



HOLISTIC HORSE & YOGA RETREATS IN COSTA RICA

Relax, rejuvenate, and reignite your passion! Spend a week immersing yourself in horses, yoga and the natural beauty of Costa Rica - what could be better?

We specialize in offering week-long holistic equestrian retreats in beautiful Nosara, Costa Rica. Our retreats feature talented trainers from around the world, luxury accommodations, delicious and healthy cuisine, yoga classes, truly amazing beach and jungle trail riding and so much more. Each guest is paired with one of our charismatic Costa Rican horses so both horse and rider have a chance to bond and learn together over the course of the week. Each retreat has a unique focus such as personal growth, natural horsemanship, bareback riding or yoga with horses. Our retreats are truly all-inclusive so you can completely relax and enjoy this once in a lifetime experience. All you need is to place your deposit and buy your plane ticket to paradise!

Whether you are an experienced rider or you have always admired horses from afar, our retreats are a fun and safe way to explore riding and learn new techniques in a safe and fun environment. Our retreats are also appropriate for those new to yoga or those with an advanced practice. We limit our group size so we can accommodate everyone & tailor our retreats.



WHAT TO LOOK FORWARD TO

- 7 nights of luxury accommodation at beautiful Finca Austria (description below)
- Three delicious meals per day prepared by our amazing chef plus two nights out at local restaurants; alcoholic beverages are available with dinner (on arrival day only dinner is served, on the free day breakfast & dinner are served and on departure day only breakfast is served)
- Pairing with one of our wonderful horses for the week plus english or western tack
- Beach, jungle and waterfall trail rides & swimming with your horse
- Daily yoga classes & meditation to improve balance, flexibility & body awareness
- Unique horsemanship workshop led by an experienced trainer
- A 60-minute relaxing massage with our talented massage therapist
- Transportation to/from the Liberia airport as well as in-town shuttling
- Optional booking of outside activities such as surfing, nature tours, kayaking, zip lining, etc.
- High quality digital photos of each retreat provided to guests



ACCOMMODATIONS ~ FINCA AUSTRIA

Finca Austria is a beautiful 150-acre ranch in the hills of Nosara. There are two villas (Casa Colibri & Villa Mariposa) with breathtaking views of the ocean, sunset, river and jungle below. The property features two infinity pools, expansive common areas with day beds and hammocks, basketball & tennis courts, an outdoor yoga space, a stable, arena, round pen and pastures for the horses, beautiful riding trails and so much more. The villas also offer laundry facilities, wifi, AC in the rooms and daily cleaning services. You will be surrounded by nature at Finca Austria. It is common to see howler monkeys, coatimundis, parrots, hummingbirds and butterflies throughout the day.

HOW TO REGISTER

Prices vary by retreat and room selection. All prices listed on our website are per person. A \$750 deposit is required to reserve your space. Please visit our website at www.equisolretreats.com to view our calendar and rates, answers to frequently asked questions and to make a retreat deposit today. You can reach us at info@equisolretreats.com or 949-209-8755 (U.S. phone number).

