



Rooted & Grounded Women's Retreat

COSTA RICA • NOVEMBER 1-8, 2026

Sunday, Nov 1 — Arrival & Grounding

3:00 PM onward	Guest arrival & check-in
5:30 PM	Meet & Greet circle
6:30-7:00 PM	Dinner
Evening	Free time (settle in, stargazing, journaling)

Monday, Nov 2 — Nourishment & Awakening

7:30 AM	Morning Yoga
8:00-8:30 AM	Breakfast
—	Free time (beach, massage, hammock)
1:00 PM	Lunch
3:00-5:30 PM	Nutrition Workshop with Alli
6:30-7:00 PM	Dinner
Evening	Free time

Tuesday, Nov 3 — Emotional Release

7:30 AM	Morning Yoga
8:00-8:30 AM	Breakfast
—	Free time (nature walk, journaling, horseback riding)
1:00 PM	Lunch
3:00-5:30 PM	Coming Home to Self with Valerie (Soul Mapping – Roots & Branches)
6:30-7:00 PM	Dinner
Evening	Women's Circle with Lorraine

Wednesday, Nov 4 — Sacred Ceremony

7:30 AM	Morning Yoga
8:00-8:30 AM	Breakfast
—	Free time (solo hike, massage, journaling)
1:00 PM	Lunch
3:00-5:30 PM	Cacao Ceremony (2–2.5 hrs)
6:30-7:00 PM	Dinner
Evening	Optional sharing circle

Thursday, Nov 5 — Integration & Stillness

7:30 AM	Morning Yoga
8:00-8:30 AM	Breakfast
—	Free time (beach, horseback riding, hammock)
1:00 PM	Lunch
3:00-5:30 PM	Nervous System Wisdom with Valerie (Awareness – Resourcing – Soul Nourishing Vessel)
6:30-7:00 PM	Dinner
Evening	Free time

Friday, Nov 6 — Deepening & Expression

7:30 AM	Morning Yoga
8:00-8:30 AM	Breakfast
—	Free time (massage, journaling, creative play)
1:00 PM	Lunch
3:00-5:30 PM	Soul Nourishing: Integration and Closing with Valerie (Creative Expression – Reflection – Integration)
6:30-7:00 PM	Dinner
Evening	Beach Bonfire (sunset)

Saturday, Nov 7 — Nature Immersion

7:00 AM	Gandoca-Manzanillo Walk (5 hrs)
12:30 PM	Lunch
Afternoon	Free time (rest, massage, journaling, horseback riding)
6:30-7:00 PM	Dinner
Evening	Free time

Sunday, Nov 8 — Departure

7:30 AM	Light Breakfast
9:00 AM	Hugs & Goodbyes, Guest departures

Schedule may change due to weather.