



# Aethera

COSTA RICA RETREAT

27-31 JULY 2026

PURA VIDA STATE OF MIND

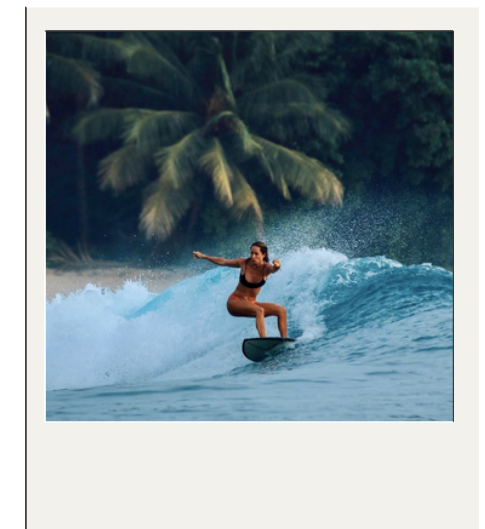
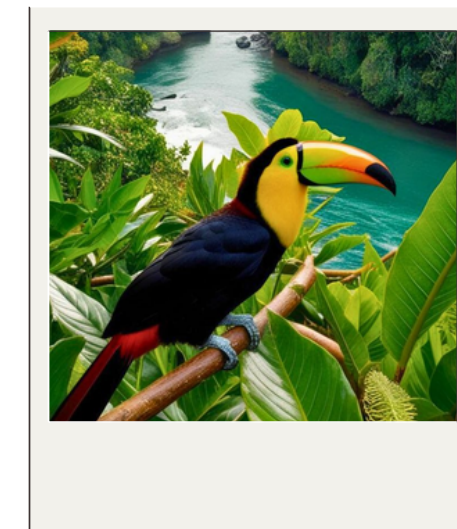
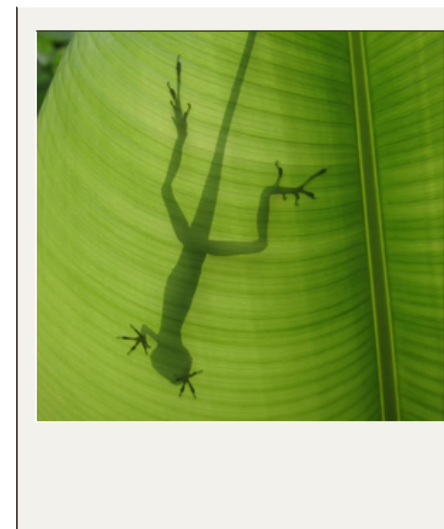
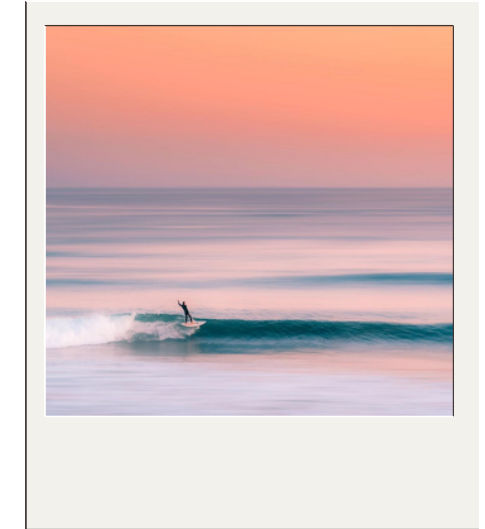
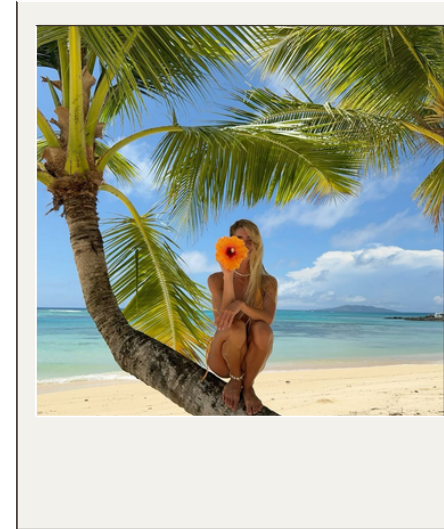
# About Aethera

## A CURATED EXPERIENCE

AETHERA IS MORE THAN A RETREAT.

IT IS A CAREFULLY DESIGNED JOURNEY INTO PRESENCE,  
MOVEMENT, AND CONNECTION.

SURROUNDED BY THE RAW BEAUTY OF COSTA RICA, EACH  
MOMENT IS CREATED TO HELP YOU SLOW DOWN,  
RECONNECT, AND EXPERIENCE LIFE WITH INTENTION.



This is your space to reset  
physically, mentally, and emotionally.

# Meet Sandra

**500-HR CERTIFIED YOGA INSTRUCTOR & 50-H AERIAL INSTRUCTOR**

*"HELLO, I'M SANDRA. I'M A YOGA TEACHER BASED IN MADRID, WHERE I GUIDE AERIAL YOGA, MANDALA VINYASA FLOW, AND MEDITATION PRACTICES. TEACHING IS MUCH MORE THAN A JOB FOR ME; IT'S A PASSION THAT COMES FROM THE NEED TO SHARE WITH OTHERS EVERYTHING THAT YOGA ONCE TRANSFORMED IN MY LIFE.*

*AT THE MOMENT, IN ADDITION TO TEACHING CLASSES IN MADRID I AM FULFILLING ONE OF MY BIGGEST DREAMS: ORGANIZING RETREATS ACROSS THE WORLD, CREATING SPACES WHERE PEOPLE CAN RECONNECT WITH THEMSELVES."*



# Meet Sara

**500-HR CERTIFIED YOGA INSTRUCTOR & LIFE FORCE ACTIVATION FACILITATOR**

"HEY LOVE, I'M SARA. I'VE BEEN A YOGA TEACHER FOR TWO YEARS, AND FOR THE PAST SEVEN YEARS I'VE BEEN DEEPLY DEVOTED TO KUNDALINI, EXPLORING THE POWERFUL WORLD OF ENERGY AND INNER TRANSFORMATION.

I'M PASSIONATE ABOUT HOLDING SPACE FOR OTHERS. SUPPORTING THEM ON THEIR HEALING JOURNEY AND GENTLY GUIDING THEM BACK TO THEIR LIGHT. THERE'S NOTHING I LOVE MORE THAN HELPING PEOPLE RECONNECT WITH THEMSELVES AND DISCOVER A DEEPER SENSE OF CALM, BALANCE, AND PRESENCE."

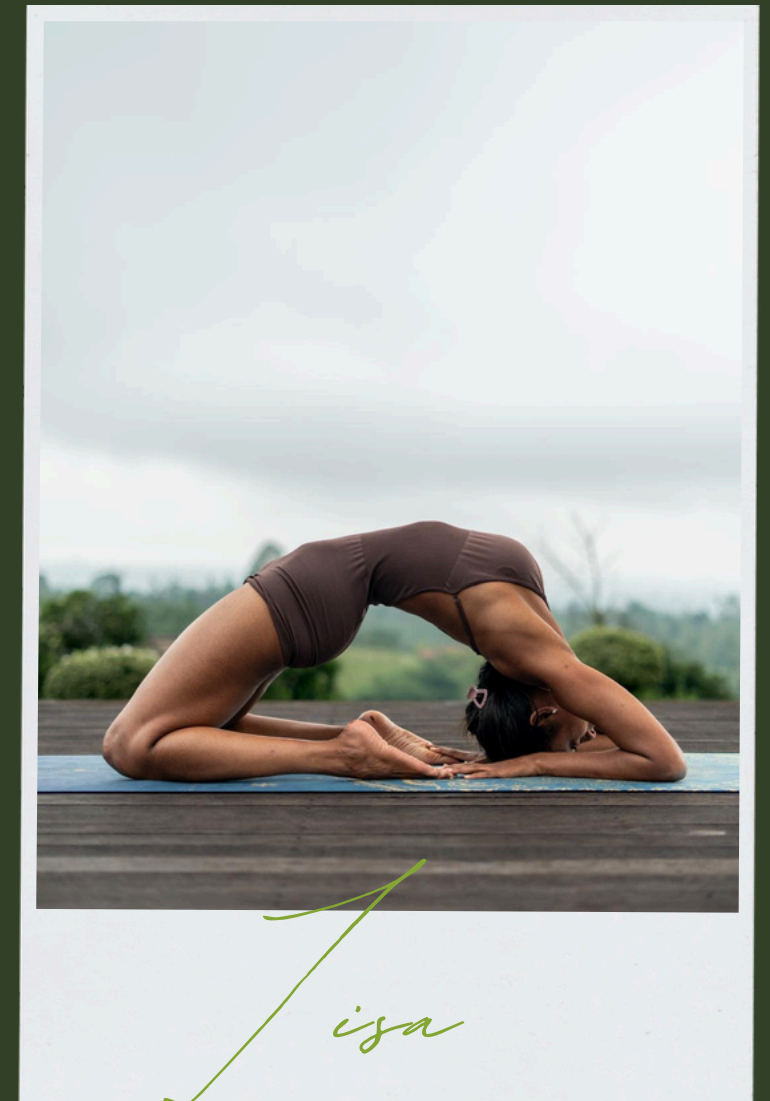


# Meet Lisa

## 500-HR CERTIFIED YOGA INSTRUCTOR | ASHTANGA VINYASA

"I'VE BEEN PRACTICING YOGA SINCE I WAS A TEENAGER, DRAWN FIRST BY ITS PHYSICALITY AND THEN TRANSFORMED BY ITS DEPTH. AFTER YEARS OF SELF-STUDY AND TRAVEL, I COMPLETED MY 500-HOUR TEACHER TRAINING AT THE RENOWNED HOUSE OF OM IN BALI – A JOURNEY THAT CHANGED EVERYTHING ABOUT HOW I MOVE, BREATHE, AND LIVE. I SPECIALIZE IN ASHTANGA-STYLE VINYASA: PRECISE, BREATH-LED, AND DEEPLY PERSONAL.

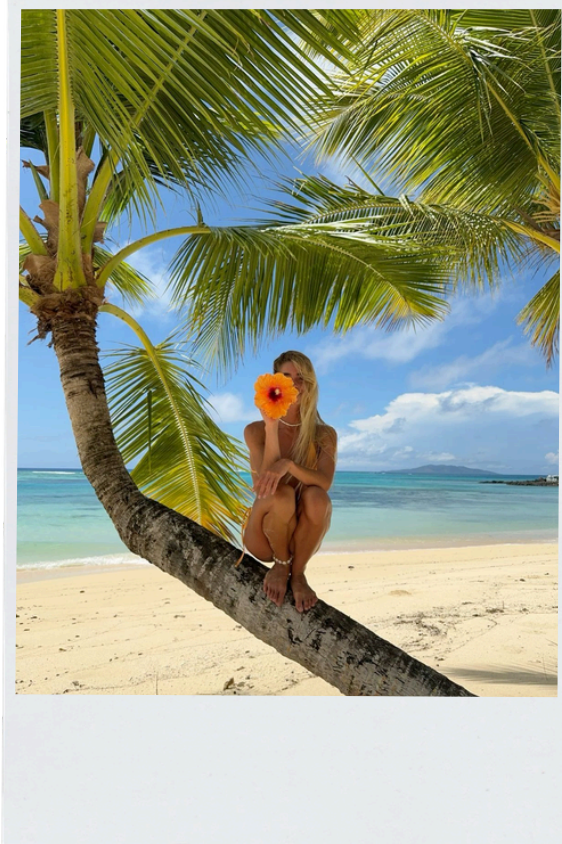
MY CLASSES MEET STUDENTS EXACTLY WHERE THEY ARE, WEAVING TOGETHER STRENGTH, ALIGNMENT, AND STILLNESS. WHETHER YOU'RE STEPPING ONTO THE MAT FOR THE FIRST TIME OR DEEPENING A LONG-STANDING PRACTICE, I'M HERE TO GUIDE YOU HOME TO YOURSELF."



# Day 1 | Arrival

Arrive, exhale, and gently disconnect from the outside world

**JULY 27**



**JULY 28**

3:00-5:00 ARRIVAL AND CHECK IN

5:30 OPENING CIRCLE

6:15 GUIDED JOURNALING

6:45 EVENING FLOW

7:45 DINNER

8:45 LIVE MUSIC

**JULY 29**

**JULY 30**

**JULY 31**

# Day 2 | Root and Strength

Build inner and outer strength with thoughtful practice and moments in nature.

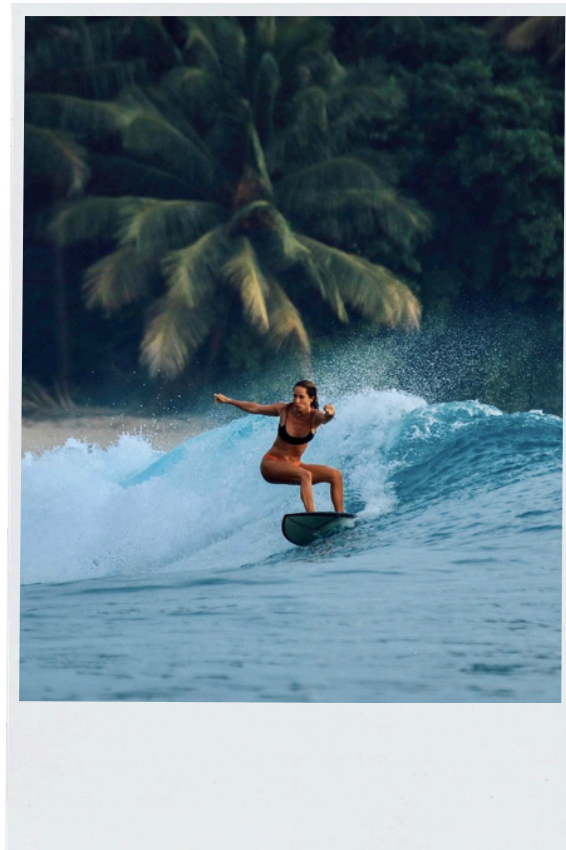
JULY 27

JULY 28

JULY 29

JULY 30

JULY 31



6:30 AM TEA & SILENCE

7:00 ASHTANGA PRACTICE

9:15 BREAKFAST

10:30 SURF SESSION

1:00 LUNCH AND FREE TIME

3:30 ARM BALANCE WORKSHOP

5:30 MOBILITY & WIND DOWN

7:00 DINNER

# Day 3 | Flow and Creativity

A day for fluidity, creativity, and self-expression, transcending limits into freedom.

JULY 27

JULY 28

JULY 29

JULY 30

JULY 31



7:00 POWER VINYASA

9:15 BREAKFAST

10:30 SURF SESSION

1:00 LUNCH AND FREE TIME

3:00 ART THERAPY

4:30 INVERSIONS WORKSHOP

5:45 YIN PRACTICE

7:15 DINNER & MUSIC NIGHT

# Day 4 | Expansion and Heart

An invitation to soften, receive and expand

JULY 27

JULY 28

JULY 29

JULY 30

JULY 31

7:00 KUNDALINI PRACTICE

9:15 BREAKFAST

10:30 SURF LESSON / OPTIONAL ACTIVITIES

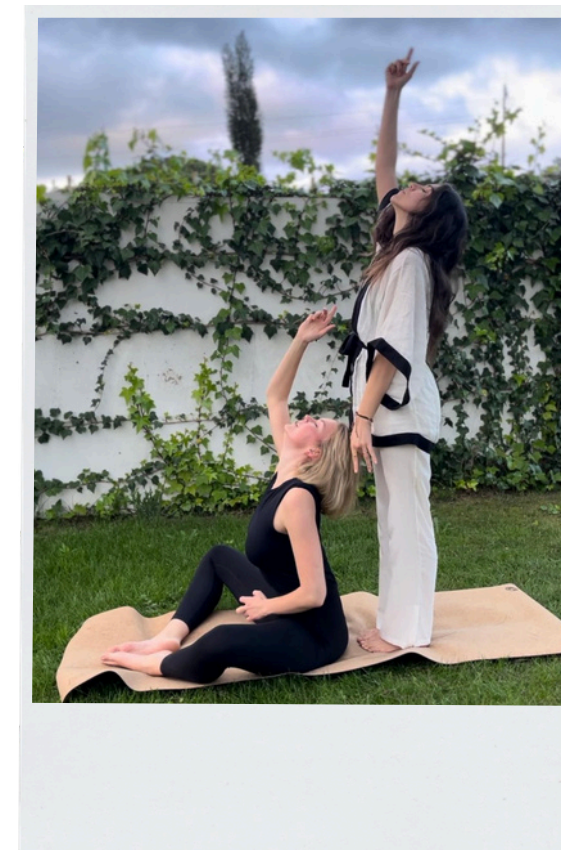
1:00 LUNCH AND FREE TIME

2:30 BACKBENDS WORKSHOP

3:30 MASSAGE SESSION

5:45 SOUND HEALING

7:15 DINNER & BONFIRE



# Day 5 | Integration

Return home, transformed

JULY 27

JULY 28

JULY 29

JULY 30

JULY 31

7:00 VINYASA MANDALA FLOW

9:15 BREAKFAST

10:30 BEACH TIME /OPTIONAL ACTIVITIES

1:00 LUNCH AND FREE TIME

2:30 BACKBENDS WORKSHOP

3:00 BREATHWORK INTEGRATION

4:30 JOURNALING

5:30 CLOSING CIRCLE & CELEBRATION



# Your home in Costa Rica

NESTLED IN THE HEART OF COSTA RICA'S LUSH COASTLINE, RAWSURF & FITNESS OFFERS THE PERFECT BALANCE BETWEEN NATURE, COMFORT, AND CONSCIOUS LIVING.

SURROUNDED BY JUNGLE AND JUST MOMENTS FROM THE OCEAN, THIS SPACE HAS BEEN CAREFULLY CHOSEN TO CREATE AN ENVIRONMENT WHERE YOU CAN FULLY DISCONNECT FROM THE OUTSIDE WORLD AND RECONNECT WITH YOURSELF.

DESIGNED WITH SIMPLICITY AND INTENTION, IT COMBINES OPEN SPACES, NATURAL MATERIALS, AND A RELAXED ATMOSPHERE – ALLOWING YOU TO SLOW DOWN, BREATHE DEEPLY, AND FEEL AT HOME FROM THE VERY FIRST MOMENT.

## The experience

- IMMERSED IN NATURE, STEPS AWAY FROM THE BEACH
- OPEN, AIRY SPACES DESIGNED FOR MOVEMENT AND REST
- A CALM AND WELCOMING ENVIRONMENT
- SHARED AND PRIVATE ACCOMMODATION OPTIONS



# Giving back

AT AETHERA, OUR CONNECTION GOES BEYOND THE RETREAT EXPERIENCE.

WE FEEL DEEPLY CONNECTED TO NATURE – TO THE LAND THAT HOLDS US, SUPPORTS US, AND MAKES THIS JOURNEY POSSIBLE. IN ALIGNMENT WITH THE PRINCIPLES OF YOGA, WE BELIEVE IN LIVING WITH AWARENESS, GRATITUDE, AND RESPONSIBILITY.

FOR THIS REASON, WE ARE PROUD TO COLLABORATE WITH A LOCAL FUNDRAISING INITIATIVE SUPPORTING A SCHOOL IN COSTA RICA.

## *Our intention*

A PORTION OF THIS RETREAT CONTRIBUTES TO THIS CAUSE, HELPING TO SUPPORT EDUCATION AND CREATE OPPORTUNITIES WITHIN THE LOCAL COMMUNITY.

THIS IS OUR WAY OF GIVING BACK – HONORING THE PLACE THAT WELCOMES US AND SHARING THE IMPACT OF THIS EXPERIENCE BEYOND OURSELVES.

# Investment and Payment

YOUR JOURNEY TO COSTA RICA IS AN INVESTMENT IN DEEP REST, RENEWAL, AND RECONNECTION. TO HONOR BOTH YOUR COMMITMENT AND THE INTIMATE NATURE OF THIS EXPERIENCE, WE OFFER A SIMPLE AND SUPPORTIVE PAYMENT STRUCTURE.

## *Reservation Deposit (50%)*

A 50% NON-REFUNDABLE DEPOSIT IS REQUIRED TO SECURE YOUR SPACE.

THIS OFFERING IS INTENTIONALLY LIMITED TO CREATE A MORE PERSONAL AND MEANINGFUL EXPERIENCE, AND YOUR PLACE IS CONFIRMED ONCE YOUR DEPOSIT IS RECEIVED.

## *Final Balance (50%)*

THE REMAINING 50% IS DUE BY JUNE 1ST, ONE MONTH PRIOR TO OUR RETREAT BEGINNING ON JULY 1ST.

THIS ALLOWS YOU TO ARRIVE FEELING PREPARED, GROUNDED, AND FULLY OPEN TO THE EXPERIENCE AHEAD.

# Investment and Payment

A CURATED 5-DAY LUXURY RETREAT EXPERIENCE IN COSTA RICA.

LIMITED SPACES TO ENSURE INTIMACY AND PERSONALIZATION.

## Earlybird

SHARED ROOM – \$1,500

PRIVATE ROOM – \$2,000

LIMITED AVAILABILITY.

## Standard Pricing

SHARED ROOM – \$1,750

PRIVATE ROOM – \$2,250

## What's included?

- ✓ 5 DAYS / 4 NIGHTS ACCOMMODATION
- ✓ DAILY YOGA, MEDITATION & WORKSHOPS
- ✓ SURF SESSIONS & SELECTED ACTIVITIES
- ✓ NOURISHING MEALS
- ✓ CURATED RETREAT EXPERIENCE

# Important Information

## Cancellation policy

ALL BOOKINGS ARE FINAL AND NON-REFUNDABLE.

AS THIS IS AN INTIMATE AND CAREFULLY CURATED EXPERIENCE WITH LIMITED AVAILABILITY, WE ARE UNABLE TO ACCOMMODATE CANCELLATIONS OR CHANGES ONCE YOUR PLACE HAS BEEN CONFIRMED.

WE HIGHLY RECOMMEND SECURING TRAVEL INSURANCE.

## Guest Experience

TO ENHANCE YOUR JOURNEY:

- A PRIVATE WHATSAPP GROUP WILL BE CREATED PRIOR TO THE RETREAT, OFFERING A SPACE TO CONNECT WITH THE GROUP AND COORDINATE TRAVEL DETAILS.
- MOMENTS FROM THE RETREAT MAY BE CAPTURED THROUGH PHOTO AND VIDEO TO PRESERVE AND SHARE THE EXPERIENCE. PARTICIPATION IS ALWAYS OPTIONAL.



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PURA VIDA STATE OF MIND