



Finca de Vida, Farm of Life, Costa Rica
A Natural Healing Center and Travel Destination

Retreat Information

Finca de Vida (Farm of Life) Costa Rica
www.farmoflifecr.com
506. 8373. 3261

Introduction

Join us at Farm of Life to host your next retreat, workshop, wellness program, family reunion or group getaway. We offer superb retreat rates and promotions for group leaders.

All-Inclusive Retreats include:

- Private accommodations, single and double occupancy.
- Organic meals. Options include raw living food and vegan / vegetarian.
- Multiple tours and activities. Depending on how you want to organize your retreat, we can pack your itinerary with excursions to waterfalls, swimming holes, beaches, canopy tours, zip line tours, eco-farm tours, horseback riding and more. Transportation for excursions is included.
- Optional workshops include Yoga, Raw Gourmet, Raw Living Lifestyle Workshops, individual Health Coaching and Salsa Instruction.
- For arrivals and departures, transportation to and from San Isidro (Perez Zeledon) is included. A shuttle to and from San Jose can be arranged for an additional charge.
- Gratis-stay for group leaders who recruit 8 or more paying customers.

Group Retreat Rates

Our group rates are reasonably priced and competitive. There is flexibility in our pricing—we can add or subtract features to create a fee and plan that is marketable to your community. As an example, for a 7-day retreat, our rates generally range from \$700-900 per person. Retreats can be planned for any length of time – for example a long weekend or 10-days. We require 50% of our fees 3-months in advance and the balance 7-days in advance. Fees will be based on the size of the group, length of stay, types of tours and workshops included and meal requirements. Facilitators price their retreats to cover their honorarium, expenses and the organization of the retreat. Costa Rica's 13% sales tax will be charged to your participants at check out. We offer 50% discount for children under age 3.

The Group Rate includes the Following Amenities

- A secluded location that offers a serene, quiet and pure atmosphere.
- Fresh water from birth springs
- Organic, fresh food from our farm and the local area
- Over 5 kilometers of wilderness and mountain biking trails throughout scenic landscapes. Access to spring-fed, crystal clear waterfalls and streams, year round.
- Meditation spaces and temples in the forest
- Plenty of locations for hammock siestas.
- Gardens and orchards of fruit trees, fragrant flowers, vegetables and medicinal plants.
- Organic linens and towels.
- Mosquito netting and fans.



- Hot water showers.
- Yoga platform for body movement, fitness and meditation. We have yoga mats, belts and blocks, although we recommend students bring their own gear. The platform can accommodate 12 participants and a facilitator for active exercise, and can accommodate larger groups for meditation or workshops.
- The Harvest House, a communal space for dining, workshops, meetings, food preparation and fiestas.
- Media equipment to project your powerpoint and audiovisual presentations.
- Private space to conduct therapy sessions (e.g. massage, adjustments).
- Free internet access (bring your personal laptops).

Retreats at Farm of Life are not recommended for persons who have trouble going up and down hills or have nut allergies (Nuts are used in our kitchen for raw food preparation.)

Healing Retreats

We enthusiastically welcome your wellness programs. We look forward to working with facilitators who specialize in healing modalities! Teaching health is our passion and purpose. Our farm is designed to provide a clean and pure environment to eliminate toxins and deficiencies from the body. We can offer meals of fresh, organic fruits and vegetables, sprouted grains and nuts and seeds prepared in easy-to-assimilate-and-digest recipes that alkalize the body and provide nutrition to correct deficiencies.

Healing retreats are oriented differently with fewer adventure tours and more time given for therapy sessions, inward reflection, detoxification and quietude. Often we charge less for healing retreats. Let us offer you a group rate appropriate for your needs.

Itinerary

We collaborate with facilitators to design an itinerary and workshop schedule that meets your needs and your clients' expectations. The group rate is ultimately determined by the retreat itinerary. We suggest itineraries with a balanced mix of tours and workshops, fitness and stillness, scheduled activities and free time, tropical fun and focused learning. When appropriate, guides and experts attend tours. Based on your retreat focus, itineraries can be built with an adventure, fitness, botanical or spiritual focus. See below for sample itineraries.

<i>Sample Itinerary Day 1</i>	<i>Sample Itinerary Day 2</i>
5:00 – 6:00 Morning meditation	5:00 – 6:00 Morning meditation
6:00 – 7:30 Breakfast	6:00 – 7:30 Breakfast
7:30 Nauyaca Waterfall	7:30 Body Movement Session
11:30 Lunch	9:30 Eco-farm tour
1:00 Educational Workshop	11:30 Lunch
4:00 Yoga session	1:00 Beach excursion
5:30 Dinner	5:30 Dinner
6:30 Fiesta with Salsa Instruction	6:30 Evening workshop



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Options for Tours and Excursions are:

- Hikes to local waterfalls and swimming holes
- Visits to nearby beaches for swimming, surfing, relaxation and sea kayaking
- Canopy and zip line
- Horseback riding
- Mountain biking
- Bird watching
- Whale watching
- Eco-farm tours: permaculture; organic, sustainable off-grid living
- Wild food foraging
- White water rafting (full-day)
- Hiking to Diamante Falls and Sanctuary (full-day or overnight)
- Deep sea fishing (full-day)
- Visiting the Baru Indian Reservation (full-day)
- Snorkeling Cano Island (full-day)

Farm of Life offers Yoga instruction, raw gourmet classes, raw living lifestyle workshops, sungazing classes and individual health coaching.

Accommodations:

Total capacity at Farm of Life is 10 guests. With 6 guests, we can offer your retreat exclusive occupation of our farm. In collaboration with the neighboring farm Joya del Sol (Jewel of the Sun), we can accommodate another 6 guests (total capacity of 16).

Farm of Life accommodations include 5 rooms. All rooms are private and are equipped with double beds (one has bunk beds), mosquito netting, ceiling fans and hot showers.

- 2 private, double occupancy rooms with private bathrooms
- 3 private rooms in shared home. Two rooms have a double bed and one room has bunk beds. All 3 rooms share a bathroom with shower, a kitchenette and outdoor patio.

Tent platforms can be arranged for another 6 guests (3 couples) through Joya Del Sol. Each tent platform includes an elevated platform with canvass roof in a secluded corner of paradise. Guests will need to bring their own tents and sleeping bags. There is a 20-minute walk through forests and gardens to the tent platforms from our retreat center.

Facilitators' Role

Facilitators, teachers and group leaders are responsible for enrollment of participants. This includes responsibility to market your event, register participants and collect dues. We can network your event on our website and to our email distribution list, although our



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marketing efforts are supplemental to your own. We can provide you with graphics, and request that you provide us with your retreat announcement.

With 6 or more paying customers, we offer the facilitator a gratis-stay for the course of the retreat. This includes one double-occupancy room, meals, excursions and amenities.

Contact Us

If you are interested in hosting your retreat or family gathering with us, then please contact us and provide answers to the following questions so that we can start the conversation about how to organize and price your retreat. Please email your responses and inquiries to jodycalvi@mac.com.

Retreat Questions

1. Describe your retreat and purpose
2. When would you like to host your retreat and for how many days and nights?
3. Describe your guests' food preferences. Options include simple raw living vegan (fruits, vegetables, sprouted grains, nuts, seeds), raw gourmet (e.g. raw pizza, raw lasagna), raw dairy (raw cow or goat milk, cheeses), cooked vegan and cooked vegetarian. While we can accommodate various diets, we do not offer meat, alcohol, junk food or sodas. We provide these items only upon special request and only if your retreat exclusively occupies our campus.
4. How many participants are you planning for?
5. Describe your facilitators, include biographies and weblinks. Describe the workshops and activities that they will facilitate. Include specifics about number of workshops, length and frequency and describe the ideal set-up and location for each workshop.
6. Which tours and activities would you like us to organize for you?