THE WISDOM WITHIN

EMOTIONAL CLEANING, YOGA & AYURVEDA RETREAT

AN INTIMIATE, TRANSFORMATIONAL EXPERIENCE IN PARADISE

Nosara, Costa Rica
March 5TH-12TH, 2022

PARAS MOGHTADER
HEALTH AND WELLNESS

WWW.PARASMOGHTADER.COM/RETREATS
CONTACT@PARASMOGHTADER.COM | @PARASMOGHTADER

- YOGA & FUNCTIONAL PRANA MOVEMENT
- ONE ON ONE & GROUP COACHING WITH ME
- DEEP HEALING THROUGH YOGA NIDRA HYPNOSIS
- SURFING LESSONS
- FARM TO TABLE BREAKFAST+LUNCH, ONE DINNER INCLUDED
- LOCAL SPECTACULAR RESTAURANTS & COMMUNITY

WE WOULD LOVE TO WELCOME YOU AT VIVO NOSARA!

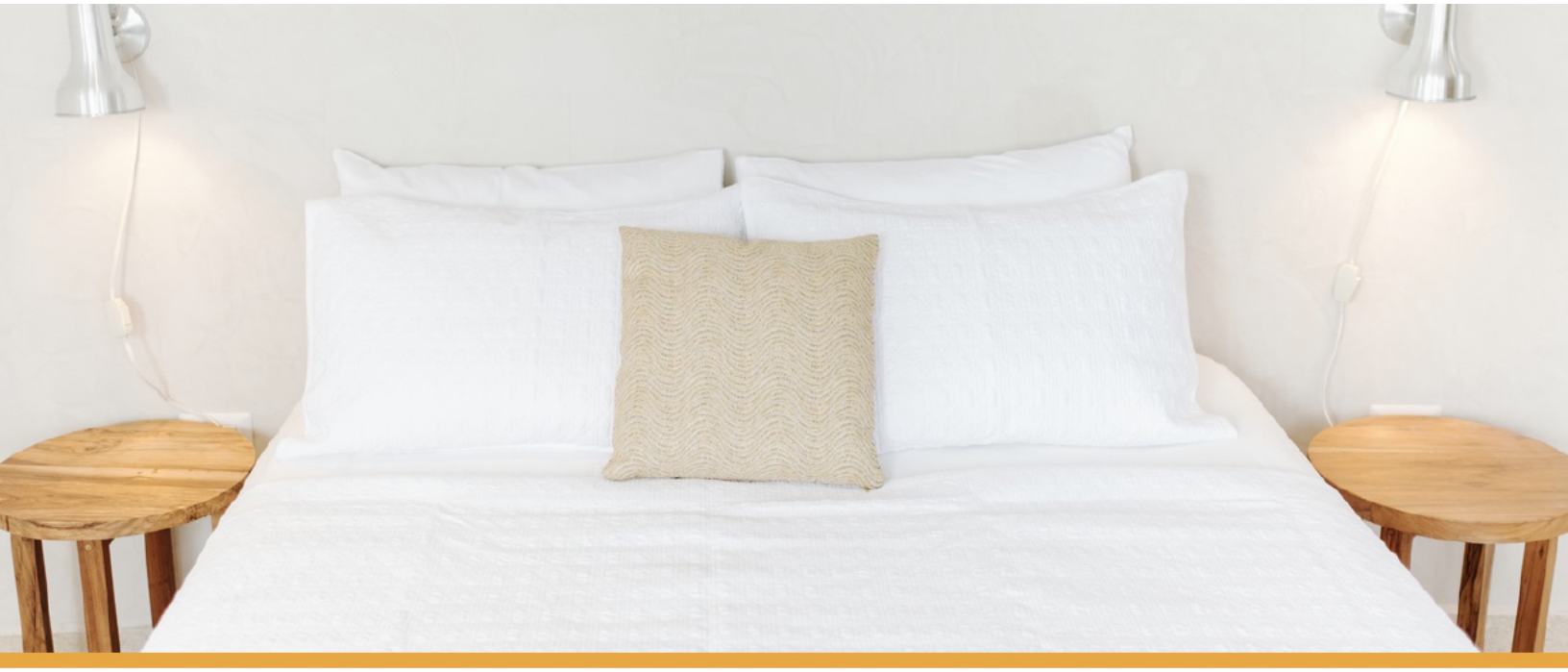
Our boutique hotel has 7 rooms, each with an ensuite bathroom. There is a beautiful outdoor pool area and a Juice Bar area, where meals are served. Vivo is located at the top of a mountain between Playa Guiones and Playa Pelada, providing amazing ocean and mountain views from our studio.

I have designed this retreat for those who:

- Have had enough of the pandemoc and need to get back to your wellbeing
- Look For A Deeper Understanding And Meaning Of Who You Are
- No longer will allow external influences take away from your internal peace
- Feel disconnected from your bodies and wellness
- Want to set up your life intentionally and with purpose

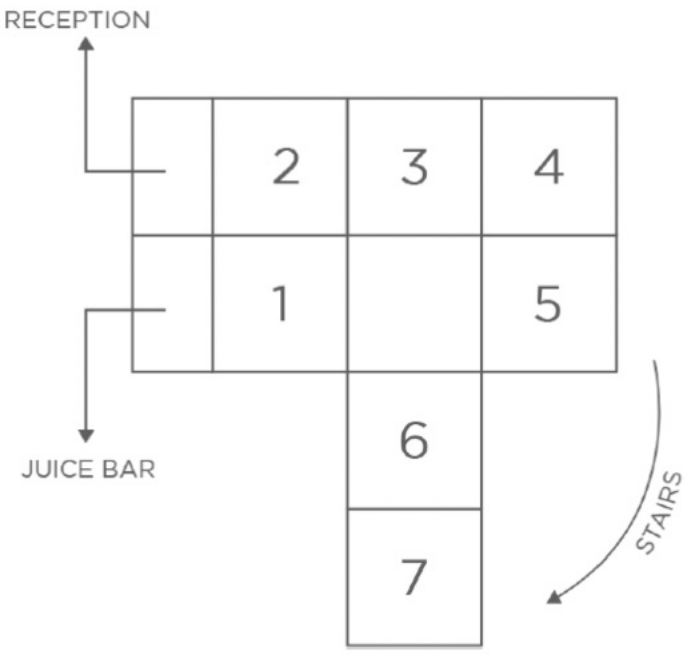
What is included:

- Your accomodations for 7 nights, 8 days
- All brekafast and lunches and 3 dinners
- Yoga classes designed especially for this program, incorporating movement and breathwork and meditation as medicine
- Intuitve mind coaching by me
- Coaching, emotional healing and goal setting workshops to set you up for 2022
- Final night celebrations at Coyol mountain top restaurant



ROOM AMENITIES AND LAYOUT

Each room has A/C and WiFi (except the Jungle View ECO room), mini-fridge, hand soap and body wash. Daily housekeeping services are provided.



#1 JUNGLE VIEW ROOM :
One queen bed and one individual bed

#2 & #4 PATIO VIEW TRIPLE ROOM:
One queen bed and one individual bed

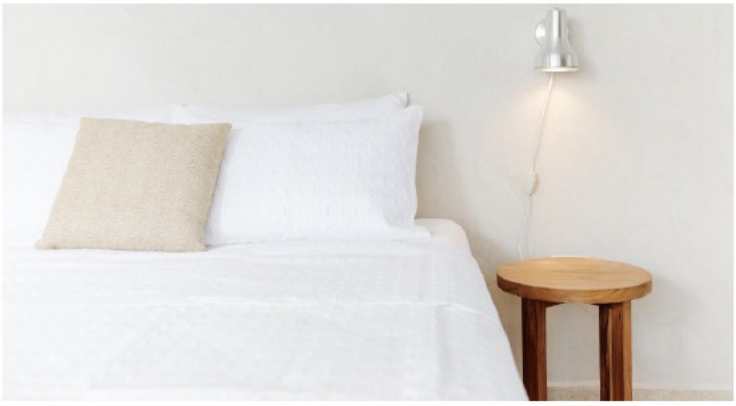
#3 PATIO VIEW GROUP ROOM:
Two queen beds

#5 TERRACE VIEW ROOM:
One queen bed and one individual bed

#6 OCEAN VIEW ROOM:
One queen bed

#7 JUNGLE VIEW ECO ROOM:
One queen bed

ROOM DESCRIPTIONS



#1

JUNGLE VIEW ROOM

Maximum capacity: 3 people

The Jungle View room has a queen bed and an individual bed. It offers a private bathroom with a rain shower. It has a private entrance and patio behind the Juice Bar. WiFi available.

$3500 Single occupancy
$2900 Shared Each

#2 & #4

PATIO VIEW TRIPLE ROOM

Maximum capacity: 3 people

Our Patio View rooms have a queen bed and an individual bed. It has views of the patio area where you can relax in some hammocks under the almond trees and offers a private bathroom with a rain shower. WiFi available.

CONNECTING ROOM OPTIONS:
Room 2 can connect with Room 1
Room 4 can connect with Room 5

$3500 Single occupancy
$2900 Shared Each

#3

PATIO VIEW GROUP ROOM

Maximum capacity: 4 people

The Patio View Group has two queen beds and it offers a large private bathroom with a rain shower. It has views of our patio area where you can relax in some hammocks under the almond trees. WiFi available.

$3500 Single occupancy
$2900 Shared Each

#5

TERRACE VIEW ROOM

Maximum capacity: 3 people

Our Terrace View room has a queen bed and an individual bed. It offers a private bathroom with a rain shower. It is located in our internal terrace area, which gives it more privacy, and it is overlooking our jungle trails. WiFi available.

$3500 Single occupancy
$2900 Shared Each

#6

OCEAN VIEW ROOM

Maximum capacity: 2 people

The Ocean View room has a queen bed and offers a private bathroom with a rain shower. You can wake up to a stunning ocean view and enjoy the surrounding nature from its private balcony. WiFi available.

$3600 Single occupancy
$3000 Shared Each

#7

JUNGLE VIEW ECO ROOM

Maximum capacity: 2 people

The Jungle View ECO room has a queen bed and offers a private bathroom with a rain shower. This is the most private room below the property with a large patio and jungle views. This room doesn't have an A/C but it is rarely needed because of the ocean and mountain breezes we have all year. WiFi not available.

$2900 Single occupancy
$2500 Shared Each

CONTACT ME TO SET UP OR WITH ANY QUESTIONS:

CONTACT@PARASMOGHTADER.COM

C. 647-985-8012

$1000 US DEPOSIT REQUIRED TO HOLD YOUR SPOT

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