

FIND YOUR CENTER IN A COSTA RICA ADVENTURE

info packet

WOMEN'S
YOGA &
ADVENTURE
RETREAT

AUG 30- SEPT 5, 2026
Nosara, 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 breathe deeply, move gently, and let the rhythm of the ocean remind you what peace feels like.

This is what awaits you on the beaches of Costa Rica: golden sunrises, warm ocean breezes, morning yoga overlooking the sea, nourishing meals, and long stretches of time to rest, reflect, and simply be.

Our retreat is more than a getaway — it's a homecoming. Through daily yoga, meditation, cacao and dance ceremonies, and heartfelt connection, you'll be guided back to your body, your intuition, and your natural state of joy.

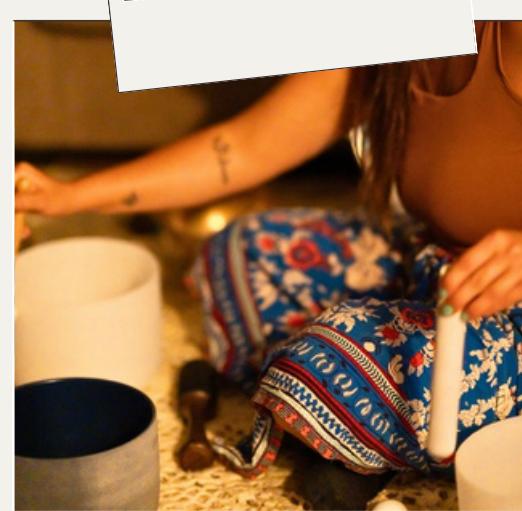
If your spirit has been craving a reset — time to realign, recharge, and remember what truly matters — this experience was created for you.

We would be honored to welcome you to the sand, the sound, and the serenity of Costa Rica.

Will you answer the call?

With love and presence,

Jordan



MEET YOUR HOST

Jordan Norman

Yoga Teacher | Retreat Leader | Wellness Guide

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 reconnect with the body, mind, and spirit — and I knew I wanted to help others experience the same transformation.

As my path unfolded, I expanded into Reiki energy healing, massage, sound healing, fertility educator & more. Supporting women in reconnecting with their bodies, honoring their natural rhythms, and reclaiming their inner wisdom has become my true passion.

Today, I work with clients through private and group yoga, Reiki & massage sessions, fertility awareness coaching, sound healing events, and wellness retreats. Everything I offer is centered around the belief that true healing comes from within — sometimes we just need the right tools, support, and sacred space to remember it.

I'm so excited to guide you through this retreat experience. It's going to be a beautiful journey of connection, renewal, and empowerment — and I'm so grateful you're here!



MEET YOUR FACILITATOR

Mariam Soto

Dance Facilitator | Cacao Enthusiast | Energy Worker

IG: @sotomariam

Mariam is a Costa Rica native, ecstatic dance facilitator, and certified practitioner in the Science of Dance — a woman whose life is a living embodiment of rhythm, ritual, and radiant presence.

She creates cacao from scratch, honoring each step of the process with intention and ancestral wisdom, and shares it through heart-opening cacao ceremonies that invite you to connect, release, and awaken your joy.

Her ecstatic dance journeys are transformative experiences — a fusion of movement, energy, and emotion designed to help you shed what no longer serves and move freely from the soul. With her guidance, dance becomes medicine and movement becomes prayer.

Mariam holds space for deep restoration. Her touch, intuition, and grounded energy remind you that healing can be both powerful and gentle — a return to balance through body and spirit alike.

Rooted in the land that raised her and inspired by the ocean's rhythm, Mariam brings a natural warmth and authenticity to everything she does. She invites you to remember: your body is sacred, your energy is alive, and your joy is your power.

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 recharge by the sea with our Costa Rica Beachside Adventure & Yoga Retreat, created for women craving a quick yet powerful reset. Nestled between lush jungle and golden sand, this retreat blends daily yoga, oceanfront meditation, cacao and dance ceremonies, fresh tropical meals, and sunrise swims. Immerse yourself in days of movement, stillness, and connection — all while embracing the magic and serenity of the Costa Rican coast.

- Daily yoga sessions (Vinyasa Flow, Yin & More)
- Ecstatic & Science of Dance
- Guided mindfulness walks
- Women's circle for shared reflection
- Evening sound baths and meditation
- Traditional Cacao Ceremony with a Local Costa Rican
- Nourishing meals throughout the retreat
- Welcome gift
- Comfortable accommodations (private or shared options)
- Tea and quiet time
- & more!



SUNDAY

ARRIVE & GROUND

1:00 pm – Meet at Liberia International Airport and take the group shuttle to The Bohemien Lagarto

3:00 pm – Check-in, unpack, and explore the property

5:30 pm – Sunset Welcome Ceremony with Jordan & Mariam on the beach (bring something white!)

6:30 pm – Dinner

8:00 pm – Free time: beach walk, journaling, or connecting with new friends



MONDAY

FLOW & NATURE CONNECTION

- 7:00 am – Yoga & Breathwork with Jordan
- 7:45 am – Breakfast
- 10:00 am – Optional activities block: surf lesson, horseback riding, massage, or Reiki
- 12:30 pm – Lunch
- 1:30 pm – Free time / siesta / beach or pool
- 3:00 pm – Waterfall Adventure + Floral Ceremony with Mariam
- 5:00 pm – Sound bath with Jordan
- 6:00 pm – Dinner
- 7:00 pm – Cacao circle & women's sharing with Mariam

TUESDAY

EMBODIED MOVEMENT & EXPLORATION

7:00 am – Yoga & Meditation Flow with Jordan

7:45 am – Breakfast

10:00 am – Science of Dance & Ecstatic Movement with Mariam

12:30 pm – Lunch

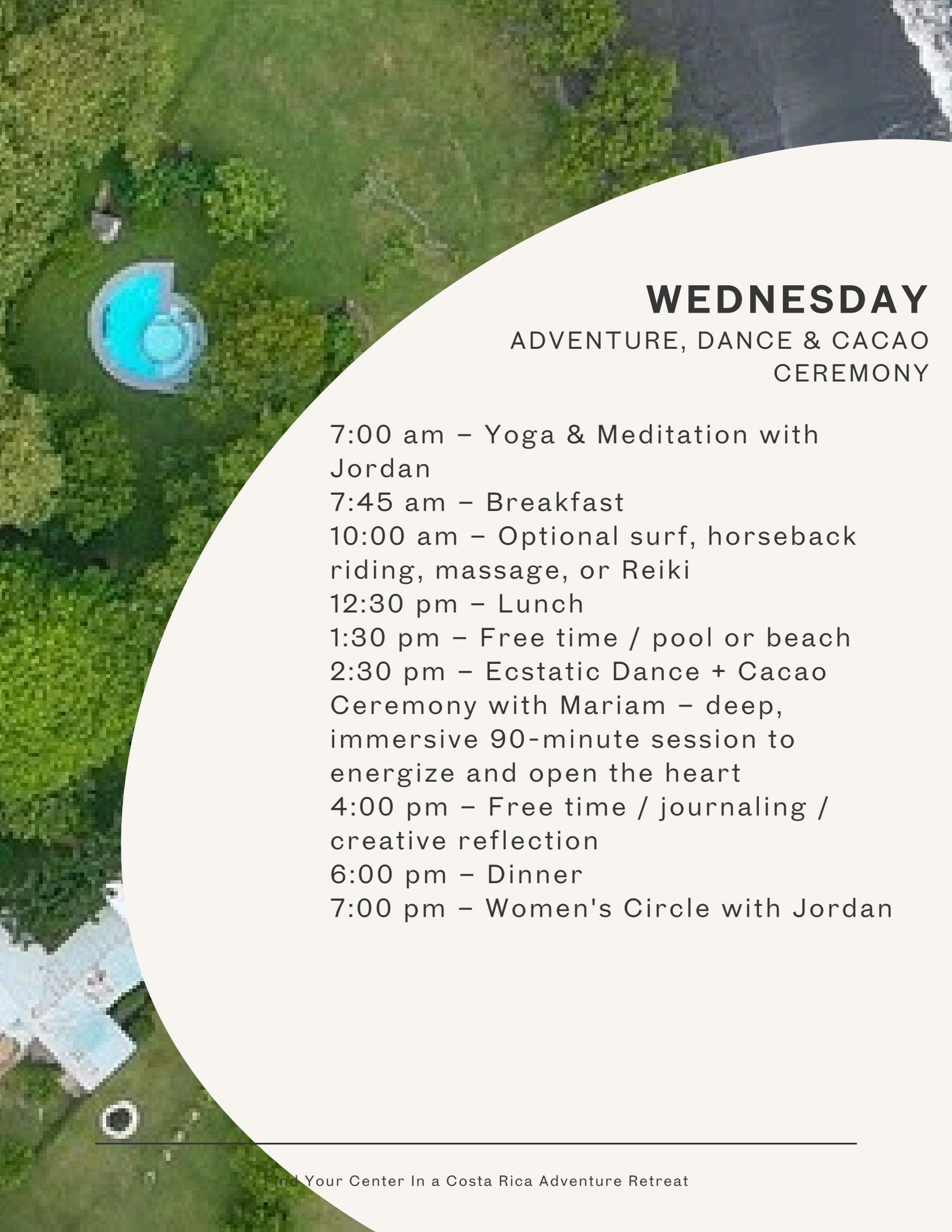
1:30 pm – Free time / optional massage, Reiki, surf, or horseback riding

3:00 pm – Beach Walk + Mindfulness Practice with Jordan – reflection, journaling, guided meditation, sensory connection

5:00 pm – Sunset gentle movement with Mariam

6:00 pm – Dinner

7:00 pm – Free evening: optional stargazing or journaling



WEDNESDAY

ADVENTURE, DANCE & CACAO
CEREMONY

- 7:00 am – Yoga & Meditation with Jordan
- 7:45 am – Breakfast
- 10:00 am – Optional surf, horseback riding, massage, or Reiki
- 12:30 pm – Lunch
- 1:30 pm – Free time / pool or beach
- 2:30 pm – Ecstatic Dance + Cacao Ceremony with Mariam – deep, immersive 90-minute session to energize and open the heart
- 4:00 pm – Free time / journaling / creative reflection
- 6:00 pm – Dinner
- 7:00 pm – Women's Circle with Jordan

THURSDAY

CREATIVE WORKSHOP & EMBODIED FLOW

7:00 am – Yoga & Meditation Flow with Jordan

7:45 am – Breakfast

10:00 am – Creative Movement & Vision Workshop with Mariam – expressive journaling, movement, and intention-setting combined

12:30 pm – Lunch

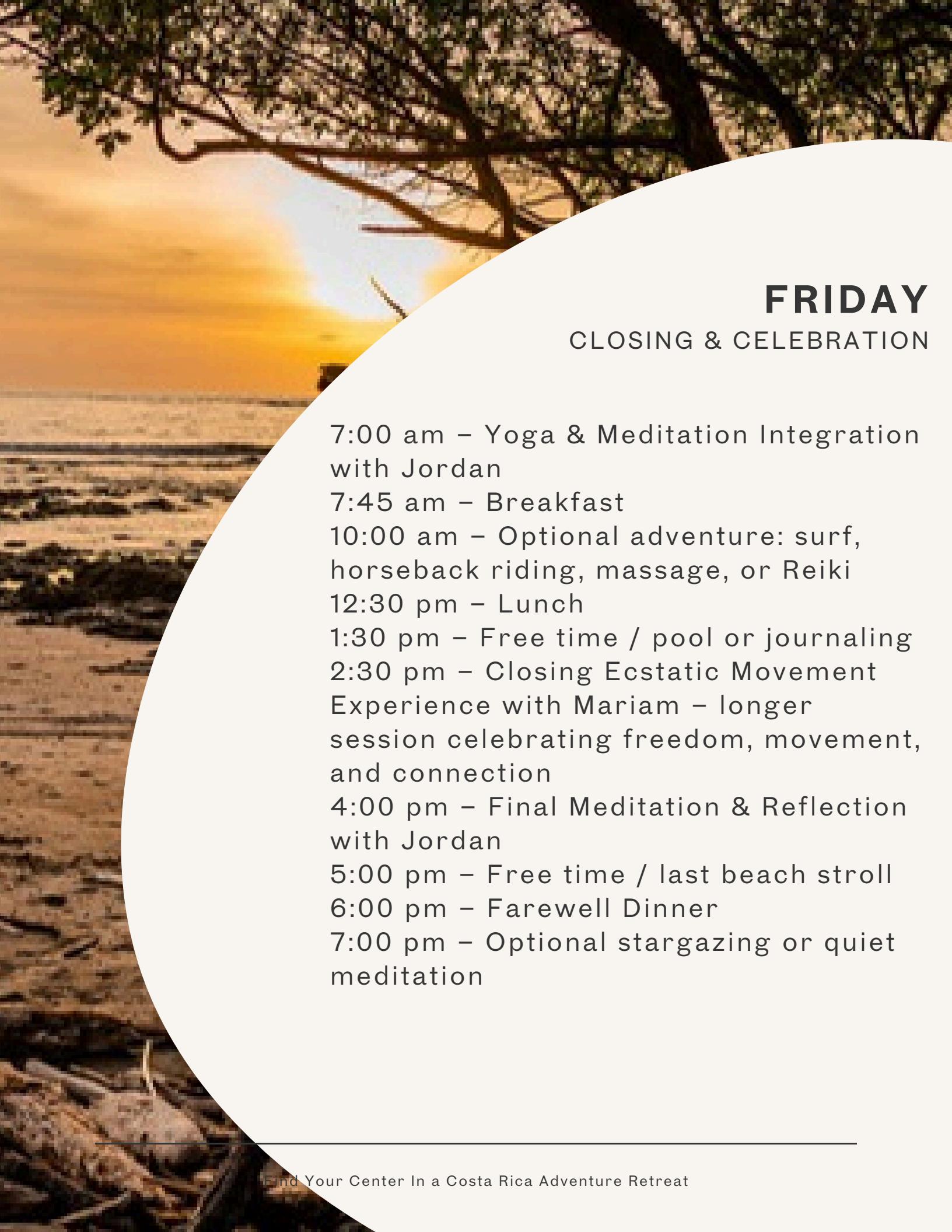
1:30 pm – Free time / optional massage, Reiki, surf, or horseback riding

3:00 pm – Integrated Movement & Sound Workshop with Jordan & Mariam – combines yoga, breath, meditation, and playful dance to integrate the retreat experience

5:00 pm – Sunset meditation walk with Jordan

6:00 pm – Dinner

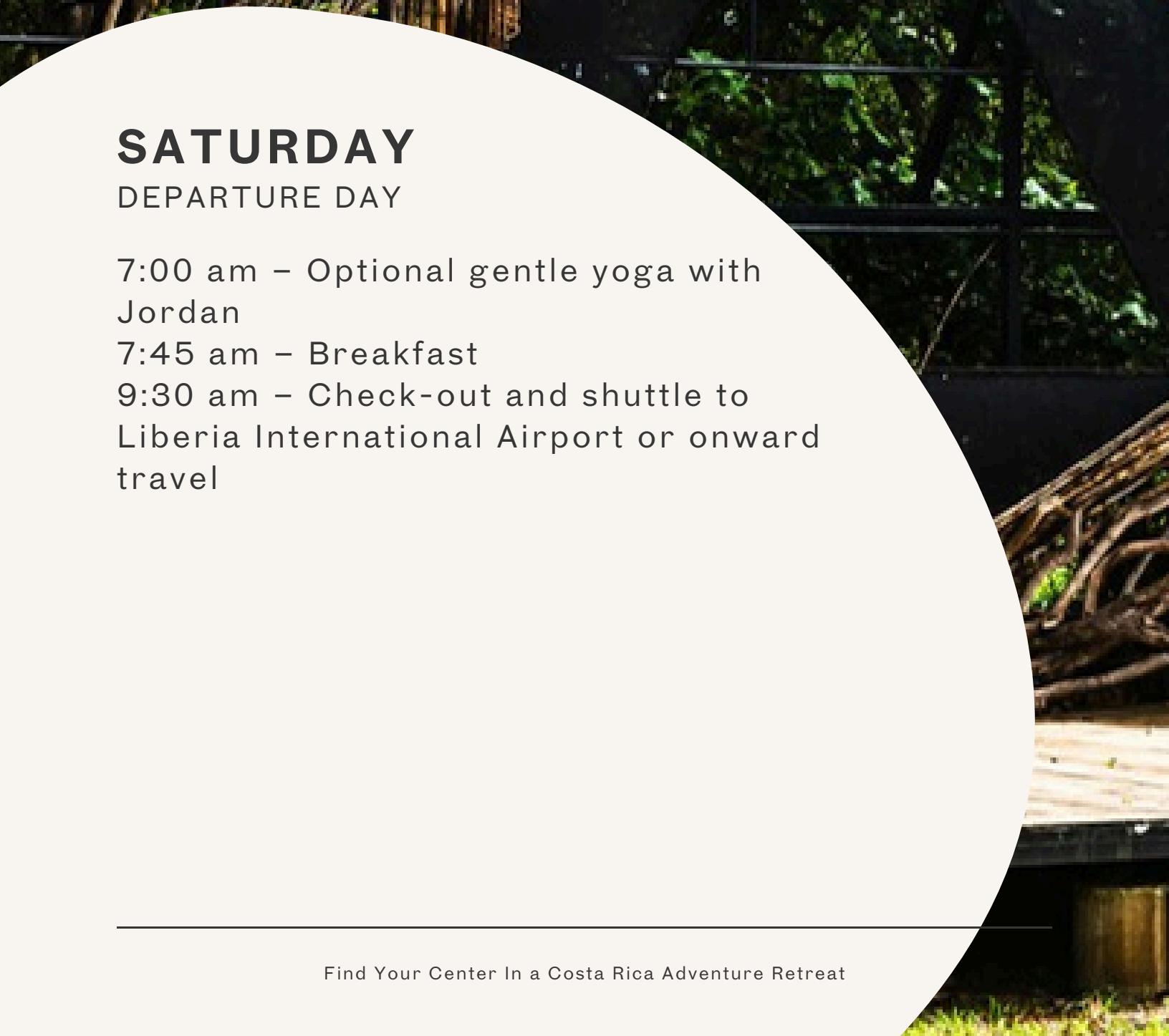
7:00 pm – Free evening or stargazing

A photograph of a sunset over a beach. The sky is filled with warm, orange and yellow hues. In the foreground, the branches of a large tree are visible against the bright sky. The beach and ocean are visible in the background.

FRIDAY

CLOSING & CELEBRATION

- 7:00 am – Yoga & Meditation Integration with Jordan
- 7:45 am – Breakfast
- 10:00 am – Optional adventure: surf, horseback riding, massage, or Reiki
- 12:30 pm – Lunch
- 1:30 pm – Free time / pool or journaling
- 2:30 pm – Closing Ecstatic Movement Experience with Mariam – longer session celebrating freedom, movement, and connection
- 4:00 pm – Final Meditation & Reflection with Jordan
- 5:00 pm – Free time / last beach stroll
- 6:00 pm – Farewell Dinner
- 7:00 pm – Optional stargazing or quiet meditation



SATURDAY

DEPARTURE DAY

7:00 am – Optional gentle yoga with Jordan

7:45 am – Breakfast

9:30 am – Check-out and shuttle to Liberia International Airport or onward travel

ACCOMODATIONS AND AMMENITIES

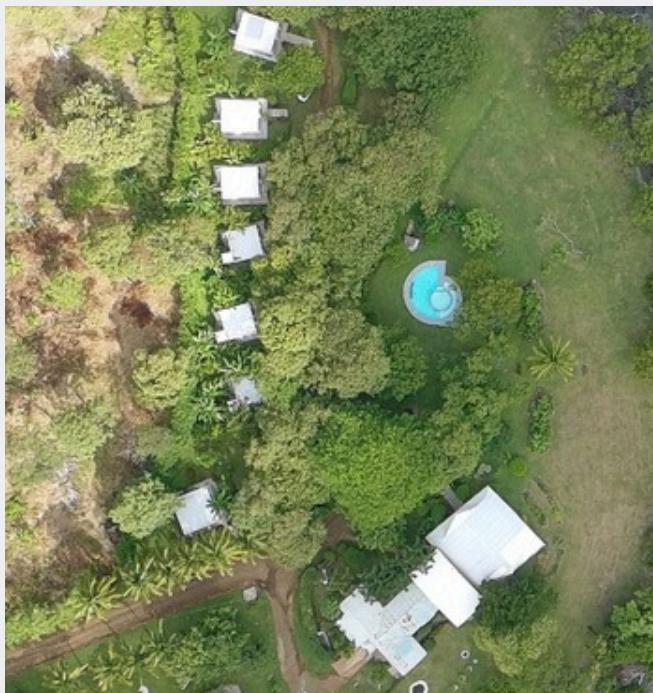


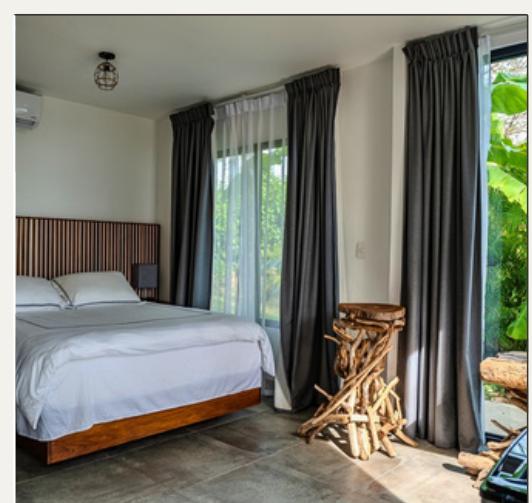
Just steps from the surf and swaying palms, **The Bohemien Lagarto is a boutique beachfront retreat** where you can press pause and reconnect with yourself.

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

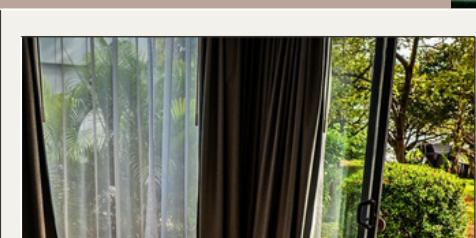
Sip a tropical tea on your terrace, lounge by the infinity-edge pool, or rest in a hammock as the waves set a gentle rhythm for your day. The sandy beach is perfect for sunrise walks or quiet reflection, and open-air living spaces invite easy relaxation.

With free WiFi, comfortable amenities, and a serene, natural setting, this is your invitation to slow down, breathe deeply, and let the coast guide you back to presence.

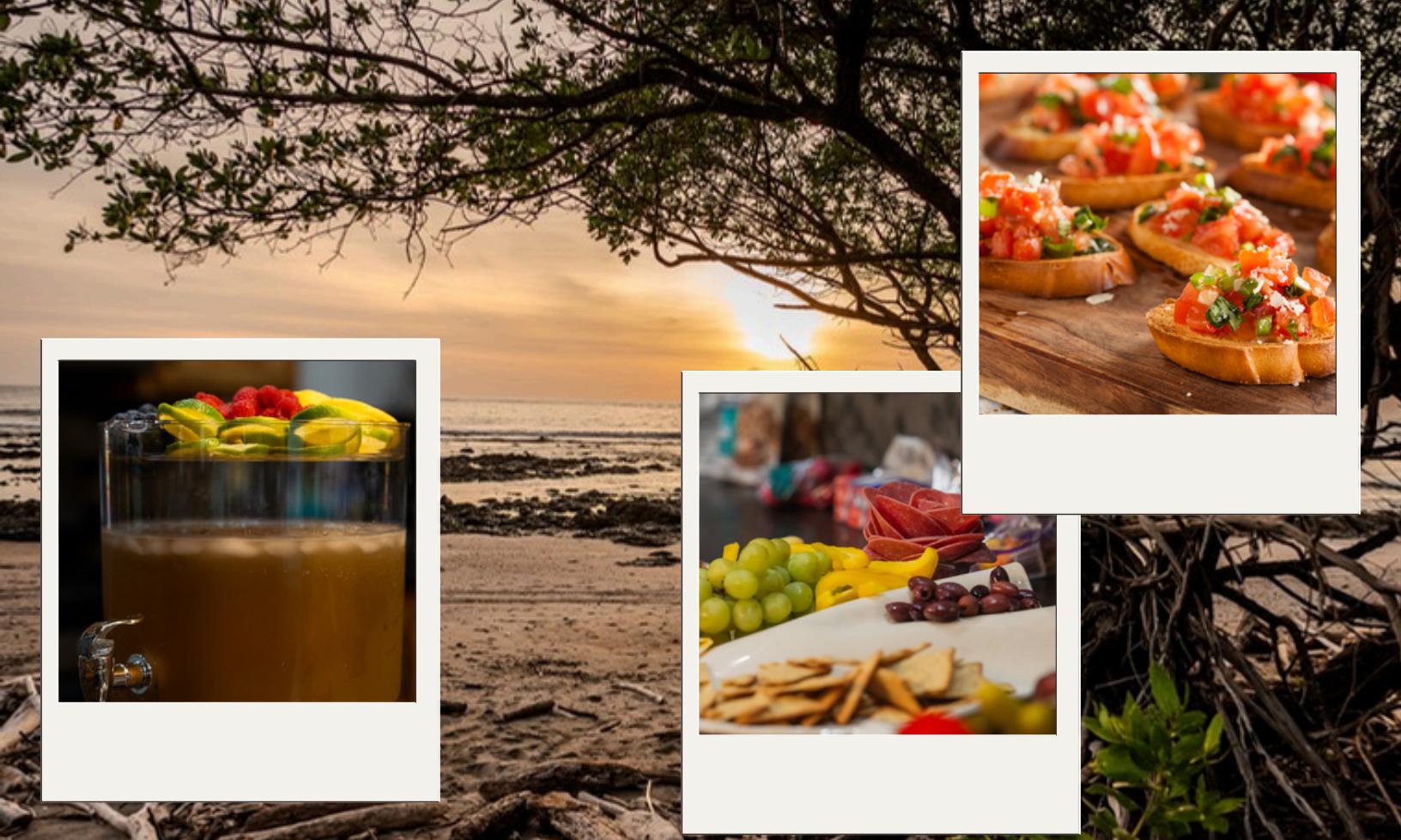




THE RESORT



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
-

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 lodging in beachfront, modern casitas with comfort bedding & A/C
- ✓ All meals + nourishing snacks from a Michilen Star Chef
- ✓ Shuttle to/from Liberia Internat'l Airport
- ✓ Daily yoga classes (vinyasa, yin, and restorative flows)
- ✓ Evening sound baths for deep relaxation
- ✓ Guided mindfulness practices, Cacao Ceremonies, Ecstatic Dance, sadhana & more
- ✓ Women's circle for intentional connection
- ✓ Mindful beach walks for reflection and grounding
- ✓ Opening ceremony
- ✓ Coffee, tea, and herbal beverages throughout the weekend
- ✓ Welcome gift curated with love
- ✓ Free time to rest, journal, explore walkable rivers, lounge in hammocks, or go swimming in the ocean
- ✓ Add-on experiences such as surf lessons, beachfront horseback riding & massages



WHAT'S NOT INCLUDED

- ✗ Travel insurance (optional, but recommended)
- ✗ Massage or Reiki sessions (available by request for an additional fee)
- ✗ Personal items and toiletries
- ✗ Alcohol or recreational drugs (this is a substance-free space)
- ✗ Cell service in some areas of the property or activities — embrace the unplug
- ✗ Surf lessons & other add-on experiences — available at an extra cost

FAQ

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

TO ARRIVE FROM LIBERIA AIRPORT TO THE RESORT VIA THE INCLUDED SHUTTLE, PLEASE ARRIVE AT LIBERIA INTERNATIONAL AIRPORT BY 1 PM ON SUNDAY AUGUST 30. OTHERWISE, YOU CAN ARRIVE LATER, BUT TAXI COST WILL BE COVERED BY YOU.

WHAT KIND OF FOOD WILL BE SERVED?

YOU'LL ENJOY NOURISHING, CHEF-PREPARED MEALS THROUGHOUT THE RETREAT. THINK FRESH, LOCAL, PLANT-FORWARD DISHES WITH SOME FISH AND MEAT OPTIONS, PLUS TROPICAL SNACKS AND HERBAL TEAS. PLEASE LET US KNOW ANY DIETARY PREFERENCES OR RESTRICTIONS IN ADVANCE SO WE CAN ACCOMMODATE YOU WITH CARE.

IS TRANSPORTATION INCLUDED?

AIRPORT SHUTTLES ARE INCLUDED, AND WE CAN COORDINATE SHARED RIDES FOR EXCURSIONS AND BEACH ADVENTURES. FOR OPTIONAL OFF-SITE TRIPS, CARPOOLING MAY BE ARRANGED ONCE EVERYONE ARRIVES.

IS THERE WIFI OR PHONE SERVICE?

YES, WIFI IS AVAILABLE, BUT CELL SERVICE MAY BE LIMITED IN SOME AREAS—PERFECT FOR UNPLUGGING AND RECHARGING!

WHAT ARE THE SLEEPING ARRANGEMENTS?

YOU'LL CHOOSE BETWEEN PRIVATE OR SHARED ROOMS AT THE TIME OF BOOKING. ALL ACCOMMODATIONS HAVE A/C, AND ARE DESIGNED FOR COMFORT AND RELAXATION.

CAN I BOOK A MASSAGE OR ENERGY SESSION?

ABSOLUTELY! OPTIONAL MASSAGE, REIKI, AND ENERGY WORK SESSIONS WILL BE AVAILABLE ON-SITE FOR AN ADDITIONAL FEE. SIGN-UPS CAN BE DONE PRIOR TO THE RETREAT OR UPON ARRIVAL.

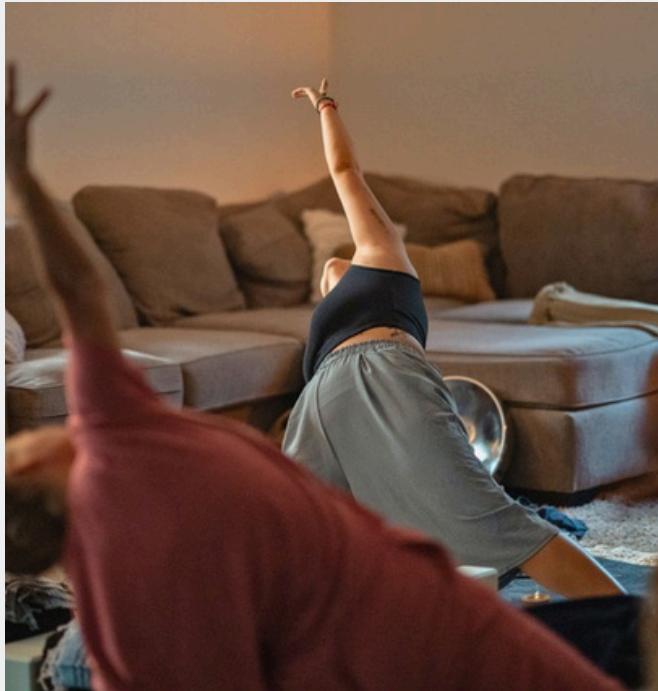
CAN I BRING ALCOHOL OR OTHER SUBSTANCES?

THIS IS A SUBSTANCE-FREE RETREAT. WE KINDLY ASK THAT NO ALCOHOL OR RECREATIONAL DRUGS BE BROUGHT OR CONSUMED ON THE PROPERTY.

WHAT SHOULD I PACK?

A DETAILED PACKING LIST WILL BE INCLUDED IN YOUR WELCOME GUIDE, TAILORED FOR BEACH, MOVEMENT, AND ADVENTURE ACTIVITIES.

READY TO SAY YES TO YOURSELF?



Escape the rush of everyday life and step into the sun, sand, and jungle of Costa Rica — days where your only job is to breathe deeply, move freely, and reconnect with your body, mind, and spirit.

This is what awaits you at the Bohemien Lagarto in Nosara: ocean breezes, jungle sunsets, soulful workshops, nourishing meals, and real space to simply be.

Our retreat is more than a vacation. It's a journey back to yourself. Through yoga, meditation, sound baths, ecstatic dance, cacao ceremonies, and mindful adventure, you'll slow down, root into the present moment, and rediscover the joy, energy, and clarity within.

Come join us, find your center, and let the rhythm of the waves and jungle guide you home.

Book Your Spot Now.

We can't wait to welcome you into this sacred, serene space.

Feel free to contact me in the meantime.



Jordan

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