



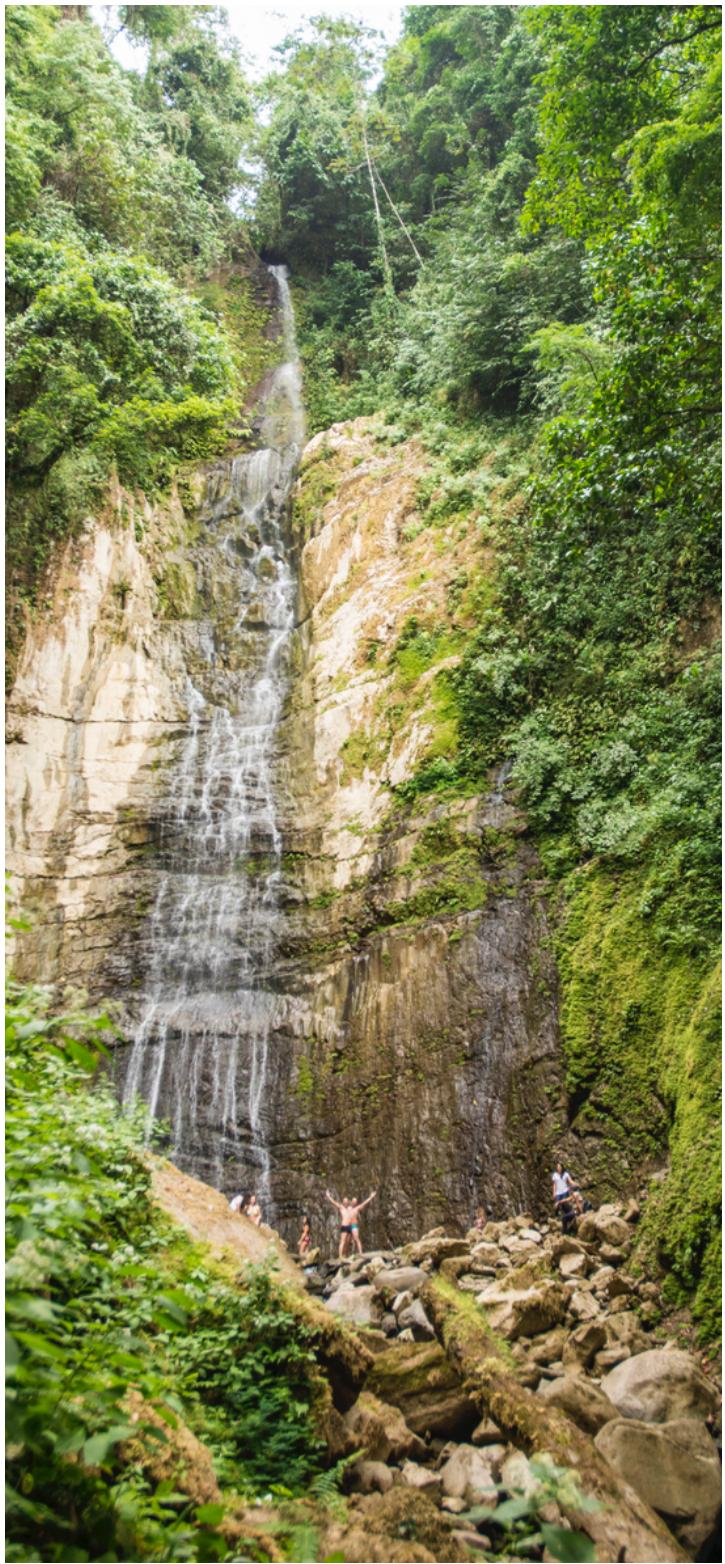
Wellness Center in the Heart of Costa Rica





## Unique Programs

Designed by holistic health practitioners with 20+ experience in their fields, supported by a team of mental health professionals, our programs are a truly holistic experience. We emphasize traditional healing, spiritual practice, integration, mental health and connection to nature.



## Rainforest Conservation

In 1991 we bought 2,000 acres of primary Costa Rican rainforest to preserve and protect. We founded a 501(c)(3) called Eco Era with the mission to protect the rainforest's ecosystems by preventing deforestation and poaching and supporting the rainforest canopy to flourish.



## Jungle Elegance Facilities

Situated alongside an enchanting river and surrounded by rainforest is our spacious, open-air palace. Yoga decks, ceremony sites, lounge and dining areas are woven into lush tropical gardens. Each group is given exclusive use of our space to maintain a harmonious container during the retreat experience.



## Boutique Accommodations

Two story river-front cabinas are nestled in a lush rainforest garden. Built with stone, wood, and bamboo from our very land, our design achieves the perfect balance between luxury and rustic to create an experience of connection with nature.



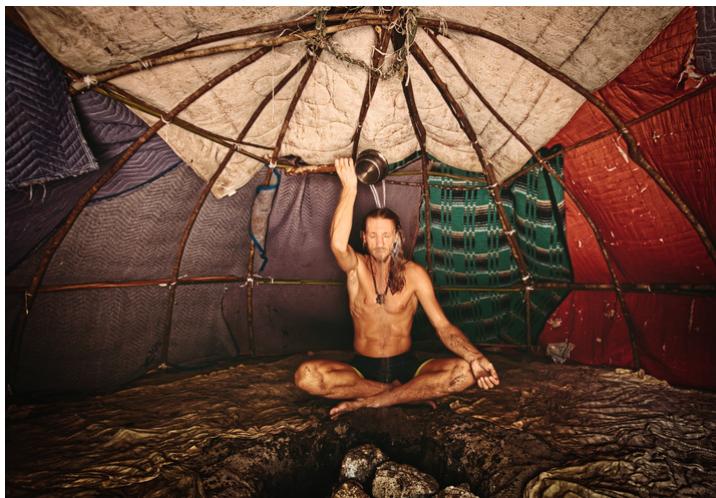
## Nutrition Focused Meals

We believe that food is healing. We source all of our produce from local, organic farms to create fresh, plant-based meals for every retreat. We believe in nourishing the human temple with nutrient dense, fresh ingredients cooked with love and intention.



## Nature Immersion

Our grounds are truly a tangible discovery of the pulsing magic of life, a garden of ancient trees, medicinal plants, fruit trees, flowers and animals. The song of the forest is a chorus of wildlife that creates astounding mental clarity and presence while the soothing river begets a deeper experience of healing and enchantment throughout the land.



# Healing Practices

Traditional Plant Medicine

Supportive integration

Mental Health

Counseling

Ayurveda

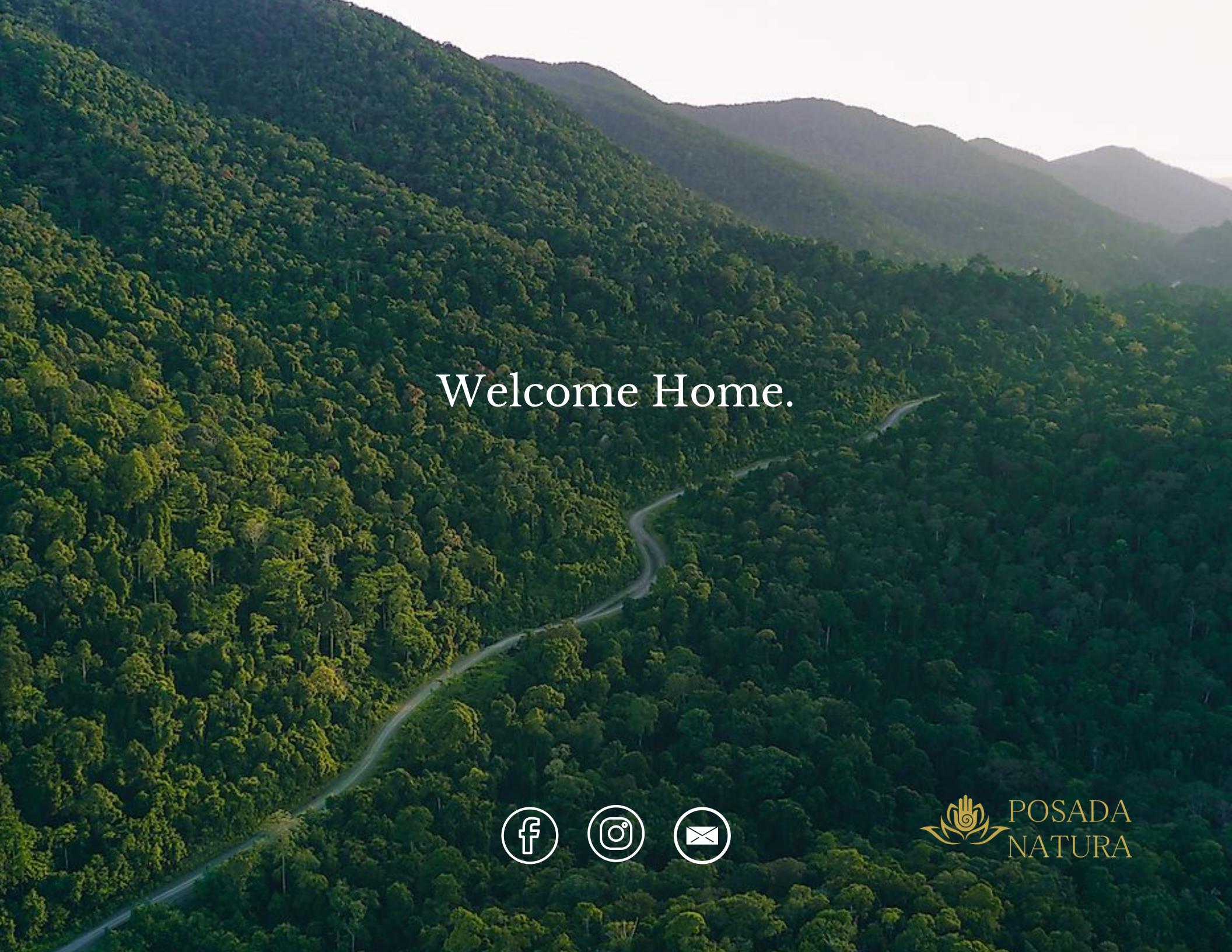
Yoga

Meditation

Sweat Lodge

Sound Healing

Communal Experiences



Welcome Home.

