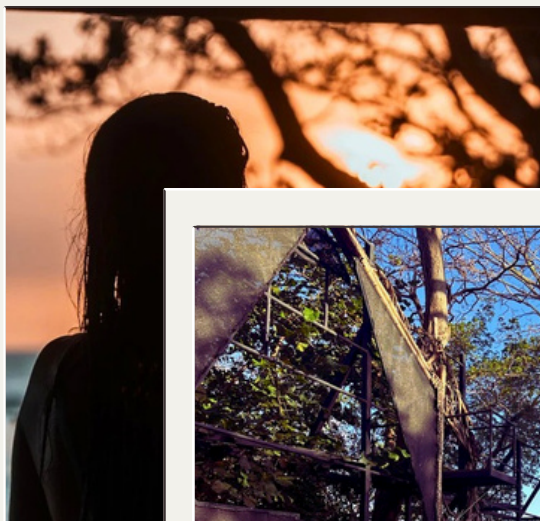


# Find Your Center in Costa Rica

**AN  
ELEVATED  
7-DAY  
WOMEN'S  
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 everything is designed for you to slow down, reconnect, and be fully present. This is what awaits you on the beaches of Costa Rica: golden sunrises, warm sea air, movement overlooking the ocean, Michelin-level meals crafted from ingredients sourced directly from the land, and long stretches of time to rest, explore, and simply be. This experience is more than a getaway — it's a return to what feels like you. Through daily movement, coastal exploration, cultural immersion, and effortless connection, you'll come back to your body, your clarity, and a deeper sense of ease.

If you've been craving a reset — time to recharge, reconnect, and experience something both beautiful and meaningful — this week was created for you.

We would be honored to welcome you to the ocean, the slower rhythm, and this elevated way of experiencing Costa Rica.

Will you join 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

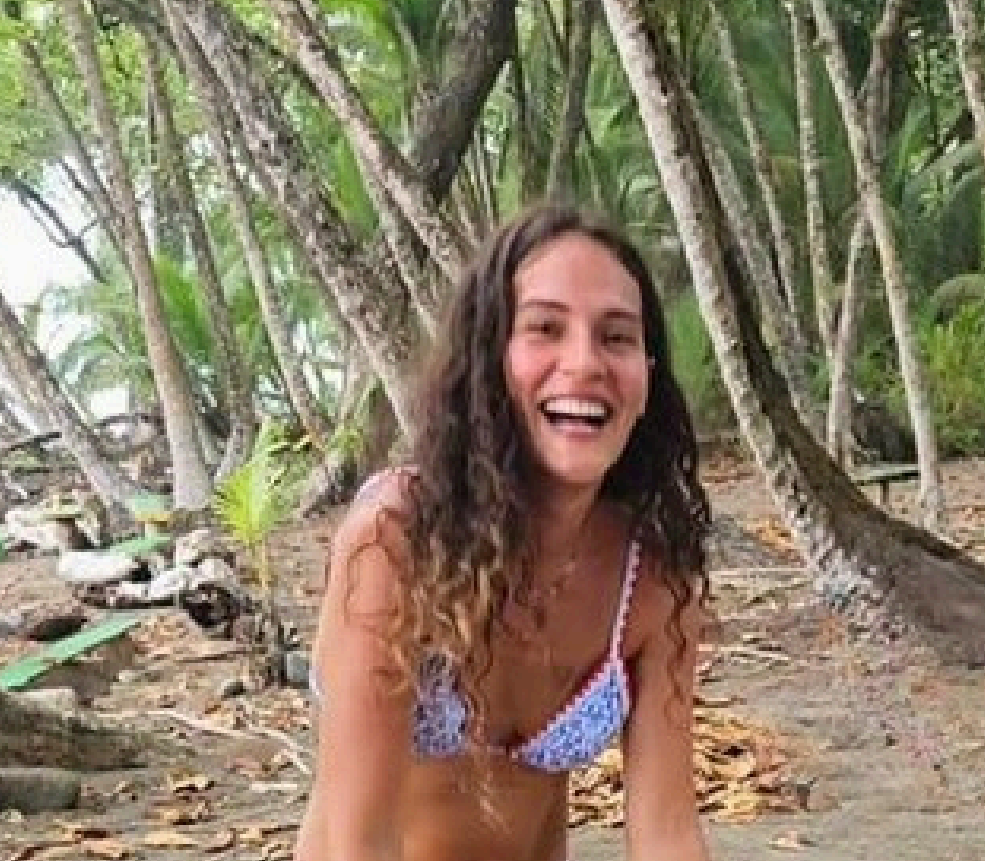
Hi, I'm Jordan, and I'm so honored to be your host for this retreat! My journey into wellness began when yoga first captured my heart. Through deepening my practice and completing my 500-hour yoga teacher training, I discovered how powerful it is to come back to the body — to breathe, move, and feel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



IG: @sotomariam

## 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.



# RETREAT OVERVIEW

**Dates:** August 30 – September 5, 2026

**Location:** The Bohemian Lagarto, Guanacaste, Costa Rica

**Duration:** 6 Nights, 7 Days

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

Step away from the pace of everyday life and into a private beachfront experience designed for women who want both depth and ease without needing to plan a thing. Set directly on the ocean, this week blends intentional movement, cultural connection, and Michelin-level dining into a rhythm that feels both elevated and deeply restorative. Expect slow mornings by the water, movement overlooking the ocean, hidden beaches and off-the-beaten-path experiences, and plenty of time to rest, connect, and be present.

## **What's Included:**

- Daily movement + yoga (Vinyasa, Yin, meditation, breath)
- Guided movement + dance experiences with a Costa Rican local
- Curated coastal and nature experiences
- Grounded connection + integration moments
- Sunset sound bath + meditation
- Culturally rooted cacao experience with a local facilitator
- Michelin-level meals prepared with ingredients sourced directly from the land
- Welcome gift
- Private beachfront accommodations (shared + private options)
- Coffee, tea, and space to truly unwind
- ...and more thoughtful details throughout



## 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.



## 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



# 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 ocean and swaying palms, The Bohemian Lagarto is a ***private beachfront escape designed for slowing down and settling in.*** It's the kind of place where you arrive and immediately feel your body exhale.

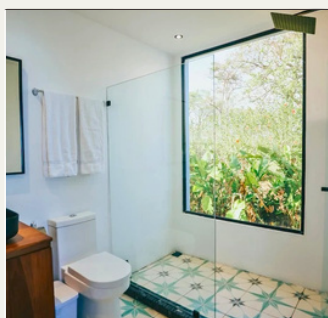
Laid-back luxury meets Pacific coast ease through thoughtfully designed cabins and studios, with views of the ocean, pool, and surrounding landscape.

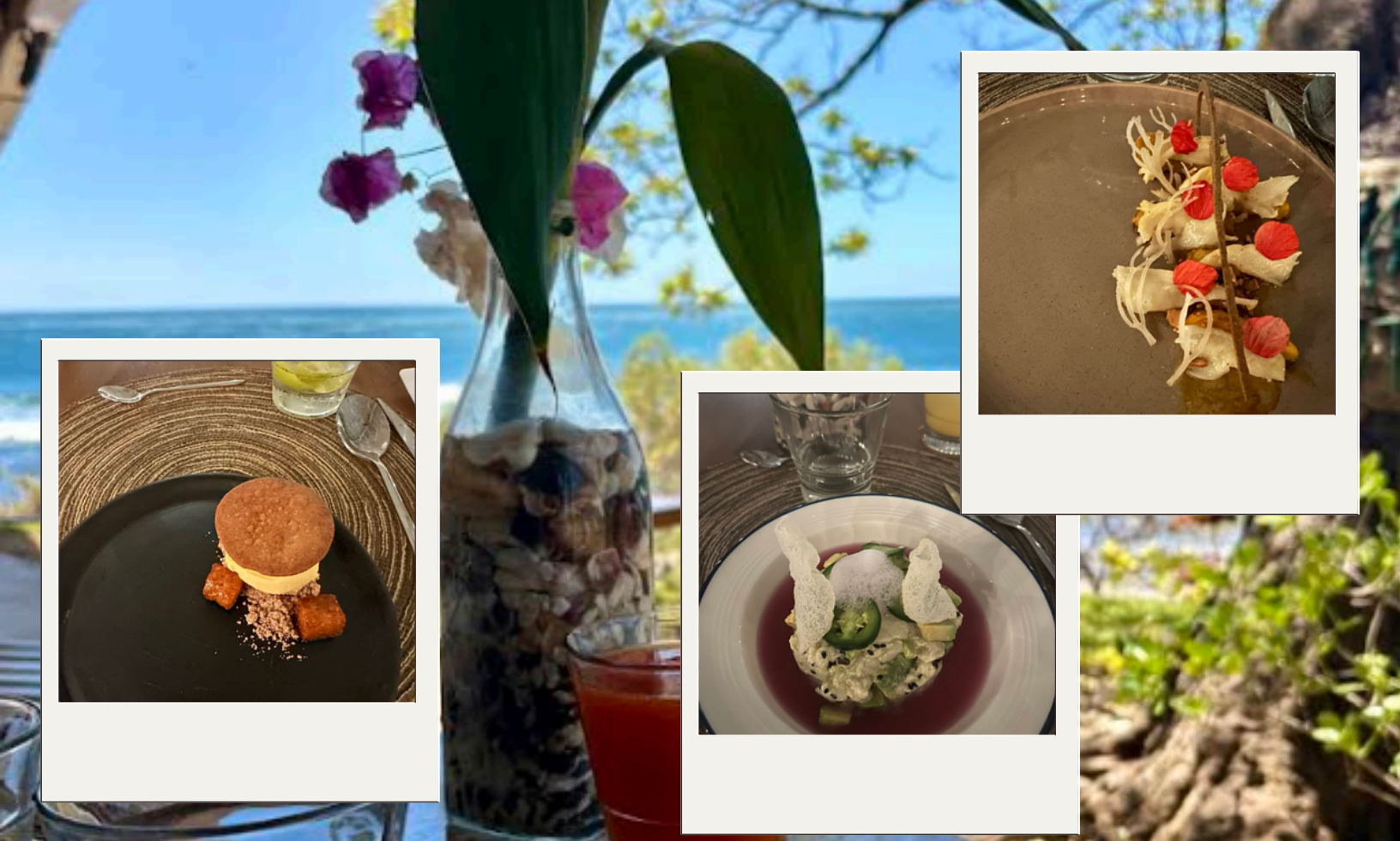
Start your mornings with coffee on your terrace, spend afternoons by the infinity-edge pool, or unwind in a hammock as ***the sound of the waves sets the rhythm for the day.*** The beach is just steps away, perfect for sunrise walks, ocean swims, and quiet moments woven throughout your stay.

With Starlink WiFi, air conditioning, hot water, and ***elevated comforts*** throughout, this is more than a place to stay. It's your space to rest deeply, reset fully, and feel completely taken care of.



# THE RESORT





## A CULINARY EXPERIENCE ROOTED IN THE LAND

Meals at the retreat are not an afterthought, they are a defining part of the experience.

**Each dish is prepared by a Michelin-trained private chef** who works directly with the land, **sourcing exotic, local ingredients you won't find in the U.S.** and reimagining them into something truly elevated.

The menu is not fixed.

It evolves throughout the week, guided by what's growing, what's fresh, and what best represents the region in that moment.

### **You'll experience dishes like:**

- Ceviche de bugambilia
- Yellowfin tuna aguachile
- San Cristobal de las Casas-inspired creations
- And other seasonal, chef-driven plates that reflect the flavors of Costa Rica

Each meal is intentional, designed to be experiential and deeply connected to where you are. This is not typical retreat dining. It's refined, sensory, and ever-changing, where every plate tells a story of the land itself.

## 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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Step away from the pace of everyday life and into a private beachfront experience where ***everything is thoughtfully handled and you finally get to slow down.***

At The Bohemian Lagarto in Guanacaste, you'll wake to ocean air, spend your days moving your body, exploring hidden coastal spots, enjoying Michelin-level meals crafted from ingredients sourced directly from the land, and having real space to rest and take it all in.

***This is more than a vacation — it's an elevated experience designed for both connection and ease.*** With movement, meditation, cultural experiences, and time immersed in nature, you'll return home feeling clear, grounded, and genuinely refreshed. Come join us, find your center through experience, and ***experience Costa Rica in a way most people never do.***

Reserve your spot.

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

If you have any questions, I'm always here.

*Jordan*

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