



Peace Retreat
COSTA RICA

Yoga for Healthy Living

April 12th-19th, 2026

Sunday, April 12th

3:00 pm Check-Ins & Orientation
6:30 pm Dinner at Peace Retreat
7:30 pm Opening Ceremony

Monday, April 13th

8:00 am Breakfast at Peace Retreat
9:00 am Meditation/Stretch/Sangha (Studio)
10:00 am Artisans Market by the Pool
4:00 pm Gentle Flow (Shala)
6:00 pm Dinner at Peace Retreat

Tuesday, April 14th

7:00 am Breakfast to go from Peace Retreat
All Day excursion to Rincon La Vieja, includes lunch**
6:30 pm Dinner at Peace Retreat
7:30 pm Restorative Yoga + Yoga Nidra (Shala)

Wednesday, April 15th

8:00 am Breakfast at Peace Retreat
9:00 am Meditation/Stretch/Sangha (Studio)
12:00 Hearty Lunch at Peace Retreat
*4:45 pm Optional Shuttle to Playa Negra **
5:00 Sunset Gentle Flow (Beach)
6:30 pm *Dinner at Playa Negra Restaurant****
7:45 pm Return Shuttle to Peace (included)

Thursday, April 16th

8:00 am Breakfast at Peace Retreat
9:00 am Meditation/Stretch/Sangha (Studio)
10:00 am Shuttle: Half-Day Excursion to Tamarindo** *Lunch not included****
3:00 pm Return Shuttle to Peace
4:00 pm Gentle Flow (Shala)
6:00 pm Dinner at Peace Retreat
7:15 pm Cacao Ceremony (Studio)**

Friday, April 17th

8:00 am Breakfast at Peace Retreat
9:00 am Meditation/Stretch/Sangha (Studio)
1:00 pm Lunch at Peace Retreat
2:30 pm Gentle Flow (Shala)
4:00 pm Shuttle to Avellanas: Beach and Dinner**
8:30 pm Return Shuttle to Peace**

Saturday, April 18th

8:00 am Breakfast at Peace Retreat
9:00 am Meditation/Stretch/Sangha (Studio)
*11:00 am Optional SUP**
4:00 pm Gentle Flow (Shala)
6:00 pm Dinner at Peace Retreat
7:30 pm Closing Ceremony/Fire Pit

Sunday, April 19th

7:00 am Breakfast at Peace Retreat
8:00 am Meditation/mindful movement (Studio)
8:00 Check-outs / Shuttle departure: Shuttle B
11:00 Check-outs /Shuttle departure: Shuttle A

Notes:

** Activity included in Retreat Package. Please register with Diane Keyser, by 2/12/2026. Cancellation fee may occur after this time, depending on activity.

* Optional for an additional cost (**cash only to Peace Retreat**). Please see Peace Retreat staff to register for all optional activities (Shuttle and SUP) by April 12th by End of Day, preferably sooner.

Optional Spa Treatments can be booked during any free time, pending availability and should be booked at least a month ahead of time to ensure availability (**cash or credit paid at Peace Retreat**). Book on Peace Retreat Website.

Cancellations on optional activities and spa treatments within 48 hours of scheduled activity will be non-refundable.

*** These meals are not included in Retreat package.

All meals noted above at Peace Retreat are included. Others may be purchased at Peace Retreat or in Playa Negra Village (Los Pargos).