



VAJRA SOL
YOGA RETREATS

yoga & wellness retreat *at Santa Teresa Beach*

Pacific Coast, Costa Rica

Our retreat is located in the coastal town of Santa Teresa on one of the best beaches in the country known for its beautiful scenery and great year-round surf. Due to its relative remoteness on the Nicoya Peninsula it maintains a pristine, nature-rugged, and idyllic feel.

On our 6-night retreat, practice yoga daily, soak up the warmth of the tropics, and pamper yourself with relaxation. Enjoy an integrative experience combining body movement, time in nature, eating well, sleeping restfully, and a carefree ambiance. Disconnect from a busy lifestyle, take personal time to just be, and have some fun in the sun with a small group of like-minded travelers.

We have been offering yoga retreats in Costa Rica for over 17 years and our aim is to create a fulfilling and transformative experience for each guest.

March 16 - 22, 2025

For room availability visit our [website under FAQs](#).

book retreat

The previously included surfing and stand-up paddle component will be an optional activity on the retreat. Guests can book lessons in their free time.

Yoga

The **yoga sessions** are for mixed levels from beginners to the more experienced practitioner. **All levels of yoga are welcome.** The type of yoga is Hatha and Slow Flow Vinyasa which is a dynamic style specifically aligning movement with the breath to activate the body's energy system. We focus on improving flexibility, balance, mobility, and strength for overall well-being. Restorative yoga and guided meditation are also included to instill relaxation, reduce stress, and calm the mind. The yoga sessions are held in the open-air lounge area by the pool.

A Sample Day on Retreat

7:30 AM - coffee/tea & breakfast

10 AM - 11:30 PM - yoga

12:30 PM - lunch

free time / One day will be an included outing.

5 - 6 pm - yoga (two days)

7 PM - dinner

[Schedule is subject to vary by retreat.]



Retreat Leader

With over 11 years of teaching experience, **Jen Soulé** has spent the past decade working with Vajra Sol in various capacities, including hosting transformative retreats in Santa Teresa, Costa Rica. As the co-owner of Louisville Community Yoga, she is passionate about creating thoughtful yoga flows that inspire and connect her students. Living in Louisville, Colorado, with her husband Ben and their rescued Old English Sheepdog, Ellie, she embraces an active lifestyle, enjoying all things outdoors, including hiking, mountain biking, and surfing. In addition to her yoga career, she co-owns Latchkey Marketing, bringing creativity and dedication to all her endeavors.



Accommodations

Our retreat is hosted at a 13-room private property perched on a hillside with breathtaking Pacific Ocean views. It has a simple luxury style with an intimate ambiance and is surrounded by tropical gardens. It features a pool and lounge area to hang out that also serves also as the yoga space. It is located in the more tranquil north Santa Teresa and a 5-minute walk to the beach and the popular beachfront café, Rocamar.



The property is designed with subtle beach elegance and a light and modern minimalist style. Additional amenities include free wifi, complimentary filter drinking water, and a concierge service. The welcoming “pura vida” setting makes it easy to drop into the easeful way of Costa Rica.

(The property is smoking-free.)



The retreat package includes a stay in these accommodation types: **Deluxe Garden Room, Deluxe Ocean Room, two-bedroom/two-bathroom Villa, Bungalow Suite, and a one bedroom Villa Suite.**

Room Description

[click the on room title to see more images on our website.]

[Deluxe Garden Room](#) - These rooms are on the ground level with a garden view and have an outdoor sitting area. Each room is uniquely different. It has a king-size bed or two twin beds (two rooms have a king bed only), a bathroom with glass-walled shower and a separate toilet room, air-conditioning, ceiling fans, and access to a safe in the office. For 1-2 persons (Size 20 m²)



[Deluxe Ocean Room](#) - This room is on the upper level with an impressive ocean view. Each has a king size bed or two twin beds, a bathroom with glass-walled shower and separate toilet room, air-conditioning, ceiling fans, mini-refrigerator, and access to a safe in the office. For 1-2 persons (Size 25 m²)



[Bungalow Suite with private plunge pool](#) - This unit has a spacious room with a king-size bed or two twin beds, a shower room, a separate toilet. Amenities include outdoor kitchenette, refrigerator, and a terrace with a private plunge pool. It is on the upper level with spectacular ocean views from your bed. Includes air conditioning, ceiling fan, coffee machine, a laptop safe. For 1-2 persons (Size 40 m²)



[Two-bedroom/2.5-bathroom Villa + private plunge pool](#) - This villa is perfect for friends traveling together who want to enjoy more space and privacy than a single room. On the ground level the villa has a kitchen, 1.5 bathrooms, lounge and dining area that opens to a private plunge pool and terrace with outdoor seating. Upstairs there are two bedrooms each with a king size bed (one of the bedrooms can have two twin beds) and an in-room glass-walled shower. The toilet is shared in the hallway. Amenities include air-conditioning, ceiling fans, refrigerator, kitchenware, coffee machine, laptop safe, partial ocean and jungle views. For 2-4 persons (Size 130 m²)



[One-bedroom Villa Suite with private plunge pool / or without pool](#) - This is a duplex unit each with a private entrance. There is a bedroom (king bed only), a full bathroom, kitchen, lounge area, and opens to a large furnished terrace. The ground level Suite has a private swimming pool with jungle view. The upper level Suite has a large terrace and ocean view. Amenities include air-conditioning, ceiling fans, coffee machine, laptop safe, and private parking. Available for 1 or 2 people. (Size 45 m²)



Meals

Daily breakfast and dinner, and three lunches are included in the retreat starting with dinner on Sunday and ending with breakfast on the last day. Meals are prepared by an exceptional chef and are creative, delicious, healthy Costa Rican fusion style. You will eat very well! One dinner will be out at restaurant in Santa Teresa to enjoy a fun, local atmosphere.

Special diets such as vegetarian/vegan, gluten/dairy free can be accommodated. If you have a **severe allergy or very strict dietary restriction** [please check with us](#) before booking.

Retreat Price per Person (US \$)

Room Type	Single Room	Shared Room
Deluxe Garden Room	\$2,600	\$2,150
Deluxe Ocean Room	\$2,850	\$2,300
Bungalow Suite with pool	\$3,550	\$2,600
One-bedroom Villa Suite (upper level; large terrace / no pool)	\$3,100	\$2,450
One-bedroom Villa Suite (ground level with pool)	\$3,600	\$2,650
Two-bedroom Villa with pool [^]	\$3,300	\$2,450

- [^] For a two-bedroom/two-bathroom Villa, a **single room rate** is one person in a private bedroom. A **shared room rate** is two persons in a bedroom. A Villa has a two-person minimum at the single rate (e.g. A couple can book the villa each at the single rate; no one will be booked in the other bedroom.). If you are a solo traveler and would like to share a two-bedroom Villa, please **contact us before booking. We cannot guarantee sharing options; it will depend on another person interested to share.** We will try to match you with another retreat guest.
- **Return retreat guests** receive a special US \$150 discount.
- Room availability is listed on our [website under FAQs](#), or feel free to [email us directly](#).

Retreat cost includes:

- (6) nights deluxe accommodations
- Daily breakfast and dinner, three lunches
- Daily 1.5-hour yoga session + two 1-hour afternoon yoga practices
- Group outing to Cabo Blanco Nature Reserve or Montezuma Waterfalls
- Cooking class by our chef on preparing healthy and delicious meals
- 1-hour relaxation massage
- Vajra Sol retreat coordination and staff available throughout the week
- Complimentary use of yoga mat & props, and beach towel
- Assistance with organizing domestic transfers from airport, trip extensions and information source for travel within Costa Rica before or after the retreat.
- Costa Rican taxes

Retreat cost does not include:

- Airfare to/from Costa Rica
- Transfers between the retreat property and airport or other location in Costa Rica
- Two lunches, drinks/food outside of meals and alcoholic drinks
- Gratuities

Optional Activities and Tours *(not included in retreat package)*

A variety of tours and activities are offered and can be booked during the week.

- Rainforest canopy tour (ziplining)
- Horseback riding along the beach or countryside
- ATV guided tour to explore the peninsula
- Boat and snorkeling tour to Tortuga Island
- Deep sea fishing tour with private boat
- Massage and spa treatments



Surfing and Stand-up Paddle

Santa Teresa is popular beach for these two ocean activities. Take a surfing lesson or find balance while stand-up paddling. You will quickly tune into the compatibility between yoga and surfing or SUPing. Ocean temperatures are in the low 80s F.

Surfing or SUP price is US \$75/person (subject to change and vary by participants).

Travel to Santa Teresa - Arrival & Departure

See this link for - [Current Entry Requirements for Tourists to Costa Rica](#).

Plan to arrive by mid-afternoon on Sunday. Check-in is at 3 p.m. You can arrive earlier if that works best with your travel plans. The **retreat starts** at 4 p.m. with a light yoga class and an orientation followed by a welcome dinner. On Saturday the **retreat ends** after breakfast (There are no activities on this day.). Check-out is at 11:00 a.m.

To make the transfer to Santa Teresa in the same day, your international flight arrival time needs to be by early afternoon. Optionally, you may arrive the day before, spend the night in San Jose/Liberia and transfer the next day (Contact us for hotels suggestions).

Below are the transfer options to our retreat location in Santa Teresa to coordinate with your international flight times. You may travel by air one way and by land the other way.

This information is subject to change until a reservation is confirmed.

Book your plane ticket to San Jose's Juan Santamaria International Airport (**code SJO**), Costa Rica's capital city, or the other international airport is Liberia (**code LIR**) in the northwest of Costa Rica.

Transfer Options from the International Airport

Flying from/to San Jose or Liberia

A domestic flight is the fastest and easiest travel option. The airstrip closest to our retreat town of Santa Teresa is in **Cobano**. The domestic airlines that service Cobano from San Jose or Liberia airports are **Sansa** (www.flysansa.com) and **Green Airways** (www.costaricagreenair.com; only from San Jose). The flight is about 30 minutes. *For return guests, Cobano is the new airstrip; flights do not go to Tambor anymore.*

From Cobano it is about a 30-minute drive to our retreat. We will arrange for a driver to meet you on your arrival and bring you to the retreat and also for your return flight out (This transfer is not included. Cost is about US \$45 per trip and divided by passengers). If you arrive at the same time as other guests we will arrange for you to share the ride and cost.

Please note there is a low weight limit for these flights (check with your airline). These 12-seater planes can book up. Make your reservation early! Allow at least three hours between your international flights and domestic flights especially if you are traveling with a checked bag.

Traveling from/to San Jose or Liberia by Land

- Shuttle services (8-12 seater minibuses) depart 1-2 times daily depending on the season between San Jose or Liberia and Santa Teresa. From San Jose approximate travel time is five hours including a scenic 1.2-hour ferry ride across the Gulf of Nicoya. From Liberia it is about four hours. For the schedule and booking contact Tropical Tours Shuttle www.tropicaltourshuttles.com (cost is \$50+ per person).
- A private vehicle with driver from San Jose or Liberia to Santa Teresa is approximately US \$300 per trip (not per person; price is subject to change until booked). Departure time and pick-up location are per your request.

Frequently Asked Questions

What is the weather like?

The dry season or summer time on the Nicoya Peninsula of Costa Rica is from about December through April. The climate is tropical and the temperatures average from low-high 80s F during the day and mid 70s in the evenings. The rainy season, or "green season", is from May and ends in November. Typically

there is sunshine and blue skies through the mid-afternoon with occasional rain showers thereafter. June through August and November are a second high season for visiting Costa Rica when the landscape is vibrantly green and there is less rain than September/October. Temperatures are similar to the summer months. **We only offer our retreats at the most favorable times of year with regard to the weather.**

What is the average group size?

The retreat is limited to 12-14 persons to ensure quality and personalized attention for each guest. There is a minimum of six persons required to run a retreat. Many guests are single/solo travelers. Please feel very welcome and safe to come on your own.

Who is a typical retreat guest?

The majority of those who join our retreats are women and men who come on their own, as friends, family or as a couple. They are from across the U.S., Canada, and farther aboard and range in age on average from 30s to 60s. They prefer the comforts of a more upscale hotel that maintains a casual, low-key style. They are interested in the group setting to meet new people and also appreciate that there is quality personal time. The level of yoga experience ranges from beginner to more experienced.

How do I get around town?

Our retreat property is a 5-minute walk to one of the best beach spots in Santa Teresa and to a few cafés/restaurants. From the main road the property is 150 meters up a steep hill. Thus, the amazing ocean views! If you like a good workout this is your built-in three-minute hike. Optionally, you can rent an ATV, a common way to get around town and to explore more. We will be glad to help arrange this for you. Taxis are also available for hire.

Is a Vajra Sol Retreat for me?

Read [reviews on TripAdvisor](#) and Google for first hand commentary by past guests of their experience. Or contact us and we'll gladly answer any questions you have. Vajra Sol received the Certificate of Excellence from TripAdvisor for five consecutive years.

Can I stay at the retreat hotel extra nights?

You are welcome to arrive earlier or depart later than the retreat dates and stay at our retreat villas. Please contact us to check on availability and we will send you the nightly rate.

Where can I keep in touch and follow Vajra Sol online?

[Join our email list](#) to receive our newsletter, special offers, and announcements. To keep updated on our offerings, see photos from retreats and other interesting postings related to yoga, healthy living, outdoor adventures, sustainability, travel and more please join us on [Facebook](#) and [Instagram](#)

Reservations

We recommend to sign up for a retreat at least 4-5 months in advance. While reservations are welcome up until the week prior to the retreat, room availability is usually very limited or full.

If you are ready to say "yes!" to an unforgettable vacation, please complete your online [Reservation Form](#) and send a **non-refundable US \$600 deposit** to confirm your spot. Once your reservation is confirmed we will send you a pre-arrival handout to help you prepare for your trip.

Payment and Cancellation Policy

Full payment is due **45 days prior** to the first day of the retreat. Should a guest need to cancel a reservation **more than 45 days before** the first day of the retreat, the deposit may be transferred to another retreat within one year.

Should a guest need to cancel **45 days or less prior** to the first day of the retreat, for whatever reason, we will not be able to provide a refund or transfer for any payment.

No refund or credit will be given for arriving late, departing a retreat early, or for meals/activities in which one does not participate.

If *force majeure* (e.g. pandemic, natural disaster, government travel restrictions, etc.) causes a retreat to be canceled, alternative dates will be offered to reschedule the retreat within one year and 100% of the payment will be transferred to the rescheduled retreat. In this case, when a retreat cannot be held due to causes beyond our control, no refund of payments can be provided.

In the unlikely event Vajra Sol needs to cancel a retreat for a non-*force majeure* reason a full refund will be given. We aim to be as flexible as possible with the changing travel environment and it is important you feel secure and comfortable with your travel plans. If you have any questions about booking a retreat please feel free to contact us.

This policy is subject to change until a reservation is confirmed.

We strongly advise on the [purchase of travel insurance](#) at the time of booking your retreat in the case of any unexpected events or changes to your plans before or during your trip, such as missed flights, lost luggage, or trip cancellation. [IMG offers customized plans](#) to meet your needs.

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We look forward to welcoming you on retreat!

info@VajraSolTravel.com :: www.VajraSolTravel.com

Vajra Sol offers healthy and active, introspective and tranquil, light-hearted and rejuvenating Yoga Retreats for all levels in Costa Rica. Vajra Sol has hosted 1,000+ of delighted guests since 2006.

New retreats and destinations on the horizon - [Stay in touch for updates](#)



— REVIEWS —

"After only 6 days, I was surprised by how I felt both stronger from surfing and a consistent yoga practice, and relaxed and renewed. I am already recommending Vajra Sol to friends and family, and intend to return for another week in paradise."

- Elizabeth, San Francisco

"This was my third retreat with Vajra Sol and it just keeps getting better. It truly is an adventure: from your trip to Santa Teresa through the jungle, to surfing in the warm waters of the Pacific on the most stunning beach, to the outdoor yoga sessions surrounded by the sounds of Costa Rican wildlife in the distance...there's really nothing else like it."

- Greta, Ontario

"I can't say enough about this retreat. I came looking to put some things in the past and begin anew; I left with a true sense of renewal and I haven't stopped smiling since I got back. Pura Vida & Namaste!"

- Steve, Connecticut