

ESSENCE  
OF  
DREAMS  
RETREATS



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# RETREAT PACKAGES



Corporate, Wellness, Couple, Family Reunion, Culinary, Wine, Golfing, Girlfriend  
Getaways, Bachelorette, Sport & Nature Packages





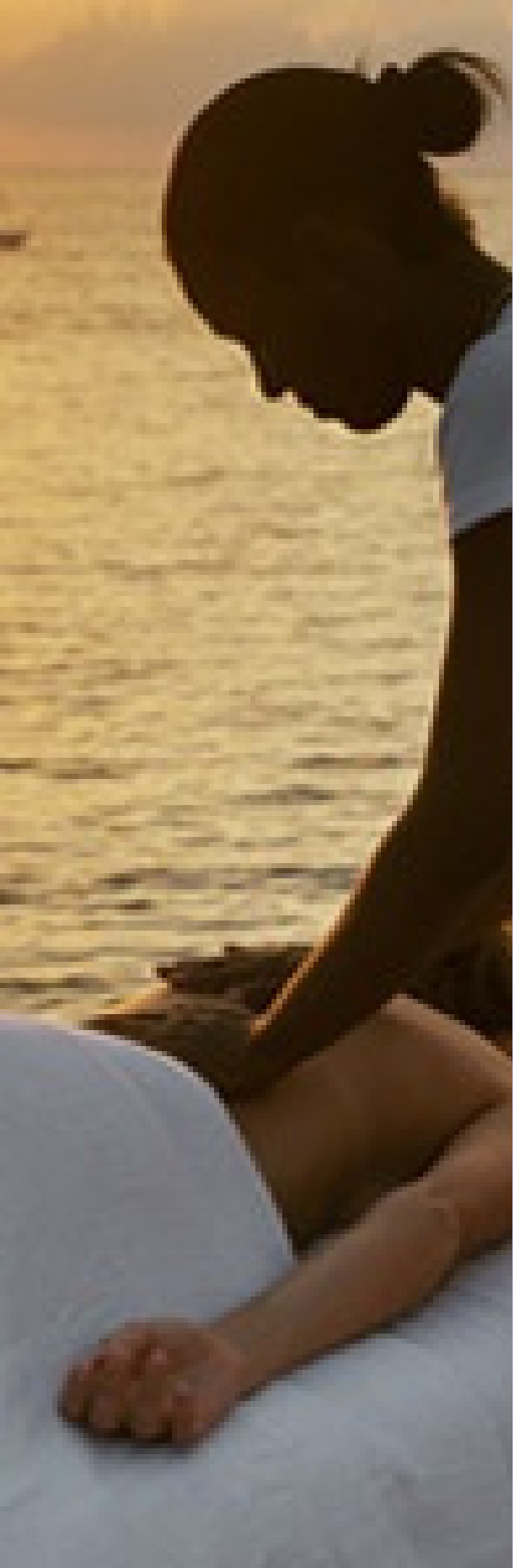
*Take it from the board room to paradise as this retreat allows for a rare understanding of the personalities and the talent behind the corporation*



## CORPORATE RETREATS

Reward your staff or re-connect personally with your executives with a 5- or 7-day retreat package. Customize your retreat with a sailboat ride and BBQ lunch on a private beach, set up bonding seminars in the Sky Movie Theatre, schedule yoga and private massages on the Sky deck and plan unique meals with the chef. Transportation is included along with an on-site concierge so you can enjoy the event.





*Finding one's essence is finding out what  
is the happiness, spirit and special  
qualities of the soul*



## WELLNESS RETREATS

The majestic peaceful views of the Pacific Ocean set the backdrop for meditation, yoga and massages while you reach to your soul and find inner peace. The chef will create healthy meal plans for your guests. Add unique tour experiences around the villa to compliment the trip or escape to a private area and read a book by the infinity pool





*Create the art and mastery of culinary in a different culture. Taste the unique wines of Central America.*



## CULINARY & WINE RETREATS

Create food and wine art in Costa Rica with learning creative presentations with some culinary skills that include how to scale a fish. Enjoy learning how to select wines that blend with the taste of chef prepared meals.





*Reconnect your partnerships by  
rekindling the fire and the genuine heart  
of love that brought you together.*



## COUPLES RETREATS

Take a special journey together to the depths of your personality and your relationship. Enjoy precious time away from everyday life with couple massages, yoga and a blend of adventure and romance. Wake up with a cup of coffee and take in the views of the Pacific Ocean on your own private deck. Watch a romantic movie or sit by the infinity pool and hold hands as you watch the sunset.





*Fun stories of the past and memories for the future. Take the time to laugh, hug, drink, play games, swim and just be with family. Nothing is more powerful than your family.*



## FAMILY REUNION RETREATS

A multi-generational trip for everyone in a private luxury villa. Mom doesn't have to cook, dad does not have to plan, and the kids can have great time. During the day enjoy the pool, beach or explore the rain forest. At night watch a movie, shoot some pool or sit by the infinity pool and talk about the past fun stories of creating wonderful family memories





*Challenge yourself at one of the top fishing, surfing locations in the world. Or enjoy a day at several golf courses in the area including the Four Seasons golf course.*



## GOLF & SPORT RETREATS

*A week of fun and sport with the beautiful backdrop of the deep blue Pacific Ocean. Friendly competition of land and sea sports during the day. At night shoot a game of pool or pullout the chips for a game of poker in the game room.*





*A glass of wine, your closest girlfriends,  
massages, being served meals and gossip  
what else can be a better scenario to  
reconnect*



# GIRLFRIENDS GETAWAY RETREATS

A glass of wine, sun and your closets friends bring out the best times and memories. That's why we designed a whole retreat around it. Enjoy adventures, massages, wine and good laughs around the infinity pool together.





*Celebrate with your girls in luxury with champagne, massages, in a \$4 million-dollar villa on top of the mountain*



## BACHELORETTE RETREATS

There's nothing like reconnecting with the girls that bring out the best times and memories. That's why we designed a whole retreat around it. Enjoy adventures, massages, wine and good laughs around the infinity pool together.





*Explore the beauty and nature of Costa Rica's rain forest and abundant marine life*



## NATURE RETREATS

Explore the natural beauty of Costa Rica. Whether it is the rain forest, or the deep blue waters of the Pacific Ocean. Experience the wonders of what mother nature has to offer. Seasonal retreats offered for the migration of the sea turtles, humpback whale migration. Explore the rain forest for monkeys and the many species of birds.



# ESSENCE OF DREAMS FEATURES



- Highest elevation of Playa Hermosa with stunning 360-degree views
- 15,500 sq ft. luxury villa / 1,200 ft. above sea level
- Sleeps up-to 18 guests
- 7 suites 6 with ocean view balconies
- 3rd floor Sky Sanctuary and bar can host up-to 50 guests
- Elevator
- Game room with pool table and poker table
- Formal dining room
- Business center
- Chef's galley
- Full complement of staff

