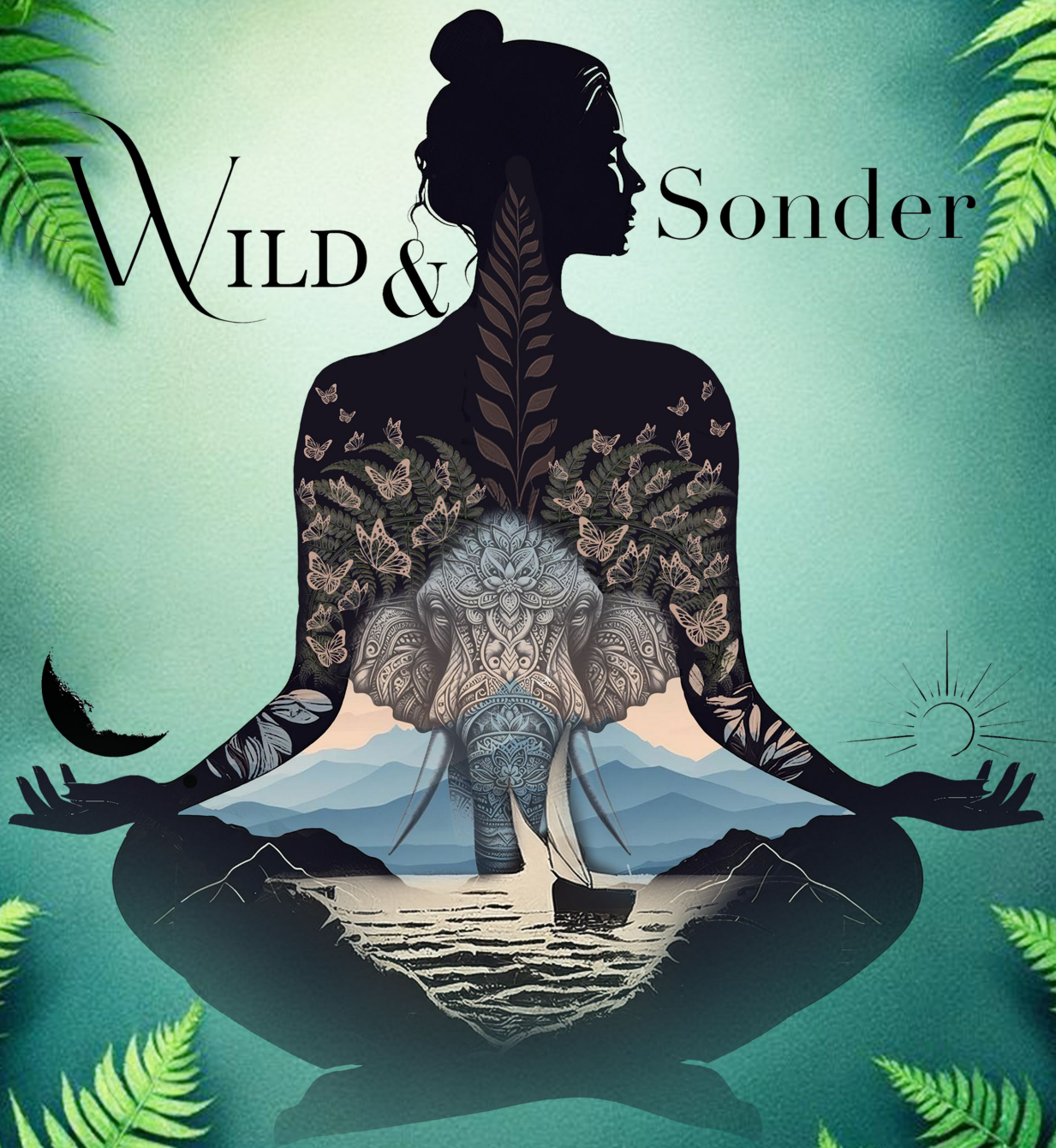


# Wild & Sonder







# COSTA RICA RETREAT



# Wild Sonder

Live Deep, Wonder Wide

18th-25th January  
2026







## Welcome to Wild & Sonder Retreats in beautiful Costa Rica.

We are excited to invite you to a transformative experience where you can reconnect with yourself, your loved ones, and likeminded people within the breathtaking beauty of nature.

Immerse yourself in the present moment with relaxing yoga, soothing massages, healing Reiki, and embrace the thrill of adventure with surfing, Ocean, or ATV tours. Explore the lush landscapes of our nature and waterfall hikes, where you can witness the vibrant flora and fauna that makes Costa Rica a No.1 destination for nature lovers.

At Wild & Sonder Retreats, we create a space and mindset to live in the present moment, awakening a new perspective of community, cultivating mindfulness within yourself and connecting with the world around you.

Join us for a rejuvenating journey - Introducing *Roots to Radiance*

A 7-day, 7-night journey through 7 chakras — from root to crown. Each day of this retreat is thoughtfully designed to awaken, balance, and align one of the body's seven energy centers through yoga, meditation, nourishing foods, workshops, and mindful practices. Set against the wild beauty of Costa Rica, this immersive experience invites you to ground deeply, rise with vitality, and expand into your fullest expression. By the end of the week, you'll leave not only restored but radiant — rooted in presence and aligned in spirit

We cant wait to share this incredible experience with you. Welcome to a place where you can truly be yourself and embrace the Pura Vida Lifestyle.







## Costa Rica

Costa Rica is a breathtaking paradise that perfectly blends natural beauty with wellness and tranquility, making it an ideal destination for your retreat. Nestled between the Pacific Ocean and the Caribbean Sea, this Central American gem boasts lush rainforests, pristine beaches, and stunning volcanic landscapes. Imagine waking up to the soothing sounds of nature, surrounded by vibrant flora and fauna. The air is filled with the scent of tropical flowers and the gentle rustle of palm trees swaying in the breeze. Costa Rica is renowned for its commitment to sustainability and eco-tourism, offering a serene environment that encourages mindfulness and rejuvenation.

Participants can immerse themselves in a variety of wellness activities, from yoga sessions on the beach at sunrise to guided meditation in the heart of the rainforest. The warm, welcoming culture of the Costa Rican people adds to the experience, promoting a sense of community and connection.

Nourishment is also a key focus, with fresh, organic local cuisine that highlights the rich flavors of the region. From farm-to-table meals to refreshing tropical smoothies, your retreat will nourish both body and soul. Not to mention Costa Rica's world renowned coffee and traditional Cacao.

With opportunities for adventure, such as hiking through national parks, exploring waterfalls, or practicing mindfulness by the ocean, Costa Rica is not just a destination; it's an experience that fosters healing, growth, and transformation. Join us in this serene oasis where you can reconnect with yourself and nature, leaving you refreshed and inspired.





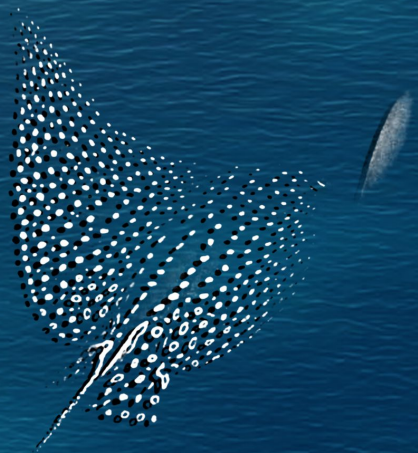
## Playa Samara, Guanacaste Province

Welcome to Samara, a hidden gem in the Nicoya Blue Zone. Nestled in the hills of the Nicoya Coast of Guanacaste, Samara is not just a destination, It's a lifestyle.

Samara is a paradise for sun-seekers, surfers and nature enthusiasts alike. The town offers a variety of activities, including snorkeling, waterfalls, kayaking, and horseback riding, as well as a rich cultural experience with local eateries and shops showcasing Costa Rican hospitality. Surrounded by lush tropical landscapes and a friendly community, Samara is the perfect destination for those seeking adventure, relaxation and a taste of the Pura Vida life.







## Meet your hosts

Our Journey to Wild & Sonder Retreats:  
A Love Story Rooted in Nature and Wellness.

Our story begins here in the picturesque town of Samara, Costa Rica, where fate brought us together through a series of serendipitous timings and meetings. Our connection deepened while working together on a yacht in the Caribbean. The deep bond we shared with the sea and the adventure of living on the water brought us closer in a way we couldn't deny. It was there that we fell in love—aligned by our shared passions for adventure, travel, and a deep need to connect with nature.

Introducing your host and facilitator Bryan, originally from South Africa, where I spent my formative years immersed in the beauty of nature, both above and below the water. I grew up surfing, diving, and exploring the wonders of the wild outdoors. And my journey has been one of transformation and healing. After achieving sobriety eight years ago, I committed myself to a path of self-discovery and growth. Over the years, I've become a Yoga teacher, Meditation instructor, Yogic and Somatic Breathwork facilitator, Masseuse, Reiki Level 2 practitioner, Dive Instructor, Surf Instructor, and Yacht Captain. These experiences have given me the tools to support others on their own journeys, and I'm passionate about guiding our guests toward mental, physical, and spiritual wellness.

Introducing Nicole, born in Canada. I spent many years in customer service, event planning, and traveling the world—connecting with people, places, new tastes, and cultures. I brought my culinary talents to life as a chef on yachts in the Caribbean and later as the owner of Chaki Café & Boutique here in Samara. My love for cooking shines through in my dedication to crafting healthy, all-natural, farm-to-table meals. I pour my culinary expertise and vibrant spirit into creating an inviting atmosphere for our guests at Wild & Sonder Retreats. As one of the hosts and the chef, I bring a wealth of experience and a passion for nourishing the body and soul through food and connection.

Together, we've combined our unique backgrounds and shared passions to create Wild & Sonder Retreats. Our vision is to provide a sanctuary where individuals can reconnect with themselves and nature, explore transformative practices, and experience the healing power of community and adventure.

At Wild & Sonder Retreats, we invite you to join us on this incredible journey of self-discovery, nourishment, adventure, and connection.



# Wild Sonder



Retreat offerings:



**Yoga:** The journey of the self, through the self, to the self. We offer daily (morning or evening) 1 hour yoga sessions for all levels, in different locations, led by Bryan and some of Samaras leading yoga teachers with an array of teaching styles and methodologies.



**Meditation:** Learn varied techniques and forms of meditation including mindfulness exercises from around the world to help reduce stress, improve focus, enhance emotional health, release long held blocks, promote better sleep and boost overall well-being.



**Breathwork:** Experience Yogic/deactivating and Somatic/activating breathwork sessions. Learning how the breath can be used as a tool to navigate, manipulate, and negotiate the life force within us. Release long held emotions, create resilience to stress and learn to breathe yourself back to a full enriching life.



# Wild Sonder

Retreat offerings:



**Reiki:** Discover the healing power of Reiki. An ancient Japanese healing technique designed to restore balance and harmony within the body, mind, and spirit. This practice helps release stress, promote deep relaxation, and support your natural healing ability. Reiki offers a nurturing journey toward holistic healing.



**Massage:** Experience the transformative benefits of massage therapy. We use a variety of techniques to help you relax deeply, reduce stress, alleviate muscle tension, and release stuck emotions. Massage promotes improved blood circulation, enhances flexibility and supports overall well-being. Leaving you feeling balanced and revitalized.



**Mindfulness:** Learn mindfulness exercises you can take home with you, teaching you to be more aware and present in your day to day life. These practices help increase awareness, reduce stress and promote a sense of calm and clarity.

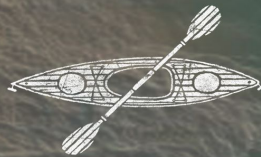


# Wild Sonder

Retreat offerings:



**Hiking:** Werner Sauter Biological Reserve is one of Costa Ricas most vulnerable ecosystems. It has an abundance of wildlife including, Howler Monkeys, White tailed Deer, Crimson-fronted Parakeets, and the list goes on. Explore the lush forest and enjoy the breathtaking views with a knowledgeable guide who will explain the history and richness of the surrounding fauna and flora.



**Kayaking Tours:** Enjoy an exciting kayak in the shallows of Samara Beach to Isla Chora where you have a chance to spot some Olive Ridley Turtles, enjoy a snack on the white sand beach, explore the island and snorkel the shallow reef in search of Spotted Eagle Rays, Manta Rays and more.

(Own Cost)



**Quad Bike Tours:** Experience an array of quad bike tours. Imagine splashing through rivers, winding up jungle tracks surrounded by dense jungles or stopping off at a beautiful local coffee farm to experience farm to table grown coffee and the fresh flavours of the world famous Costa Rican bean.

(Own Cost)



# Wild Sonder



## Retreat offerings:



**Mindful Self Discovery:** Picture dedicating a week to yourself, free from the distractions of daily life - alcohol, social media, work, stress, or dependence of others. This time is all about focusing on your own well-being, enhancing your mindfulness, and fostering connections with yourself and those around you. We offer a variety of personal development activities, journaling prompts, and creative opportunities that invite you to reconnect with your inner child, encouraging curiosity and a carefree spirit, unimpeded by the opinions of others. We create a supportive environment for you to engage deeply with yourself and your inner world.



**Down Time:** During our retreat in Samara, Costa Rica, downtime will be a cherished part of the experience, allowing participants to unwind and connect with the stunning natural surroundings. This time will provide the perfect opportunity to relax on the beautiful beaches, take leisurely strolls through lush landscapes, or simply enjoy the soothing sounds of the ocean. Whether you choose to meditate, practice yoga, or engage in creative activities like journaling or painting, these moments of solitude will foster personal reflection and rejuvenation. Embrace the tranquility of Samara, as it invites you to recharge and discover deeper insights, making your retreat experience truly transformative.



# WILD Sonder

## Villas Espavel



Villas Espavel is the hidden gem of Samara. You'll love the connection to nature, the well-equipped kitchen, lovely patio and comfortable beds. It is designed for living in connection with nature and is perfect for a group of friends or families traveling together. Casa Espavel is a 5-10 minute walk to the beach, restaurants and downtown.

Casa Espavel, the main large villa and 5 other villas share the peaceful grounds, glorious pool, river access, and the property's 'bird's nest' yoga & meditation space. One side of the house opens to the jungle with four garage doors allowing you to watch the monkeys, birds and butterflies from any room.

Villas Espavel is very secure as the property is hidden away down a long driveway. There are 4 parking spots that are available on a first come, first served basis. There is ample street parking outside of our gate if all the parking spots are filled.

### **Pool and Facilities:**

Shared outdoor swimming pool.  
Low allergen environment,  
Smoking not allowed.

### **Entertainment:**

Wireless Broadband Wifi  
Beach chairs, Bicycles, Hammocks,  
Nature/Bird watching

### **Bathroom and Laundry:**

Bed linen, Hair dryer,  
Clothes dryer, Essentials,  
Iron & Board, Shower,  
Towel set, Washbasin,  
Washing machine.

### **Services:**

Housekeeping Included.

### **Home safety:**

Fire Extinguisher,  
First aid kit, Safe,  
Smoke Detector.

### **Kitchen and Dining:**

BBQ gas, Blender, Coffee machine,  
Cooking utensils, Dishwasher, Grill,  
Kitchen stove, Kitchenette,  
Microwave, Oven, Refrigerator,  
Spices, Toaster, Water purifier.



# Wild Sonder

## Casa Espavel

8 Guests

3 Bedrooms

5 Beds

2 Baths

Upstairs are three comfortable bedrooms. The main floor has a half bath, a dining table for eight on the patio, a table for four in the kitchen and all the amenities of home. There are comfortable chairs and hammocks for relaxing on the patio and balcony. All three bedrooms have newly installed A/C, queen beds with amazing mattresses, comfortable pillows, reading lights, shelves.

### **The Main Casa Master Bedroom:**

The first bedroom has 1 queen bed and its own bathroom with a walk-in shower.

### **The Shared 1:**

The second bedroom has a queen and share a bathroom with the third bedroom also with a walk-in shower and double sinks.

### **The Shared 2:**

The third bedroom has a queen bed as well as two fun single loft beds for kids or playful adults, and shared bathroom.

Both bathrooms have ample space for your toiletries. The casa has powerful ceiling fans and AC throughout the house to keep you cool. All the windows have screens and security bars.

This will be the main Casa for the retreat, where the Chef will utilize the kitchen, and meals will be shared by the retreat group.



# Wild Sonder

## Casa Espavel







## Villa Mar

 2 Guests

 1 Bedrooms

 1 Beds

 1 Baths

Villa Mar is the private Villa of the retreat, offering a spacious 1 bedroom with queen bed and two small beds up twirling stairs to the second level, with a full bathroom downstairs.

The unit has A/C and powered fans, a small kitchen for personal use and a patio area with outdoor seating and hammocks, facing the pool area.

## Villa Rio

 6 Guests

 2 Bedrooms

 3 Beds

 1 Baths

Villa Rio is our two bedroom 1 bath Villa, with one bedroom hosting a queen bed on the main floor and a second bedroom with two queen beds on the upper level. Both bedrooms equipped with A/C and powered fans.

This villa has a full bath, kitchen and patio on the main floor along with a refreshing second level patio seating area with hammocks.



# Wild Sonder

## Villa Mar





# Wild Sonder

## Villa Rio







## Whats included:

Accommodation: 7 nights, 7 days.

Meals: 3 x Delicious and healthy meals per day.

Yoga: 1-1.5 Hour Daily Yoga, Meditation and Yogic Breathwork Classes.

Breathwork: 2-3 hours Somatic Breathwork Session.

Massage: 1 Hour Massage p/p (Extra at own cost).

Reiki: 45min Reiki Session p/p (Extra at own cost).

Hike: 2-3 Hour Guided Hike - Refugio de Vida Silvestre Walter Sauter Reserve.

Surfing: 1.5 hour surf lesson (Extra at own cost)

Whale and Dolphin Tour: 3-4 hours at sea.

## Whats not Included:

Airport transfer to and from Villas Espavel: Booking optional at extra cost.

Flights and Travel Insurance

Beverages: Alcoholic/Soft

ATV/Quad Biking, Kayak Tours, Other tours

1 x Dinner & 1 x Lunch Out





# Roots to Radiance

## 7 Days - 7 Nights - 7 Chakras

FIRST FULL DAY January 19th

Day 1 — Root Chakra (Muladhara)

Focus: Grounding • Safety • Stability

Element: Earth

Color: Red

Intention: “I am supported and at home in my body.”



January 20th

Day 2 — Sacral Chakra (Svadhithana)

Focus: Creativity • Pleasure • Flow

Element: Water

Color: Orange

Intention: “I honor my feelings and move with ease.”



January 21st

Day 3 — Solar Plexus (Manipura)

Focus: Confidence • Purpose • Fire

Element: Fire

Color: Yellow

Intention: “I act from clarity and inner strength.”



January 22nd

Day 4 — Heart (Anahata)

Focus: Love • Compassion • Connection

Element: Air

Color: Green

Intention: “I give and receive with an open heart.”



January 23rd

Day 5 — Throat (Vishuddha)

Focus: Expression • Truth • Boundaries

Element: Ether

Color: Blue

Intention: “My voice is clear, kind, and true.”

January 24th

Day 6 — Third Eye (Ajna)

Focus: Intuition • Insight • Clarity

Element: Light

Color: Indigo/Purple

Intention: “I trust my inner wisdom.”

January 25th - CHECK OUT DAY

Day 7 — Crown (Sahasrara)

Focus: Connection • Presence • Reverence

Element: Thought/All

Color: Violet/White

Intention: “I am present, connected, and at peace.”







## What to bring:

### **Clothing:**

Lightweight, breathable clothes  
(cotton, linen)  
Comfortable hiking shoes and sandals  
Swimsuits  
Quick-drying shirts and shorts  
Long-sleeve shirts and pants for sun  
and insect protection  
Light Rain Jacket or Poncho  
Hat or cap  
Sunglasses  
Dry bag

### **Personal care & toiletries:**

Sunscreen (High SPF)  
Insect repellent  
Lip Balm with SPF  
Personal toiletries  
Feminine hygiene products  
Quick-dry travel towel  
Medications and necessary health supplies

### **Electronics and Accessories:**

Phone and charger  
Camera or GoPro  
Powerbank  
Waterproof phone case or pouch  
Earphones or Headphones  
Travel adapter (if applicable)

### **Miscellaneous:**

Reusable water bottle  
Snacks or energy bars  
Backpack or daypack  
Journal or notebook  
Books or E-Reader  
Travel Documents (Passport, ID,  
Insurance info, Reservation confirmations)  
Cash and Credit Cards  
Small flashlight or headlamp

## What not to bring:

Work  
Politics  
Stress  
Worries  
A closed mind





# Pricing

## Casa Espavel - The Main Villa 3 Bedroom

Main Master Bedroom - 1 Queen Bed and Master Bath

Single Occupant - \$3800

Double Occupant (same bed) - \$3300 per person

Bedroom 1 Queen- Shared Bath

Single Occupant - \$3500

Double Occupant (same bed) - \$3100 per person

Bedroom 2 1 Queen, 2 Singles - Shared Bath

Single Occupant - \$3500

Double Occupant - \$3100 per person

Shared 3 Ways - \$3000 per person

### *Group Booking Prices*

6 People - \$18,600

9 People - \$27,900

## Villa Rio - 2 Bedroom Shared Bath

Main Level Bedroom 1 Queen

Single Occupant - \$3500

Double Occupant - \$3100

Upstairs bedroom - 2 Queens

Single Occupant - \$3500

Double Occupant (shared room) - \$3100

Shared 4 ways (2 each queen shared) - \$3000

### *Group Booking Prices*

6 people - \$18,600

## Villa Mar - Private Villa Sleeps 2

1 Queen Bed

Single Occupant - \$3900

Double Occupant - \$3500 per person

### *Total Retreat Group Booking*

*Privatize the retreat with your group only*

6 People - \$23,400

9 People - \$31,500

10 People - \$33,000

12 People - \$38,400





## General Information

We're so excited to welcome you into the Wild & Sonder experience. Below you'll find some important details about booking, payments, and how to connect with us.

### Contact & Inquiries:

If you have any questions about our retreats, group bookings, payment plans, or simply want to learn more, please reach out. Queries and Bookings recieved at: [Wildsonderretreats@gmail.com](mailto:Wildsonderretreats@gmail.com)  
Or contact us on Whatsapp : **Bryan +27 72 207 5386**  
**Nicole +506 6433 2323**

We're also happy to set up a call to go over details, answer questions or chat about which villa or booking is the best fit for you.

### Payments & Deposits:

A **50%** deposit is required to secure your spot.  
The remaining **50%** is due one month before the retreat begins.  
Gratuity at end of stay is welcome for Chefs and facilitators.

### Cancellations:

Cancellations made within 72 hours of booking are fully refundable.  
After 72 hours, the deposit becomes non-refundable.

### Final Notes:

Our retreats are designed to bring you back into your life — grounded, present, and inspired. We look forward to sharing unforgettable moments with you, whether on the beaches of Costa Rica, the Canadian Rockies, the South African wilderness, or at sea on a catamaran adventure.

Live Deep, Wonder Wide.