



Uptown Yoga Retreat
Costa Rica
Jan 16-22, 2026



*6 nights in paradise at our own private beachfront resort.



*Sunrise meditations + twice daily yoga. Additional workshops, Breathwork, and a relaxing Sound Bath



*Delicious meals designed to nourish the body with wholesome, fresh, local ingredients and creative cuisine.



*Connect with our retreat community of like minded people and create authentic, long lasting friendships

This retreat is designed to for you to drop deeper into your practice, develop harmony with your body + mind and connect to your inner peace. Be ready to relax and nourish your being.

Why Costa Rica?

Time in nature leads to profound healing on both our physical and mental health. It is key in bringing us back into balance and finding harmony within our nervous system and with the world around us.

Being one of the five regions in the world designated as a "Blue Zone", Costa Rica is a perfect backdrop to let go of the daily hustle and reconnect to yourself.

We will immerse ourselves in the tranquil sounds of nature and deepen our practice amidst the vibrant landscapes and fresh ocean breeze.



Our Days

Fully embracing the *Pura Vida* lifestyle, our mornings will be relaxed and slow.

Enjoy a morning meditation, walk on the beach or a little extra time in your comfy bed.

Each day begins with a morning practice at 8. Followed by a healthy brunch at 10.

The afternoons are open for relaxing on the beach, exploring the nearby town of Nosara or enjoying spa treatments in the open air palapas.

Asana workshops will be offered on select afternoons.

Evenings consist of a relaxing Sunset Stretch followed by dinner with the group.



Our Food

Azul's chef have created an elegant and exciting menu full of health conscious meals for us.

Our meals will be enjoyed together in community at one of or their beautiful open air dining areas. Be prepared to indulge in highly nutritious, nourishing food surrounded with good conversations and new friends.

Start your day with coffee or tea and some fresh fruit before a walk on the beach. After our morning practice, we will have a full breakfast with choice of eggs, local specialities, fresh juice and wholesome breads.

Lunches and Dinners will be a new chef's surprise each day.

Additional food and drinks will be available ala carte at Azul's second restaurant all day.



OUR ROOMS

Azul has several room options. All spacious and beautifully designed with A/C and ensuite bathrooms. During registration, we will share available rooms to choose from.

Single Rooms begin at
\$3250

Double Room begin at
\$2400 per person

**Two Bedroom Suite & Luxury
Villa begin at**
\$2650 per person

We will do our best to place you with a roommate, if requested. If not available, single room payment will be required.

\$700 Deposit due at registration
Remaining balance due 11/15/26

To register email: jen@uptownyoga.com





Our retreat is set in Guanacaste, near the quaint beach town of Nosara, known for its surf and long sprawling beaches.

When you're ready to mix some adventure into your relaxation, there's plenty to choose from.



Explore the Area

Rent an ATV and explore the nearby areas. Look for local art in the town or take a small rural road to find a hidden beach or ceviche hut. Great fun with a friend!

Zip Lining

Get a rush soaring through the treetops of the lush jungle. Keep your eyes out for monkeys and toucans along the way!



Surf Lessons

Pick up a new sport or ride the waves like the champ that you already are! Just a few minutes down the beach from our resort is a great surf spot to learn or brush up on your skills.

Getting to Our Retreat

- Fly to Liberia (LIR)
- We will take a 2.5 hour shuttle together to the resort.
- *If traveling on our recommended flight or arriving around same time, transportation to the resort is included. Otherwise, we can arrange at additional cost.*
- *Option to fly to San Jose and take flight to Nosara for a 20 minute drive to resort. (not included)*

Recommended Flight

- American Airlines: 1/16/26
DFW to LIR: AA1495
departs 9:59 am
arriving Liberia 2:04 pm
- Return: 1/22/26
LIR to DFW: AA320 departs 2:59 pm
arriving Dallas 7:20 pm

What's Included?

- 6 nights accommodation in private resort
- 3 healthy meals a day
- Private Catamaran Sunset Cruise
- Twice daily yoga classes
- Afternoon workshops
- Breathwork Sessions
- Sound Bath
- Transfer to and from the airport when arriving with the group on recommended flight.

Not Included

- Additional purchases of spa services, excursions, alcohol or extra food will be the responsibility of guest.
- Tips for those taking care of us.
- International airfare

Ready to book?

- Email jen@uptownyoga.com
- Spot is secured with \$700 non- refundable, non-transferrable deposit
- Full payment is due by Nov 15, 2025
- Refunds on payments are not available after Nov 15, 2026
- Should you need to cancel before Nov, payments will be refunded in full minus the deposit.