

# COSTA RICA ADVENTURE 2027



NATURE SPACE  
RESORT

## Adventure Retreat



6-night/7-day Adventure



ALL INCLUSIVE  
Multi-Adventure Experience



Regular Pricing starting \$4799  
Early Bird starting \$4299  
Pre-sale Pricing starting \$3999

\*\*\*Early bird pricing available\*\*\*  
Until October 31, 2026



Join us March 19-25, 2027 for a 7-day, 6-night Nature Space Adventure Retreat in Costa Rica, where yoga, hiking, kayaking, and authentic local experiences come together in one unforgettable journey. Set along the stunning and unspoiled South Pacific coast of the Nicoya Peninsula, this retreat offers the perfect balance of adventure, connection, and rejuvenation in a truly breathtaking setting.

We'll journey to some of our favourite spots, from paddling beneath towering archways and discovering hidden beaches to exploring a stunning National Park Reserve. Along the way, you'll enjoy opportunities for snorkelling, rejuvenating yoga sessions, and unique off-site adventures that showcase the beauty and spirit of this remarkable area.





Our daily yoga classes are designed to foster connection and a deep appreciation for nature. Through yoga, paddling, and guided exploration, you'll be encouraged to slow down and fully recognize the beauty of this remarkable place. Each experience offers a chance to immerse yourself in the natural elements that embody the essence of Costa Rica's Pura Vida lifestyle.



This journey is an invitation to transformation—an opportunity to step away from the noise of daily life and reconnect with yourself. Through mindfulness and meditation, self-reflection, creative exploration, and a deep appreciation of nature, you'll experience practices that awaken clarity, restore balance, and inspire lasting growth for your mind, body, and soul.

### FUN FACT

In Paquera Bay, bioluminescent plankton is so abundant that the slightest movement—whether from a kayak gliding through the water, a fish swimming below, or even your hand trailing along the surface—creates a magical glow. During this Adventure Retreat, you'll experience this wonder firsthand on a Bioluminescence Kayak Tour, where every stroke of your paddle ignites a shimmering light show.



# IS THIS THE TRIP FOR ME?

Adventurous spirits will be drawn to this retreat. The main activities for this Adventure Retreat will focus around yoga, kayaking, hiking, mindfulness and getting out in nature. You will have the ability to experience the diverse animal, plant and marine life while exploring the secluded islands by kayak, riding horseback through a National Park Refuge or listening to the howler monkeys while you float in a hammock with the warm breeze blowing.

Our retreat includes four unique paddling adventures, each offering a different perspective of Costa Rica's stunning coastline. Along the way, we'll land on pristine white-sand beaches, explore jungle shorelines alive with tropical birds, and may even spot monkeys swinging through the trees. We'll also experience magic of bioluminescence, and paddle around dramatic rock formations that rise straight from the sea—some featuring natural archways just wide enough to explore by kayak.



These are flatwater kayaking excursions: one full-day paddle, two half-day paddles, and a short evening paddle. To fully enjoy the experience, participants should have some prior kayaking experience and a moderate level of fitness, ready to paddle a few hours at a time. Throughout the full-day trips, we'll pause to stretch, rest, hydrate, and soak in the beauty of this incredible region.

The land-based portion of our adventure takes us into one of the area's National Parks, guided by a park naturalist, and the opportunity to explore the park via horseback. For those not interested in the horseback option, you will have the opportunity to explore the beautiful beaches at the National Park.

For yoga enthusiasts—or those simply curious to explore the practice—this retreat offers daily classes inspired by the rhythms of nature and designed to align with the theme of each day's adventures. If you're new to yoga, not to worry. Heather's approach is slow, gentle, and deeply grounding, encouraging you to connect inward and draw from your own inner wisdom. Her classes are accessible and welcoming, offering modifications for beginners while still inviting depth and exploration for seasoned practitioners. Nurturing yet empowering, the practice is open to all levels.

For the adventure seekers, this is far from a typical "sit on the beach" vacation. Instead, it's an immersive journey for those with a spirit of curiosity and a willingness to step just beyond their comfort zone—because that's where true transformation takes place. We've thoughtfully curated a balance of off-the-beaten-path explorations and adventures alongside intentional time for rest, reflection, and relaxation. This combination creates a powerful space for both outer discovery and inner renewal.

# ITINERARY

## ARRIVAL DAY- March 19, 2027

- Arrive in Liberia, Costa Rica (LIR) and get an airport shuttle to your hotel (hotel included, but airfare is not)
- Overnight in Liberia (one-night stay and breakfast included)

## March 20, 2027 - Introductions, Settling in & Kayak Basics

- Shuttle from Liberia direct to Bahia Rica
- Check-in's, Welcome, introductions & retreat overview
- Group lunch
- Kayak skills clinic with Jarrod
- Gentle hatha yoga session followed by group supper at Bahia Rica

## March 21, 2027 - Kayak Skills, Explore Isla Cedros & Beach Yoga

- Morning yoga & Breakfast
- Kayak to secluded beach at Isla Cedros for lunch
- Beach yoga and mindfulness exercise
- Sunset paddle back to Bahia Rica for Group Supper

## March 22, 2027 - Off-Site Adventure - Curu National Wildlife Reserve

- Breakfast at Bahia Rica
- Off-site excursion to Curu National Wildlife Refuge with lunch
  - Includes shuttle to Curu, guided horseback riding through the park
  - Interpretive nature walk with local guide
- Shuttle back to Bahia Rica for yoga & group supper

## March 23, 2028 - Mangroves Paddle & Birding Day

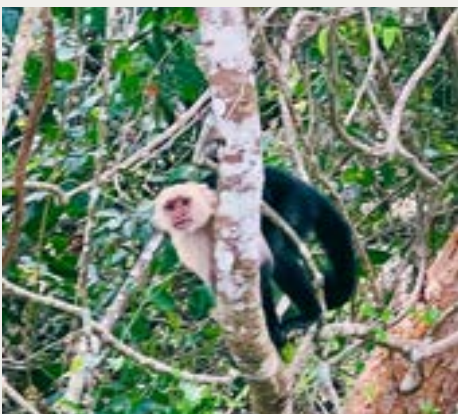
- Light breakfast followed by mindfulness and beach yoga
- Hearty brunch
- Paddle to mangroves to explore birdlife
- Group supper at Bahia Rica
- Bioluminescent Kayak Experience

## March 24, 2027 - Kayak Sea Arches & Snorkelling

- Morning Yoga
- Breakfast at Bahia Rica
- Water taxi with kayaks to and from Isla Tortugas
- Options of snorkelling, paddling sea arches & beach chill/explore
- Celebratory supper at El Punto

## March 25, 2027 - Goodbyes & Departure Day

- Morning yoga, breakfast & reflections exercise at Bahia Rica
- Holding your intentions - Souvenir bracelet making workshop
- Shuttle back to Liberia



## OTHER THINGS TO KNOW...

### LANGUAGE

The spoken language in Costa Rica is Spanish. Many areas, even those that service tourists, speak limited English. It is well advised to use google translate or another online translator and/or have a basic book of Spanish phrases. The locals are friendly, and understanding that tourists do not speak Spanish. Making an attempt to use basic phrases and greetings with locals goes a long way to earning trust and respect. Some of our best (and funniest) interactions with locals was around our lack of mutual understanding of our languages.

### CURRENCY

The local currency is the Costa Rica colon. American dollars are also widely accepted and it is well advised to bring American cash; however, in some locations, only the colon is used. Traveller's cheques are not accepted widely, although credit cards are. There is a bank and ATMs for taking out cash in the San Jose Airport as well as a currency conversion store. Before or after the trip, you will be purchasing meals and accommodations, for which you can typically use credit card. Once you are at Bahia Rica, everything is provided, so no money is necessary, unless you wish to purchase souvenirs, alcoholic beverages/sodas, or snacks. Bahia Rica accepts credit card on site.

### CELL PHONES

International plans using your Canadian cellular provider's plan are typically expensive in Costa Rica. A much more economical alternative is to buy a Costa Rican SIM card at the airport upon arrival. There is a local cell phone provider booth at the airport in the baggage area where you can purchase a Costa Rican SIM. It is important to note that you need to have an unlocked phone for this to work. These SIM cards are inexpensive (\$10-15 USD and will typically last you the entire week, unless you use extensive amounts of cellular data. They can also be refilled in many locations (including convenience stores across the country). The people at the airport booth tend to speak some English and they have signage in English to help. There is Wi-Fi available at Bahia Rica, although the coverage can be spotty.

### MEDICAL

Prior to embarking on this adventure, it is important to meet with your physician to discuss your travel plans. Even though Costa Rica is a fairly safe country for travel, and has an excellent medical system, your doctor may want to prescribe preventative medications or vaccinations. We require the completion of a medical emergency form and waiver to be completed prior to arrival. This will be sent to you once you book your spot and pay the initial deposit.

### INSURANCE

Trip cancellation insurance is highly recommended to protect your investment. Medical/health/accident travel insurance are essential for your trip in Costa Rica, and you will be required as part of the final checklist to indicate that you have purchased medical insurance (or have coverage through your employer) with specific details, so that we can ensure you are covered in the event of an emergency medical situation.

## MEALS

Every morning fruit, coffee & tea will be available in the lodge fridge and kitchen at the guest house for early risers. Breakfast and supper will be served everyday in Bahia Rica's open-air dining room located only 50m from the ocean. Lunches will typically be served as packed lunches during our adventures.

Snacks are also provided. For the first day, guests staying at the Adventure Inn receive a complimentary breakfast. On our final day, breakfast will be included prior to departure. We will be able to accommodate most dietary restrictions.



## PACKING LIST

- Light-weight hiking shoes/sneakers
- Sport sandals / Paddling Shoes
- Socks and underwear
- Wide-brimmed sun hat or ball cap
- Sport bandana (buff) to protect the back of your neck/face
- Quick-dry shirts (short and long)
- Windbreaker or light paddling jacket
- Bathing suits & rasher shirts
- Quick-dry shorts
- Quick-dry pant
- Yoga clothing
- Yoga mat
- Off-water clothing
- Sunscreen, Aloe Vera, Bug Spray
- Lip balm with SPF protection
- Sunglasses with lanyard
- Water Bottle or Camelbak
- Flashlight or headlamp (with extra batteries)
- Drybag or waterproof bag (10-15L)
- Small Backpack for day trips
- Camera
- Binoculars
- Towel (packable microfiber)
- Personal toiletries and any medications
- Preferred Snacks

# WHO ARE WE?



Heather is the co-owner of Nature Space Resort & Retreat Centre in St. Peters Harbour, PEI, and brings a unique blend of expertise, passion, and presence to her work as a facilitator. She holds a Master's in Mindfulness-Based Teaching and Learning, is a Registered Yoga Teacher (RYT 200), and is certified as a meditation and mindfulness instructor as well as a Mindfulness-Based Stress Reduction (MBSR) facilitator. She is also trained in mental health first aid. A seasoned educator and lifelong learner, Heather has been teaching veterinary students at the Atlantic Veterinary College since 2010, where she helped build a veterinary wellness curriculum. Alongside her veterinary career, she has facilitated countless private and corporate wellness workshops, weaving together mindfulness, communication, and leadership training. She holds advanced certifications in Leadership, Communication, Conflict Resolution, and Wellness.

Heather's approach to yoga and mindfulness is both gentle and transformative, shaped by her belief in slowing down to connect deeply with the wisdom of the body and mind. Students often remark on the soothing quality of her "yoga voice," a gift no doubt connected to her background as a trained opera singer.

At the heart of all she does, Heather is deeply committed to lifelong learning, personal growth, and creating spaces where others can connect, reflect, and flourish.

Jarrold is the co-owner of Nature Space Resort & Retreat Centre and the founder of Cloud 9 Adventures, which offers high-quality sea kayak coaching, instruction, and guided adventures for all levels and abilities. An accomplished retreat facilitator, Jarrold is dedicated to supporting guests in creating meaningful, transformative experiences both on and off the water.

Deeply at home in the outdoors, Jarrold has a particular passion for life on the water. His paddling journeys have taken him along Canada's East and West Coasts, the United States, and tropical destinations including the Bahamas, Hawaii, Belize, and Costa Rica.

Before launching these ventures, Jarrold built a career in community development, working to support local food producers and farmers. He later served as the oyster biologist for the Province of Prince Edward Island for more than a decade, bringing a unique depth of knowledge and connection to both land and sea.



Growing up in the Norwegian countryside, Vigdis developed a deep love for the outdoors through boating, fishing, hiking, and countless adventures in nature. She later met her husband, Thomas—a marine biologist and co-owner of the lodge—who plays an active role in managing the logistics of each retreat. Vigdis has an impressive background in sports development, having worked in South Africa with both the Norwegian Olympic Association and the Norwegian Soccer Association. In 2007, she and Thomas moved to Costa Rica to establish Bahia Rica. Since then, Vigdis has explored the region extensively by kayak, uncovering hidden gems along the coastline. A dedicated community volunteer, she is deeply engaged in local initiatives and takes pride in fostering meaningful connections. With her deep knowledge of the local ecology and her passion for outdoor experiences, Vigdis is an invaluable guide and host.

# ACCOMODATION OPTIONS

## Pricing

All Pricing is in Canadian Dollars

Pre-Sale ends  
June 30, 2026  
Early bird ends  
Oct. 31, 2026



Oval

### Rustic Lodge Rooms

#### 1 Double Bed & 1 Single Bed

This rustic lodge is ideal for immersing in nature. In a Treehouse style 3 lodge room building. No AC- Fans for each bed and a shared washroom for the 3 rooms.

**Solo Room** - Regular \$5,299

*Pre-sale \$4,499+tax / Early Bird \$4,799+tax*

**Couples/Buddies** - Regular \$4,799

*Pre-sale \$3,999pp+tax / Early Bird \$4,299pp+tax*



### Rustic Private Cabana

#### 1 Double Bed

This rustic cabana offers a more private experience, while still immersing in nature. The Cabana has a private washroom and kitchenette. No AC- Fan is provided.

**Solo Room** - Regular \$5,799

*Pre-sale \$5,799+tax / Early Bird \$5,299+tax*

**Couples/Buddies** - Regular \$5,299

*Pre-sale \$5,299pp+tax // Early Bird \$4,799pp+tax*



### Modern 2-Bedroom Cottage

#### Air Conditioned

This modern cottage offers an air conditioned space with private bathroom and private kitchen. There are two private bedrooms with double beds and small shared space overlooking the water. Perfect for travel buddies!

**Group of 2** - Regular \$6,049

*Pre-sale \$5,299pp+tax // Early Bird \$5,549pp+tax*

*\*\*\* This space could accommodate a group of 3 (please contact us for reduced pricing)*



### Modern 1-Bedroom Cottage

#### Air Conditioned

This modern air conditioned cottage with bathroom and kitchen. There is one bedroom with double bed. Cottage is overlooking the water. Perfect for couples or solo travellers!

**Solo Room** - Regular \$6,299

*Pre-sale \$5,499+tax / Early Bird \$5,799+tax*

**Couple** - Regular \$5,799

*Pre-sale \$4,999pp+tax // Early Bird \$5,299pp+tax*

## WHAT'S INCLUDED

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- Travel to and from Liberia, Costa Rica to Bahia Rica at the beginning and end of the retreat
- 5 nights accommodations at Bahia Rica and 1 night accommodation in Liberia
- Use of kayaks and all the gear required for paddling
- Guided kayak experiences
- Yoga, mindfulness and wellness instruction and workshops
- Boat shuttle to and from Isla Tortugas and Alcatraz Islands as well as boat shuttle from coastal island to Bahia Rica
- Snorkeling gear, yoga equipment (except mats - bring your own mat!)
- Any National Park fees and travel to and from our off-site adventures
- All meals while on retreat at Bahia Rica- meals/snacks prior to this are not included
- Some snacks during the retreat (although participants who are snackers or like specific treats should pack those items with them)
- All logistical planning and coordination
- Lots of pre-trip support from Heather
- All gratuities

## WHAT'S NOT INCLUDED

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- Flight to and from Costa Rica
- Travel Insurance or any Pre-Trip vaccinations and medications
- Accommodations/activities prior to after the retreat (please note the night of April 17<sup>th</sup> is not included)
- Alcoholic Beverages and sodas are available for purchase at Bahia Rica and are not included in the package price. They also have a small gift shop with local handcrafts, souvenirs, Bahia Rica clothing and snacks
- Lunches/snacks on the ferry to and from Paquera

## CONTACT DETAILS

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There will be e-mail communications with the group leading up to the program providing further details and logistics. If you have any additional questions please do not hesitate to contact Heather and Jarrod.

E-mail || [info@naturespaceresort.com](mailto:info@naturespaceresort.com)

Phone || 902-394-6417

Website || [www.naturespaceresort.com](http://www.naturespaceresort.com)

## CANCELLATION POLICY & PAYMENT

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To secure your spot a 10% non-refundable deposit is required. Payment plans are available for the other 90% in whatever terms work best for you (Heather is happy to divide these up into monthly payments).

Full payment is due 90-days prior to the retreat (December 19, 2026) and is non-refundable at this time. Prior to December 19<sup>th</sup>, if you need to cancel, all other deposits are refundable (other than the initial 10% deposit)

