



Let Them: A Return to Self
February 6-13, 2027
Puerto Viejo, Costa Rica

If you are a woman who is **generous with her spirit**, yet finds herself **emotionally drained from over-giving and under-caring for herself**—and you're ready for a deeply transformational retreat in the lush jungles of Costa Rica, where you can release the need to **manage others' happiness, chase approval, or give more than you truly have**—then join us on the beautiful Caribbean coast for an experience of **authentic release, restoration, and renewal.** 🌿

Do any of these questions resonate with you?

- Do you long for **more ease and deeper peace and connection** in your relationships?
- Have you considered what might shift in your life if you **allowed others to simply be** who they are, and gave yourself that same permission?
- Are you ready to connect with a group of **like-minded women** who understand what it feels like to be emotionally exhausted from **over giving and over managing**?
- Do you **struggle with boundaries** or notice resentment building when you give more than you truly are able to fulfill?
- Are you ready to begin **choosing yourself over others without guilt**?

If you quietly whispered “yes” to any of these questions, then this experience is for you.



Inspired by the powerful **“Let Them” philosophy** of Mel Robbins, this retreat is designed for women who are truly ready to **step out of the exhausting cycle of managing others**, and gently **let go** and **come home to themselves**.

Curated activities like guided self-inquiry circles, restorative yoga, ancient ceremonies, and somatic healing will **support you in releasing what no longer serves you** and embody the practice of simply learning to **let them**.



Imagine Your Day

- Ease into the day slowly as you wake to the soothing sounds of the Costa Rican jungle.
- Wander along the lush jungle path to our open-air yoga shala for a gentle, restorative Yoga practice designed to ground your body and quiet your mind.
- Enjoy a fresh, nourishing breakfast in the open-air dining space at Samasati Nature Retreat. A hearty morning meal, rich Costa Rican coffee, and meaningful conversation await—shared in the peaceful surroundings of our private sanctuary on the Caribbean coast.
- Gather later in the morning for guided discussions inspired by the “Let Them” philosophy and thoughtfully led by Linda Terry—offering space for reflection, insight, and connection.
- Spend your afternoons however you choose: a massage, a swim, a quiet jungle walk, or peaceful rest in your private casita.
- As evening settles in, come together for cacao ceremonies, soulful movement, and grounding practices designed to invite connection, joy, and release.
- Share relaxed, nourishing dinners beneath the warmth and stillness of the Caribbean evening sky.





What you will take home.

This retreat is designed to create **real, lasting shifts**. Through the power of the group, integration of the “**Let Them**” philosophy, and immersive wellness practices, you will leave with:

Clarity on what is yours to carry

Release the pressure to manage others' emotions, expectations, and reactions. Get clarity on what you can and can't control.

Clearer boundaries

Learn how to stop overextending yourself and start valuing your time, energy, and needs without over explaining or seeking approval.

A calmer, more regulated nervous system

Step out of chronic stress and into a state of calm through somatic practices, nature immersion, and intentional rest.

Stronger boundaries & self-trust

Break the cycle of people-pleasing and over-responsibility and strengthen your ability to trust your intuition, make sound decisions, and live with greater confidence.

Supportive, like-minded community

Connect with women who are on a similar path and enjoy the supportive network of new-found friends.

Practical tools to apply “Let Them” in daily life

Leave with simple, practical tools you can integrate into your everyday life.

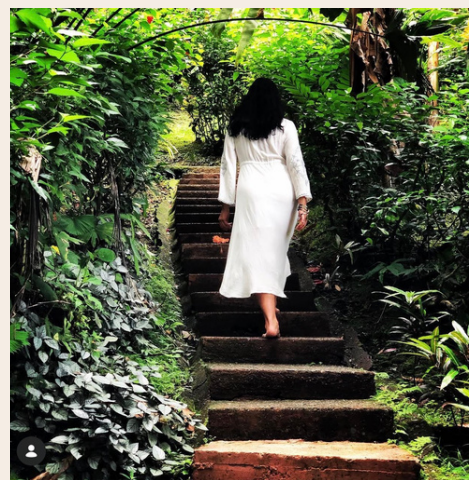


Samasati Nature Reserve

Perched high above the Caribbean Sea and nestled within a protected rainforest, Samasati Nature Retreat is a secluded eco-luxury sanctuary and our home for the week.

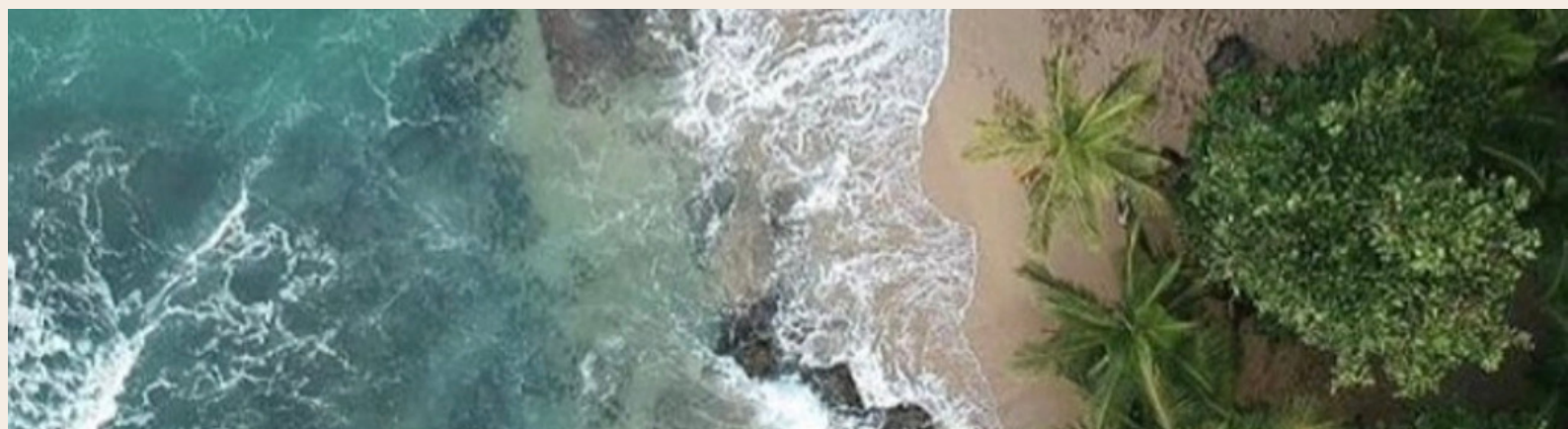
Surrounded by lush jungle and vibrant wildlife, this hidden retreat center offers breathtaking ocean views, fresh mountain air, and an atmosphere of serene privacy just minutes from the lively beach town of Puerto Viejo.

Samasati features beautifully crafted bungalows and casitas with private terraces overlooking the jungle and sea. Enjoy open-air dining, a tranquil yoga shala, jungle trails, and peaceful gathering spaces.



Your Investment Includes:

- Pre-trip meeting with Leslie to introduce you to the group and prepare for our trip
- 7 days and 6 nights at the beautiful Samasati Resort
- Invaluable group time with like-minded women
- Experiential guided circles to learn how the “Let Them “ theory can change your life
- Intentional journal prompts to integrate theory and practice
- All delicious meals served at Samasati Lodge
- Restorative Yoga and meditation
- A heart-opening Cacao ritual to begin your journey
- Soothing sound bath under the stars
- Ecstatic dance party to release what is not yours to carry anymore
- All day Caribbean beach picnic at a secluded spot near Puerto Viejo
- Afternoon of exploring and shopping in Puerto Viejo
- Transportation to/from San Jose Airport Hotel (scheduled days only)
- Special Journeys of the Heart surprise gift



How to Join Us

- To reserve your space, submit a non-refundable \$500 deposit along with your room preference and completed registration form at www.journeysoftheheartwellness.com
- Payment methods accepted: All major Credit Cards, Apple Pay, Google Pay, Zelle, Cash, or Check
- Call Leslie to purchase your insurance policy (required)-Several options to choose from.
- Final balance due: December 6, 2026

If you select a shared room and you do not have a roommate, we will thoughtfully pair you with someone. In the event we are unable to find a suitable match, your room will be converted to single occupancy, and the applicable single supplement of \$700 will be added to your room cost.

Custom payment plans are available upon request; however, full payment must be completed prior to departure.

SAVE YOUR SPOT





What's not Included and the Fine Print:

To support a seamless and well-prepared experience, there are a few items to be aware of. You may elect to book some of this on your own or with our help.

Not included:

- International round-trip airfare to Costa Rica
- **Comprehensive travel and trip cancellation insurance (required)**
- Private airport transfers outside of the designated group arrival and departure windows.
- Pre-retreat evening accommodation in San José at the Adventure Inn. Ask Leslie about our special negotiated rate.
- Optional experiences at Samasati Nature Retreat or during excursions, including spa services, massages, facials, horseback riding, and ziplining.
- Gratuities for the wonderful Samasati team, as well as for our trusted drivers throughout your journey.
- Optional domestic return flight on departure day (February 13) to expedite your return to San Jose. Please check rates and availability at www.sansairlines.com or ask Leslie for more information.

Arrival & Travel Details

On Feb. 5, you will land at San José International Airport where the Adventure Inn shuttle will transport you to the hotel for a restful overnight stay. Check-in begins at 3:00 PM. If your arrival into San Jose is after 10:00 PM, please advise Leslie.

On the morning of February 6, you'll meet in the hotel lobby at 9:00 AM for the group departure. From there, all ground transportation throughout the retreat is included and thoughtfully arranged for your comfort as you travel to the Caribbean coast.

- Retreat Dates: February 6–13, 2027
- Departure Day: Check-out at 10:00 AM on February 13.

For your return, you may choose to travel back with the group via ground transportation, or opt for a domestic flight for a more expedited journey. Should you prefer this option, we are happy to assist in arranging it at your own cost.



Lodging & Pricing at Samasati

Bungalow Casitas

Casitas are small Caribbean style villas with private terraces, hammocks, and views of the Rainforest or Sea, or both. Some have an additional bed in a sleeping loft for more privacy.

All accommodations have fans and screened ventilation allowing for fresh air and breezes. There are no TVs in the rooms so the sounds, sights and magic of the Rainforest immersion is pure.

Double Occupancy:
\$2450 USD per person based on two guests in the room.

Single Occupancy:
\$2800 USD per person for a single room

This Retreat is limited to 15 participants MAX.
Book early to secure your spot!

Pre-Retreat Zoom Call will be on December 17, 2026 at 6 pm CST.

If you have *any* questions, need a custom payment plan, or help finding the best accommodation for your needs, connect with Leslie [HERE](#).



Your Hosts

This is the third retreat led by Linda Terry and Leslie, whose friendship and shared vision create a grounded, supportive space for transformation.

Together, they have guided many women through the teachings of The Four Agreements and The Untethered Soul, supporting deep personal growth, self-awareness, and emotional freedom.

Their work has consistently helped women step out of old patterns and reconnect with themselves in meaningful, lasting ways.

This retreat marks the next evolution of that journey, centered around the practice of “Let Them” theory and the power of release.

Meet Leslie



As the owner and founder of Journeys of the Heart Wellness Retreats and Adventures, Leslie believes that travel should be a soul-stirring adventure that stays with you long after you return home. With over 30 years of experience as a trusted travel advisor, she brings a passion for meaningful exploration to every journey she creates.

Leslie curates transformative retreats that blend culture, creativity, wellness, and self-care. Her experiences are thoughtfully curated to help participants reconnect with themselves while immersing in the beauty and authenticity of each destination. A certified YTT 200 yoga practitioner, Leslie began leading retreats shortly after the pandemic and this Costa Rica retreat marks her eleventh experience. She is excited to share the magic of Costa Rica with you, inviting you into a space of exploration, renewal, and inspiration.

Meet Linda

Linda is a licensed therapist, spiritual seeker, and nationally recognized teacher who has spent over 15 years guiding others through the work of self-inquiry and transformation. Rooted in both clinical expertise and deep spiritual practice, she weaves together ancient wisdom and modern therapeutic approaches to support healing, connection, and wholeness.

With a belief that true growth happens both within and beyond our comfort zones, Linda sees travel as life's greatest teacher. She brings the spirit of an adventurer to every experience; inviting others to explore not only new landscapes, but the deeper terrain of their own inner world.





Frequently Asked Questions

How do I reserve my spot?

Visit [Journeys of the Heart Wellness](#), complete the registration form, and submit your \$500 non-refundable deposit by credit card. Check, cash, and Zelle are also accepted by contacting Leslie directly. If you are requesting a payment plan please also contact Leslie

Is travel insurance required?

Yes. Travel insurance is required at time of booking for this retreat. Leslie has access to several different types of insurance and will provide recommendations through her trusted partners ; Travel Guard or Allianz. If you have your own travel insurance policy thru other suppliers please forward the policy to Leslie with your deposit @ la.weaver@comcast.net

Do I need yoga experience?

No. All levels are welcome, from beginners to experienced practitioners.

What style of yoga is offered?

Leslie blends a restorative yoga with gentle Vinyasa. Modifications are always provided so you feel supported and comfortable.

Is this a substance free retreat?

Yes -this retreat is intentionally substance free. We ask all participants to honor the integrity of the experience by refraining from alcohol and non perscribed substances.

Can I extend my trip in Costa Rica?

Absolutely. Costa Rica offers many opportunities for exploration before or after the retreat. We're happy to assist in planning logistics and providing options for you to explore.

Can dietary needs be accommodated?

Yes—vegetarian, vegan, and gluten-free options are available.

What should I pack?

A detailed packing list will be sent to each guest prior to departure. Think comfortable yoga clothing, swimwear, lightweight layers, sunscreen, and walking shoes.

Will there be enough free time to relax?

Yes. Each day includes time to relax, enjoy a massage, explore, or rest in your private casita.

Is Wi-Fi available?

Yes, but the Wifi is limited to some Casitas and select areas of the property only — we encourage you to unplug and fully enjoy the experience.

What is the cancellation policy?

All payments are non-refundable. Your \$500 deposit secures your spot, and the remaining balance is due by December 6, 2026. Please see our terms and conditions on our website.



What our Guests Say

"For the busy woman juggling multiple priorities dropping into a week with Journeys of the Heart was an elixir for my heart and mind. Traveling with women is the way to go!"

Kathryn P -Healdsburg, Ca.

"It was a perfect balance of self reflection, history, tourism, and fun. The programming and content were nice and the attendees were so wonderful. I'm leaving with new friends."

Larissa P -Windsor, Ca.

"The retreat was excellent! It was playful, joyful, relaxing & I was able to deep dive further into my personal and spiritual growth. Your company name says it all!

Elizabeth S -Napa, Ca..

