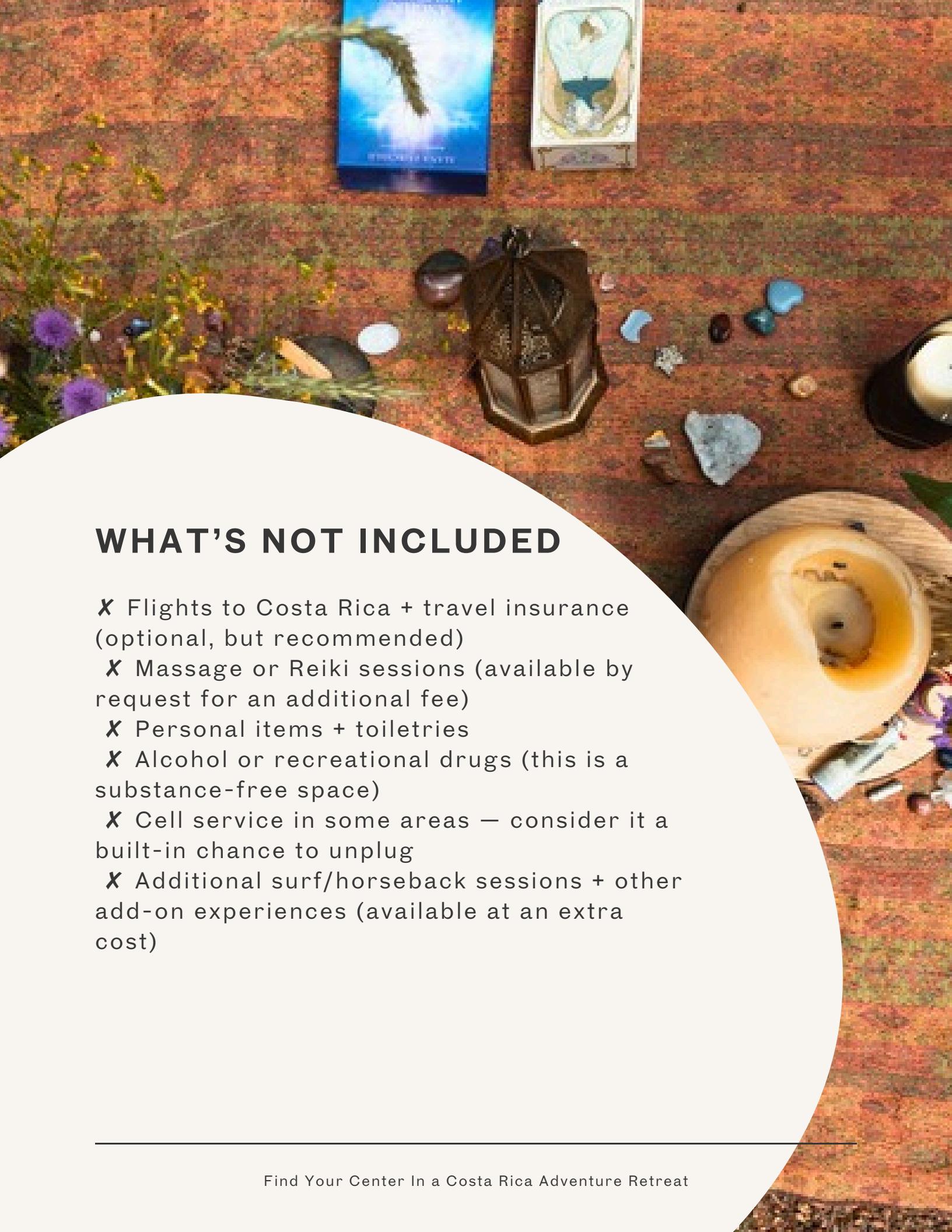
At ***Find Your Center in Costa Rica Adventure***, meals are more than just fuel—they're a part of your journey. Our Michelin-star chef on site crafts each dish with intention, using fresh, local, and seasonal ingredients to support your body, uplift your spirit, and leave you feeling vibrant and satisfied. You'll enjoy nutrient-rich, flavorful meals throughout the retreat — colorful, wholesome, and designed to energize without weighing you down. Sample offerings may include:

- Coconut quinoa porridge with tropical fruit & seeds
- Roasted veggie bowls with fresh-caught fish or lemon-herb chicken
- Warming sweet potato & black bean soup with gluten-free bread
- Tacos with avocado and optional grass-fed beef or shredded chicken
- Breakfast scrambles with local eggs, greens, and fresh herbs
- Chia puddings, smoothie bowls, herbal teas, and nourishing snacks
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We happily accommodate dietary preferences and restrictions—just let us know in advance so our chef can ensure every meal leaves you feeling nourished, supported, and cared for. (Vegan, vegetarian, gluten-free, dairy-free, & more options available.)

## WHAT'S INCLUDED

- ✓ 6 nights in beachfront, modern casitas (comfortable bedding + A/C)
- ✓ All meals + nourishing snacks from a Michelin Star Chef
- ✓ Group shuttle to/from Liberia International Airport (LIR)
- ✓ Daily yoga + movement (vinyasa, yin, breath, and restorative flows)
- ✓ Sunset sound bath for deep relaxation
- ✓ Cacao + ecstatic movement experiences with a local Costa Rican facilitator
- ✓ Blue Zone living + nourishment workshop (practical + travel-inspired)
- ✓ Waterfall adventure + floral ritual
- ✓ Tide pools + golden hour coastal exploration (tide-dependent)
- ✓ Bobinsana + Costa Rican plant wisdom
- ✓ BONUS: one included adventure — choose a surf lesson OR horseback ride
- ✓ Coffee, tea, and herbal beverages
- ✓ A welcome gift curated with love
- ✓ Plenty of free time to rest, swim, explore, and enjoy the beach & pool



## WHAT'S NOT INCLUDED

- ✗ Flights to Costa Rica + travel insurance (optional, but recommended)
- ✗ Massage or Reiki sessions (available by request for an additional fee)
- ✗ Personal items + toiletries
- ✗ Alcohol or recreational drugs (this is a substance-free space)
- ✗ Cell service in some areas — consider it a built-in chance to unplug
- ✗ Additional surf/horseback sessions + other add-on experiences (available at an extra cost)

# FAQ

## **WHAT IF I CAN'T ARRIVE AT THE SCHEDULED TIME?**

TO USE THE INCLUDED GROUP SHUTTLE, PLEASE ARRIVE AT LIBERIA INTERNATIONAL AIRPORT (LIR) BY 1:00 PM ON SUNDAY, AUGUST 30. IF YOU ARRIVE LATER, YOU'RE STILL WELCOME TO JOIN—TRANSPORT TO THE RESORT WILL JUST BE AT YOUR OWN COST.

## **WHAT KIND OF FOOD WILL BE SERVED?**

YOU'LL ENJOY NOURISHING, CHEF-PREPARED MEALS THROUGHOUT THE WEEK—FRESH, LOCAL, PLANT-FORWARD DISHES WITH SOME FISH/MEAT OPTIONS, PLUS SNACKS, COFFEE, AND HERBAL TEAS. WE CAN ACCOMMODATE DIETARY NEEDS WITH ADVANCE NOTICE.

## **IS TRANSPORTATION INCLUDED?**

YES—AIRPORT SHUTTLE TO/FROM LIR IS INCLUDED, PLUS GROUP TRANSPORTATION FOR PLANNED EXCURSIONS. OPTIONAL OFF-SITE ADVENTURES MAY BE ARRANGED SEPARATELY.

## **IS THERE WIFI OR CELL SERVICE?**

WIFI IS AVAILABLE. CELL SERVICE MAY BE LIMITED IN SOME AREAS—CONSIDER IT A BUILT-IN CHANCE TO UNPLUG.

## **WHAT ARE THE SLEEPING ARRANGEMENTS?**

YOU CAN BOOK PRIVATE OR SHARED ACCOMMODATIONS. ALL CASITAS INCLUDE A/C AND ARE DESIGNED FOR COMFORT.

## **CAN I BOOK A MASSAGE OR REIKI SESSION?**

YES—MASSAGE AND REIKI ARE AVAILABLE ON-SITE FOR AN ADDITIONAL FEE (SCHEDULE AHEAD OR ONCE YOU ARRIVE).

## **CAN I BRING ALCOHOL OR OTHER SUBSTANCES?**

THIS IS A SUBSTANCE-FREE RETREAT. NO ALCOHOL OR RECREATIONAL DRUGS ON THE PROPERTY.

## **WHAT IF THE RETREAT DOESN'T MEET MINIMUM ATTENDANCE?**

A MINIMUM OF 6 PARTICIPANTS IS REQUIRED TO HOST THE RETREAT. IF THE MINIMUM ISN'T MET, THE RETREAT WILL BE CANCELED AND ALL RETREAT PAYMENTS WILL BE FULLY REFUNDED. (FLIGHTS AND TRAVEL INSURANCE ARE NOT INCLUDED.)

## **WHAT SHOULD I PACK?**

YOU'LL RECEIVE A DETAILED PACKING LIST IN YOUR WELCOME GUIDE—PERFECT FOR BEACH DAYS, MOVEMENT, AND ADVENTURE.

# READY TO SAY YES TO YOURSELF?

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Escape the rush of everyday life and trade it for the sun, sand, and jungle of Costa Rica — a week where everything is handled, and you finally get to slow down.

At The Bohemian Lagarto in Guanacaste, you'll wake up to ocean air, spend your days moving your body, exploring the coast, eating incredibly well, and having real space to relax and enjoy where you are.

This is more than a vacation — it's a curated adventure + reset. With yoga, breathwork, sound baths, cacao and movement experiences, and mindful time in nature, you'll come home feeling clear, grounded, and genuinely refreshed.

Come join us, find your center through experience, and let the rhythm of Costa Rica bring you back to what matters.

Book your spot now.

I can't wait to welcome you to the beach.

If you have any questions, feel free to reach out anytime.

*Jordan*

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