

Renew & Reset Retreat
February 6-13, 2027
Puerto Viejo, Costa Rica

If you're ready to get away from the everything the world's been throwing at you and escape to a tropical paradise, you're in luck, because we're headed to **Costa Rica**! I wanted to start 2027 with a retreat that helps us all hit the reset button. So I designed this trip to be an easy way to relax, rejuvenate, and come home with a renewed energy that will carry you through the rest of the year.

Surrounded by the lush jungles of Costa Rica, you'll be able to practice yoga, take in healing ceremonies, enjoy delicious food, and connect with an extraordinary group of like-minded women. I hope you'll join me on this journey to the beautiful Caribbean coast.

Do any of these questions resonate with you?

- Are you ready to slow down, breathe deeply, and make a little more time for yourself?
- Does starting the new year somewhere beautiful, surrounded by nature, sunshine, and fewer distractions, sound exactly like what you need?
- Would you love a few days where someone else takes care of the details and your only job is to relax, enjoy, and be present?
- Are you craving time to step away from your everyday routine, nourish your body with fresh, healthy food, and simply feel good?
- Would you enjoy connecting with a group of like-minded women while still having plenty of space and time to yourself?
- Are you ready to come home feeling rested, refreshed, and excited about the year ahead?

If you answered “yes” to any of these, Costa Rica might be exactly where you need to be to start the new year.

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Imagine Your Day

- Wake up to the sounds of the Costa Rican jungle and start your morning at your own pace. No rushing required.
- Take a short walk through the jungle to the open-air yoga shala for a gentle, restorative yoga class that feels good for both body and mind.
- Head to breakfast for fresh, healthy food, great Costa Rican coffee, and good conversation in Samasati's open-air dining space.
- Later in the morning, join Linda Terry for relaxed, engaging group discussions focused on starting the new year with intention, making time for yourself, and enjoying a fresh start.
- Afternoons are yours. Book a massage, go for a swim, explore the jungle, read a book, take a nap in your casita, or do absolutely nothing. It's your vacation.
- In the evenings, come together for unique experiences like cacao ceremonies, movement, and other wellness activities, with plenty of time for fun and connection.
- End the day over a fresh, delicious dinner and an easygoing evening with the





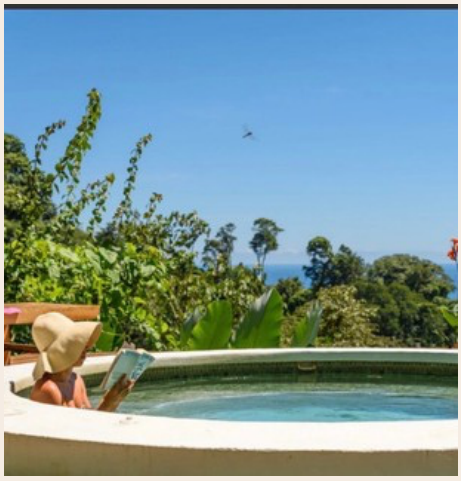
Samasati Nature Reserve

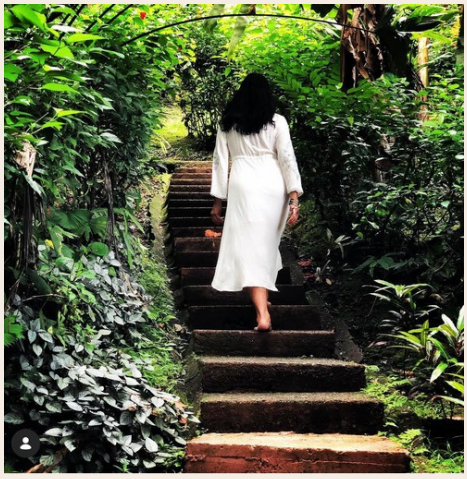
Perched high above the Caribbean Sea and nestled within a protected rainforest, Samasati Nature Retreat is a secluded eco-luxury sanctuary and our home for the week.

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
- All delicious meals served at Samasati Lodge
- Restorative Yoga and meditation
- A heart-opening Cacao ritual to begin your journey
- Ecstatic dance party to release what is not yours to carry anymore
- All day Caribbean beach picnic at a secluded spot near 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.sansaairlines.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 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.



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.

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 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 to 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?
A blend of restorative yoga with gentle Vinyasa.

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. Comfortable yoga clothing, swimwear, lightweight layers, sunscreen, and walking shoes are suggested.

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