



# A Journey to Reconnect with Self and Nature

*A Yoga, Mindfulness and Meditation Retreat*

**12th-17th May  
2025  
5 nights**





# A JOURNEY TO RECONNECT WITH SELF AND NATURE

*A Yoga, Mindfulness and Meditation Retreat*

Disconnect to Reconnect: Let nature show you how to live in the present moment and reconnect with your true self.

Imagine waking up to the gentle sounds of the rainforest, with sunlight filtering through the dense canopy. This isn't just a dream—it's the Backwater Retreat at El Remanso, an exclusive well-being experience in the heart of the Osa Peninsula in Costa Rica.

This retreat is about more than rest; it's a journey of reconnection. Guided by two exceptional female teachers, each with a wealth of experience in mindfulness and movement practices, you'll immerse yourself in curated well-being sessions designed to align mind, body, and spirit.

## **Highlights of the Backwater Retreat:**

**Nature-Immersed Mindfulness:** Participate in yoga, meditation, and workshops tailored to deepen your retreat experience.

**Rainforest Experience:** Explore guided trails that lead you to breathtaking waterfalls and secluded beaches.

**Connection to Nature:** Unplug, unwind, and breathe deeply in a setting designed to harmonize with the environment.

**Wildlife Encounters:** Witness the wonders of Costa Rica's biodiversity in its purest form.

**Farm-to-Table Cuisine:** Indulge in meals crafted from the freshest local ingredients, celebrating the flavors of the region.

*This is more than a getaway—it's a transformation.*

For more information:

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