

Soma

Holistic Healing Retreat-5 days in the Southern Caribbean of
Costa Rica

Lucia Levy

HOLISTIC THERAPIST



Soma

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Recharge. Release. Reconnect.

Join us for a transformative wellness retreat designed to restore your body, calm your mind, and awaken your spirit — surrounded by the lush beauty of Costa Rica's Caribbean coast.

What's Included:

- Personalized airport pickup & welcome
- Daily healing therapies: Deep Tissue, Thai, Aquatic & more
- Guided meditations & embodiment practices
- Nonviolent Communication workshops
- Integration circles & self-discovery tools
- Nourishing meals & eco-accommodation

When: Flexible dates available

Where: Southern Caribbean of Costa Rica

Investment: \$1,200–\$1,800 USD

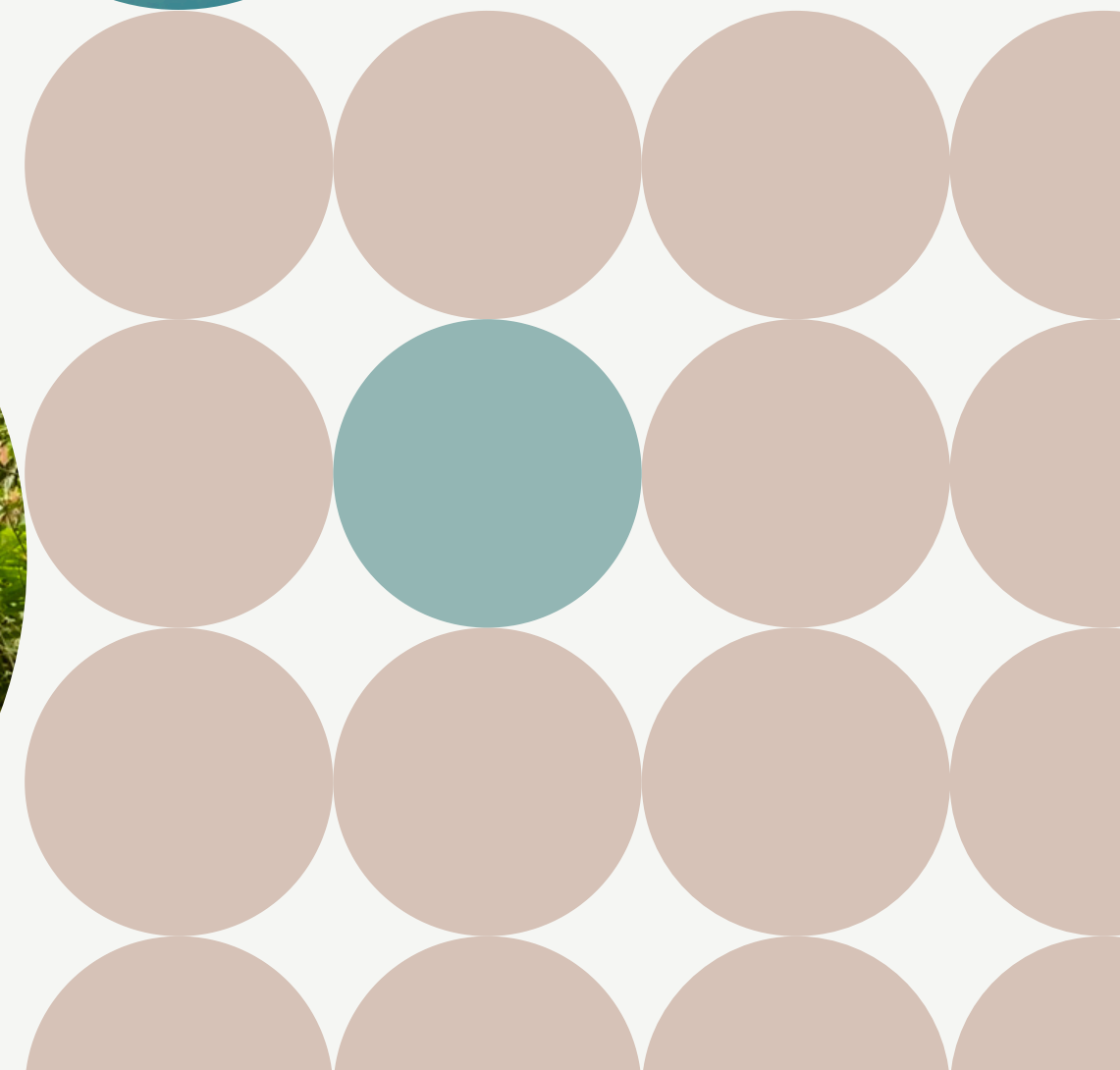
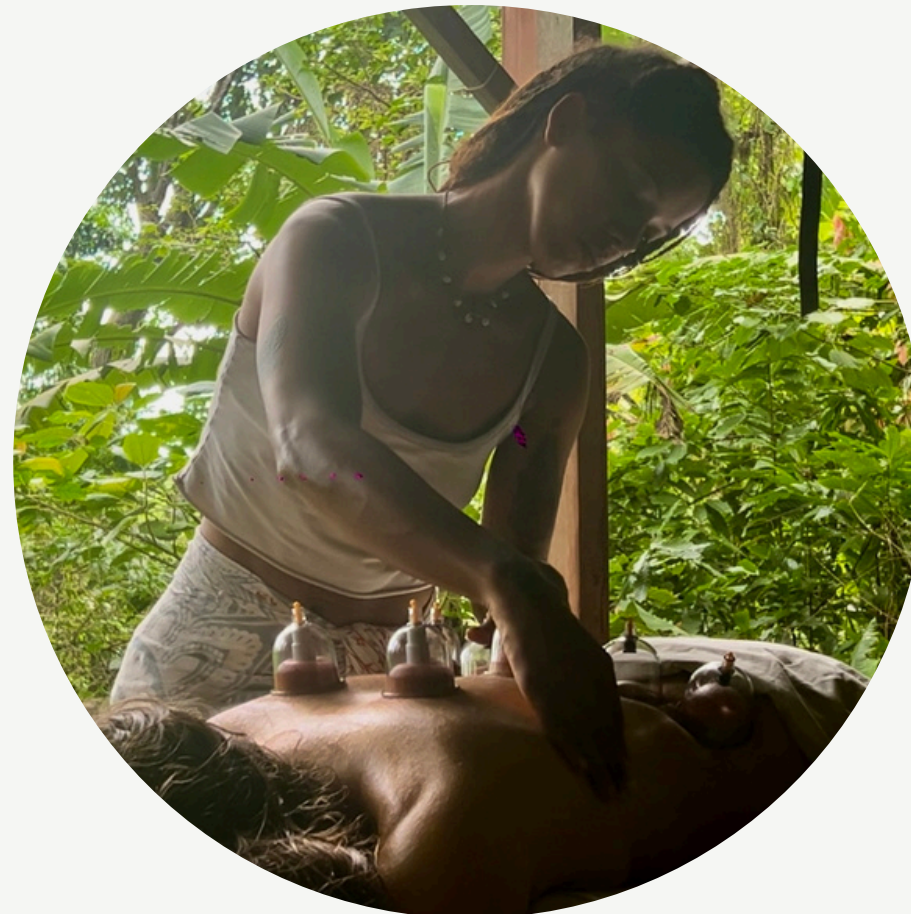
(Based on lodging) flight tickets not included *

This is a “Solo Retreat” experience

(for one person only, to work deeper)

reserve your space for renewal and deep connection.

Perfect for individuals ready to heal, transform, and thrive.



Day 1: Welcome and initial Connection

- Personalized welcome: Pick-up at the airport and transfer to accommodation.
- Opening session: Introduction to the program, setting intentions, and connecting with the natural surroundings.
- Welcome therapy: “Flush” relaxing massage to release initial tension.
- Integration space: Guided meditation and sharing circle to express expectations.



Day 2: Release and Balance



- **Morning therapy:** Deep Tissue massage to release deep muscle tension.
- **Afternoon therapy:** Combination of deep Thai massage focused on mobility and energetic release.
- **Integration space:**
 - Applied Kinesiology to identify and release energetic blockages.
- Nonviolent Communication practice to foster authentic expression.



Day 3: Aquatic Healing and Sensory Connection

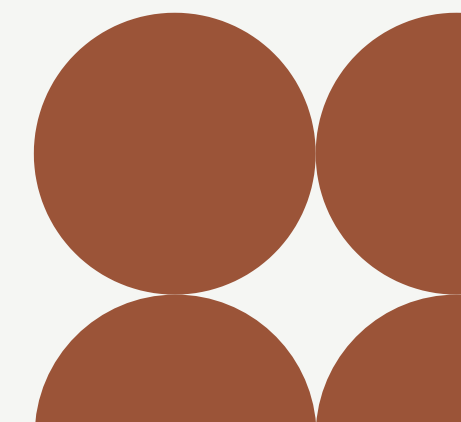
- **Morning therapy:** Aquatic Therapy to calm the nervous system and promote deep relaxation.
- **Afternoon therapy:** Cupping therapy to stimulate circulation and release tension.
- **Integration space:**
 - Sensual Embodiment session to reconnect with the body through mindful awareness.
 - Guided meditation focused on self-acceptance and self-love.



Day 4: Deepening and Transformation



- **Morning therapy:** Combined Deep Tissue and Thai massage session for deep muscular release.
- **Afternoon therapy:** Kinesiology session to balance energies and promote holistic healing
- **Integration space:**
 - Nonviolent Communication workshop to deepen conscious expression.
- Sharing circle to reflect on progress and experiences.



Day 5: Closure and Celebration

- **Morning therapy:** “Flush” relaxing massage to prepare the body for final integration.
- **Integration space:**
- **Closing and gratitude guided meditation.**
- **Farewell circle and setting of personal commitments for the future.**
- **Departure:** Transfer to the airport or continuation of travel.



Estimated cost per person:

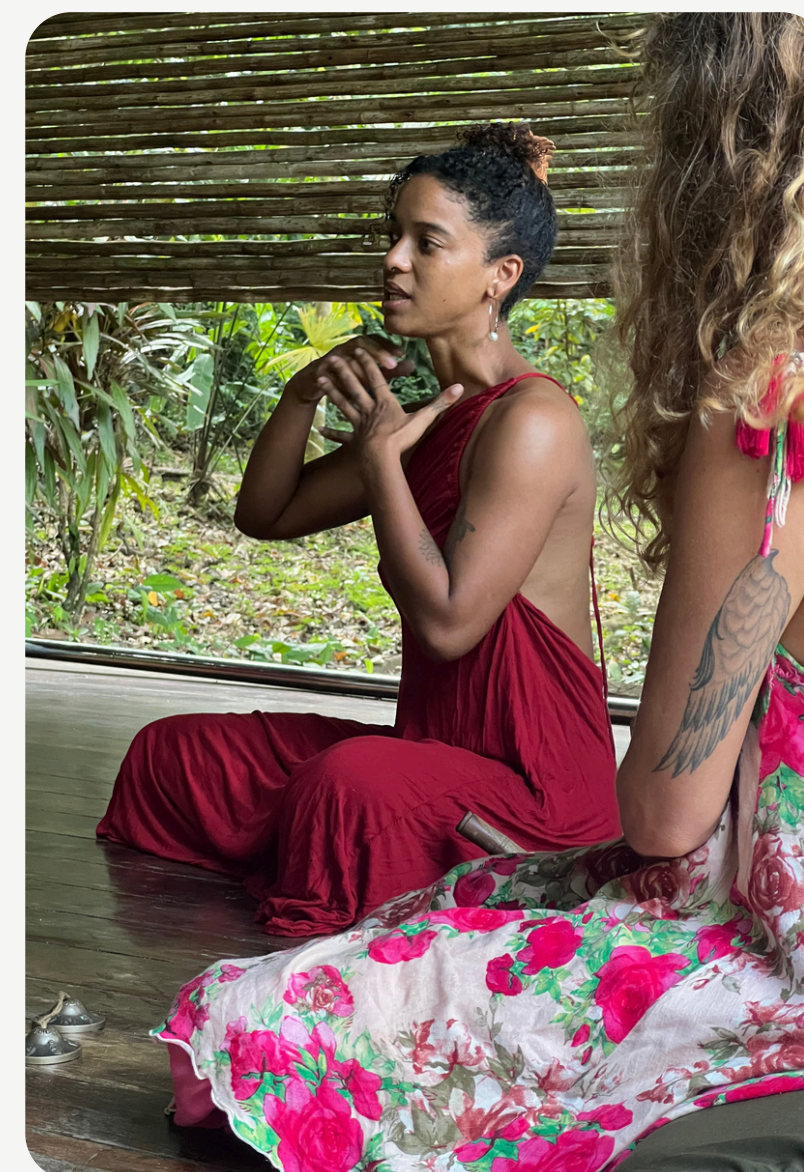


- Accommodation: \$100–\$150 per night
- Meals: \$30–\$50 per day
- Therapies and activities: \$150–\$250 per session
- Transportation: \$50–\$100 (depending on location and type of transport)

Total estimated per person: \$1,200–\$1,800

This range may vary depending on accommodation preferences, selected therapies, and additional services.

flight tickets not included *



Since this is a retreat for one person, the schedule, number, and type of therapies can be fully customized to meet each individual's needs, which may result in changes to the final price.

Contact



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