



SAN RAFAEL de ESCAZU
30 minutes from SJO

RETREAT PACKET

ABOUT US

Eros Retreat Home for Rest & Pleasure has one goal: to provide a safe and nurturing space to encourage our community to rest, heal, return home to the bodies they have had to abandon for survival. We use a variety of modalities to help our visitors access their deepest parts of their whole.

We believe that in order to truly inspire liberation, we must include the planet in our liberatory goals. Therefore we strongly embrace the philosophy of reduce, reuse, and recycle. With that belief in mind, we encourage limited water usage through the reuse of towels and linens during your stay and promote a single-use plastic free environment.

We believe food not only nurtures the body but can also heal the body. Our chef Coco, a native of Louisiana, serves an eclectic yet soulful menu of locally sourced cuisine, most of which is organic, gluten free, plant-based, and when requested, pescatarian. We believe that the food served should encourage the body to rest, even in its digestive process. We take your peace seriously.



THE SPACE



Yoga Deck

Our Yoga deck is a beautiful, 700 square feet, open air space overlooking the pool. We have Yoga Mats, Blocks, Straps, Blankets, Bolsters and Meditation cushions for 12 people. All equipment must stay on site. We also have yoga mats that can be used in the grassy areas.

Pool

We have a large, private lap pool (25m) shaped pool that is 5' deep all the way around. Our pool is perfect for exercise, relaxing on one of our many floats or hanging out pool side in one of our lounge chairs.

The pool is always clothing optional.



Gym

The outdoor gym is well equipped with a heavy water bag, kettle bells, dumbbells, and a variety of weight training and martial arts equipment. We have focus mitts and gloves for group exercise.



Garden

We have both an indoor and outdoor herbal garden for grounding, earthing and teas. We encourage our guests to get their hands dirty as they reconnect with the mother.



Accommodation

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Our gated complex has the capability to sleep 12 people in 11 beds. We have 1 private room option and 4 shared room options. Currently we have 5 bedrooms and 7 bathrooms.



Ibeji Suites

These twin rooms, Taiyewo and Kehinde, will have 2 Queen Beds, suitable for up to 4 guests total. (No shared beds), a tropical oasis of a shower and 2 bathrooms sit just outside the rooms.



Jumi dorms

These 2 dorm rooms have 3 twin size beds each, adding 6 sleeping spaces for the house. Phase 3 which will complete in September 2023 includes a modern take on a dorm bath, the second, larger bathroom is in the style of a Moroccan Hammam.

Afua Suite

This room, just off the pool deck, has a queen bed, sofa, and writing desk, as well as a private bathroom with a double headed shower and private outdoor sunning area.



PRICING

- We require payment for a minimum of 5 participants to book Eros for a retreat. Payments are listed below and priced seasonally and by number of participants.
- Retreats are 3 nights minimum. Please note you must pay for a minimum of 5 participants at the base price.
- At 5 participants one retreat leader is comped.
- At 10 participants a second retreat leader is comped.
- The price per person rate decreases with participants 5-10.
- When booking a retreat, the space will be for the leader and their participants.
- Prices include accommodations, use of facility/equipment, and 3 meals a day. Meals start with dinner the night of arrival to breakfast on the last day of the retreat.
- Smoothies, juices, alcoholic beverages, and other drinks are a la carte.
- Prices do not include ground transportation, excursions, and/or massages.
- Deposits are NON REFUNDABLE and one date change is allowed 90 days in advance., and of course subject to availability.
- Please note prices do not include gratuity/service fee (10% is customary)

High Season • November 1st to April 30th

Price Per Person 1-5 Participants (must pay for minimum of 5) \$300/pp/night
Price Per Person from 6-10 participants \$250/pp/night

Green Season • June 1st to August 31st

Price Per Person 1-5 Participants (must pay for minimum of 5) \$200/pp/night
Price Per Person from 6-10 participants \$150/pp/night

Low Season • May, September, October

Price Per Person 1-5 Participants (must pay for minimum of 5) \$250/pp/night
Price Per Person from 6-10 participants \$200/pp/night

EXCURSIONS

Retreat leaders and guests can choose from many excursions, which are a great avenue to explore the beauty and terrain of Costa Rica. All excursions are an additional cost, must be booked 2 weeks in advance and are dependent upon availability.

All excursions are non refundable. If a guest books an excursion and does not show or wants to cancel at the last minute they will be fully responsible for the cost.

We will coordinate excursions for you and your group and can work around your retreat schedule.

During high season - November - April we suggest sending excursions 30 days in advance as some will sell out.



Some of the many excursions offered:

- Zip-lining (3.5-4hrs)
- Horseback Riding (2hrs)
- Birdwatching Hike (3.5-4hrs)
- Biological Nature & Waterfall Hike (4-5 hrs)
- Snorkeling Boat Ride (5-6hrs)
- Surf Instruction (90 minutes)
- SUP Surf Instruction (2 hours)
- Mangrove Kayak and SUP Tour (2.5-3hrs)
- Cultural Coffee Tour (4-5hrs) By ATV or 4wd vehicle
- Deep Sea Fishing 1/2 day

THE FINE PRINT

Ground Transportation

Airport transportation is not included, but we are happy to set up transportation for your group. We require flight information one week in advance of the retreat to schedule the shuttle. Shuttles can range from \$150 to \$300 from San Jose International airport. Small shuttles (\$150) can hold 5 people and larger buses can hold 12 (\$300). Private transportation is \$50 per person, individually.

If you would like to include transportation to and from any other locations, like the beach or dinner off site we can give you an estimate based on distance and group size.

Commuters

We only allow commuters once our center is fully booked. For anyone commuting, (staying off site) that will be joining the retreat in any capacity, will pay a commuter fee of \$100/day which includes meals, use of the facilities, and equipment on the property. There are several hotels nearby (2-5 kilometers) including Marriott, Hilton and Intercontinental brands.

Check-in/Out

Check in is from 3:00 pm to 9:00 pm. If any participants arrive past 9:00 pm it will be the retreat leaders responsibility to stay up for them and help them to their room. Check out is at noon.

Payments

We require a non-refundable deposit of 30% in order to hold your retreat dates and a signed contract. 90 days prior to the start of the retreat a second non-refundable deposit of 30% is due. Please note, 45 days prior to the start of the retreat full payment must be received. We reserve the right to charge the card on file at 90 days and 45 days if we have not received payment by those dates.

Cancellation

The entirety of any amount paid for the retreat is not refundable and there are no exceptions, rescheduling or refunds due to cancellations for any reason. This includes any cancellations due to issues with health and transportation. We highly recommend that you and your participants obtain CFAR (Cancel For Any Reason) travel insurance. Please understand that this refund policy is in place because upon booking we reserve our entire space, meals, staff, and other expenses for you and your group.

Terms & Conditions

As the retreat leader you must agree to our terms and conditions regarding non refundable deposits and have your guests sign our liability and photography waiver. We will require the initial deposit and signed contract in order to hold your week.

our ancestors' wildest dreams

This is the fulfillment of our ancestors cries. The prayers, the songs, the dances, the altars... this is our space. For our rest and rejuvenation. For our pleasure. For our humanity.

I look forward to welcoming you into the space, which holds the same altars, the same drums and tambourines. I look forward to witnessing your downward dogs and your twerking. Your song and your orgasmic moans.

Welcome home.



THANK YOU

to book

reach out to Goddess Amina directly to schedule a call

Email amina@atl tantra.org

WhatsApp (808)954-0224