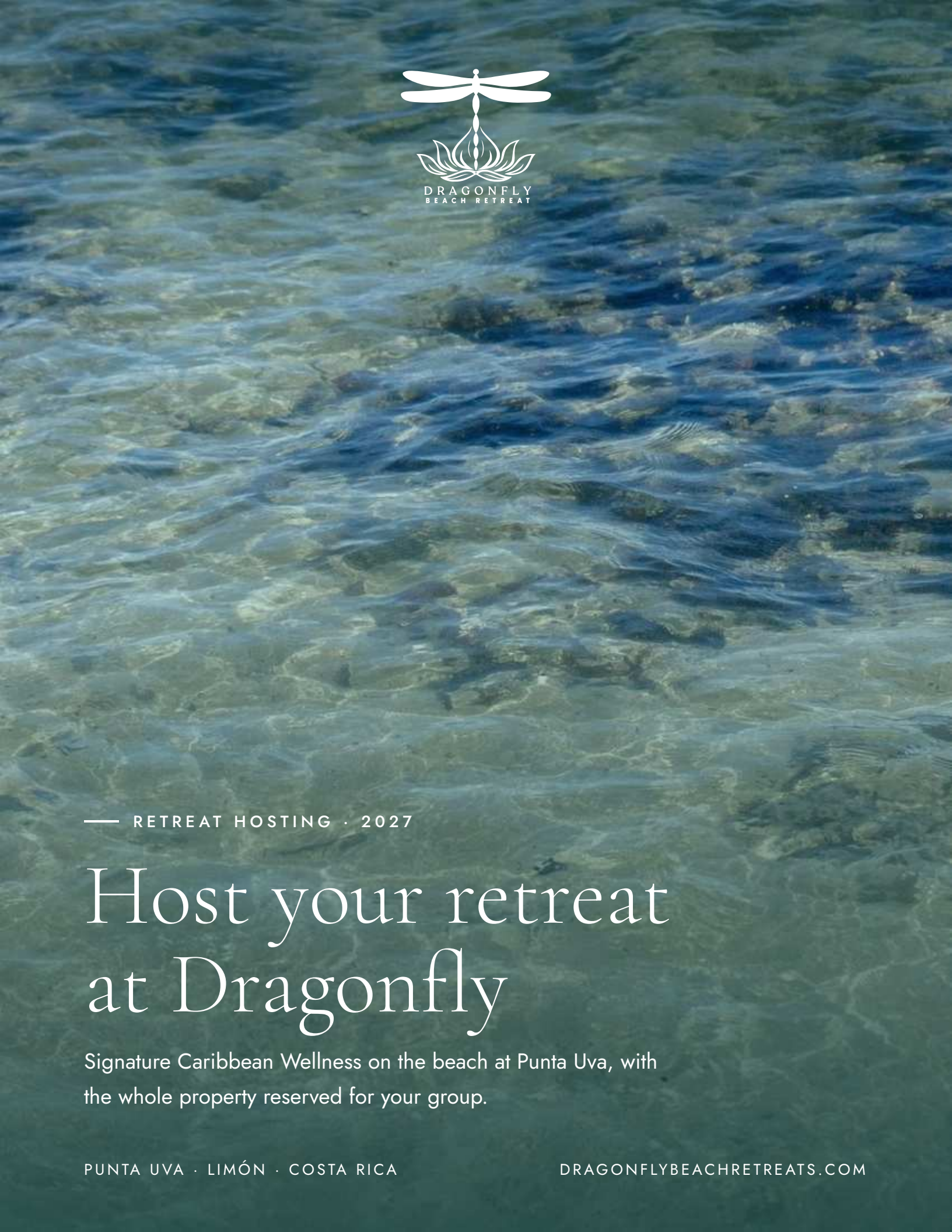


RETREAT HOSTING · 2027

Host your retreat at Dragonfly

Signature Caribbean Wellness on the beach at Punta Uva, with the whole property reserved for your group.

PUNTA UVA · LIMÓN · COSTA RICA

DRAGONFLYBEACHRETREATS.COM

WELCOME

A private beachfront venue for your retreat.

Dragonfly Beach Retreat is a boutique property on 1.5 acres of tropical garden in Punta Uva, on Costa Rica's southern Caribbean coast. We host one retreat at a time, so your group has exclusive use of the casitas, the yoga shala and the grounds.

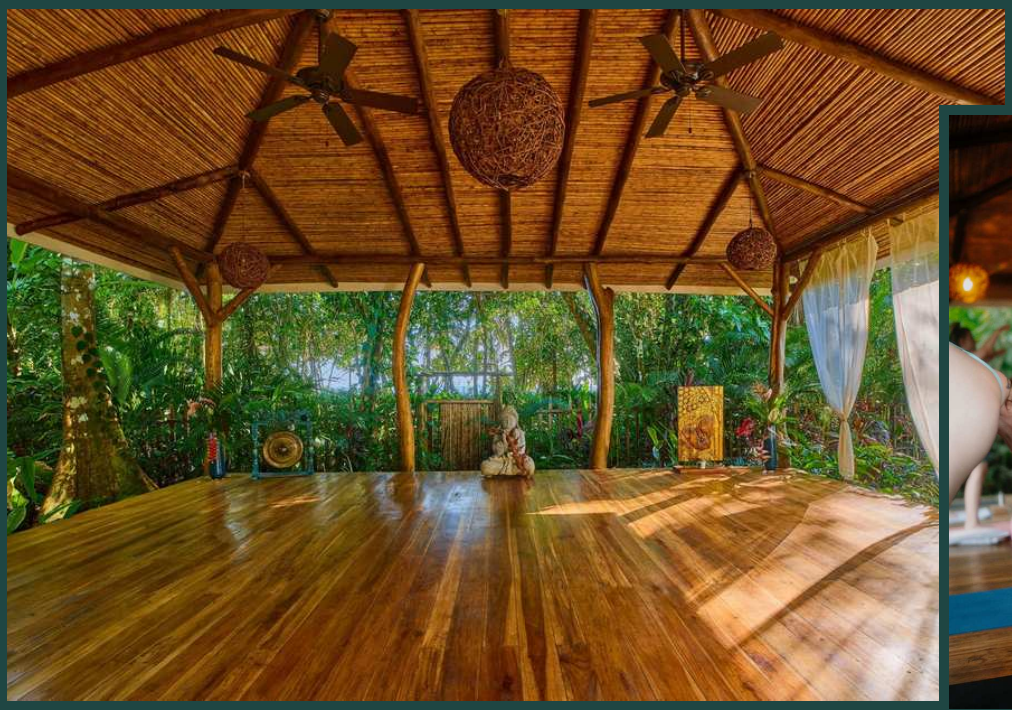
Whether you want us to host your retreat and simply provide the space, or collaborate to create a highly customized retreat experience, we agree on it together before you arrive.

Beachfront	1.5	6 + 1	12–18
PUNTA UVA	ACRES OF GARDEN	CASITAS, PLUS CASA HOWLER*	GUESTS*





* 12 guests sleeping individually, or up to 18 with some shared beds. Casa Howler is the owners' beachfront home and is offered to retreats when available.





SIGNATURE CARIBBEAN WELLNESS

An open-air shala, steps from the beach.

YOGA SHALA	Open-air with a wooden floor, mats and props for 18. Its set-up and schedule adapt to your group's needs.
SPA	A private space for massage, Reiki and bodywork.
PRACTITIONERS	Local teachers and therapists, available alongside your program.
THERAPIES	Sound healing, Reiki, Qi Gong, forest bathing and cacao ceremony, on request.

WHERE YOUR GROUP STAYS

Each casita, a small home.



Garden Casitas

Toucan, Ocean Coral and Dragonfly. Two bedrooms (queen and twin), kitchen, living area, terrace.

3 CASITAS · UP TO 3 GUESTS EACH



Sloth Casita

One bedroom with king or two twins, kitchen, living area and a terrace in the jungle. A/C.

2 GUESTS



Green Macaw Loft

Two levels: queen bedroom downstairs, two twins upstairs. Outdoor kitchen and terrace. A/C.

UP TO 4 GUESTS



Hummingbird Casita

A compact studio with A/C, kitchenette and private bathroom. Ideal for an assistant or a solo guest.

1 GUEST



SUBJECT TO AVAILABILITY

Casa Howler

The owners' beachfront home, with ocean views, a queen bed, kitchen and terrace. A/C. Often the lead facilitator's choice.

2 GUESTS · ON THE BEACH

12 guests sleeping individually, or up to 18 with some shared beds (including Casa Howler). Every casita has its own bathroom, kitchen and terrace. Check-in 3 pm · check-out 11 am.

WHAT'S INCLUDED

Everything your group needs to settle in.

IN EVERY RETREAT

- Exclusive use of the casitas and grounds
- Breakfast every morning, served by the pool
- Flexible housekeeping to suit your retreat
- Shala set up for your program
- Yoga mats and props for 18
- Wi-Fi and gated parking

THE SPACES

- Open-air yoga shala in the garden
- Spa for massage and treatments
- Pool and sun deck
- Beachfront area with loungers
- Outdoor kitchen and lounge with long tables
- Original art by local artists throughout





RATES 2027

One nightly rate for the whole property.

Retreat rates are set below our regular nightly rates and cover the six casitas, Casa Howler when available, daily breakfast and the shared spaces. Prices change through the year, almost month to month, so use this page as a guide: tell us your dates and we'll send you an exact quote.

SEASON	DATES	GUIDE RATE PER NIGHT
Wildlife	May–July	from $1,300
Tropical	August–December 14	from $1,350
Prime	December 15–April January 5–March 30: very limited availability	from $1,700

US dollars, for the whole property, before the 10% coordination fee and 13% Costa Rican VAT. Minimum 4 nights (5 in Prime).

EXAMPLE, AT AN AVERAGE RATE

A 7-night retreat

About **$1,090 per guest** with 12 guests, or **$725 per guest** with 18, for the week, breakfast and the shala included.

7 nights × $1,500	$10,500
Coordination fee 10%	$1,050
VAT 13%	$1,502
Total	**$13,052**

COORDINATION FEE

10% for your retreat coordinator, who plans with you, briefs our team and makes sure everything runs smoothly during your stay.

TWO WAYS TO HOST

Simple venue, or fully hosted.

VENUE

The property

Season rate + coordination fee + VAT

- The casitas and shared spaces
- Daily breakfast by the pool
- Flexible housekeeping and shala set-up
- Lunches and dinners on your own, in the casita kitchens or in town

HOSTED

Property and meals

Venue + meals from about $2,500 per week for the group

- Everything in Venue
- Lunch and dinner daily from our local chef
- A welcome dinner on your first evening
- Menus for your group's diet: vegan, vegetarian, gluten-free and more

ARRANGED BY YOUR RETREAT COORDINATOR, QUOTED SEPARATELY

TREATMENTS	Massage, Reiki and sound healing on site.
TRANSFERS	One private shuttle for the group from San José (about 5 hours). We suggest a night in San José before the drive.
EXCURSIONS	Snorkeling, jungle hikes, the Jaguar Rescue Center and more, with trusted local operators.

MOMENTS TO SURPRISE YOUR GUESTS

- Floating breakfast in the pool
- Bonfire on the beach
- Live instrumental music at special moments

OPTIONAL: END ON A HIGH

Closing celebration

Choose ecstatic dance, an EDM set or live local music.

HOW WE WORK TOGETHER

Clear roles, one point of contact.

Your program is yours to lead. We take care of the place and the details around it, through one retreat coordinator from first call to departure.

YOU LEAD

The retreat leader

- Program, teaching and daily schedule
- Participant sign-up, payments and communication
- Final guest list, rooming and dietary needs
- Your group's wellbeing and conduct

WE HOST

The Dragonfly team

- Casitas, breakfast, housekeeping and spaces
- Chef, therapists, transfers and local operators
- A shared run-sheet and staff briefing
- A group WhatsApp and a short daily check-in

TIMELINE

BOOKING	Signed agreement and deposit secure your dates.
90 DAYS OUT	Planning call: meals, treatments and transfers.
30 DAYS OUT	Final guest list, rooming and dietary needs.
25 DAYS OUT	Balance due.
14 DAYS OUT	Run-sheet confirmed and shared with our team.
ON SITE	Walk-through on arrival, daily check-in, short review before you leave.

TERMS

The essentials, in writing.

PAYMENTS

WHEN YOU BOOK	AT BOOKING	THEN
More than 120 days ahead	25% deposit (min. $2,500)	25% at 120 days, balance at 25 days
40–120 days ahead	50%	Balance at 25 days
Less than 40 days ahead	100%	—

VAT

13% applies to each payment.

CHANGES

One free date change when requested 180 or more days before arrival, subject to availability and the new season's rate.

CANCELLATION

Payments are non-refundable. The booking covers the whole property, whatever the final number of participants. We recommend travel insurance for every guest.

AGREEMENT

Every retreat has a written agreement covering dates, inclusions, payments and responsibilities.

HOUSE RULES

Adults only

All guests 18 and over.

Smoke-free

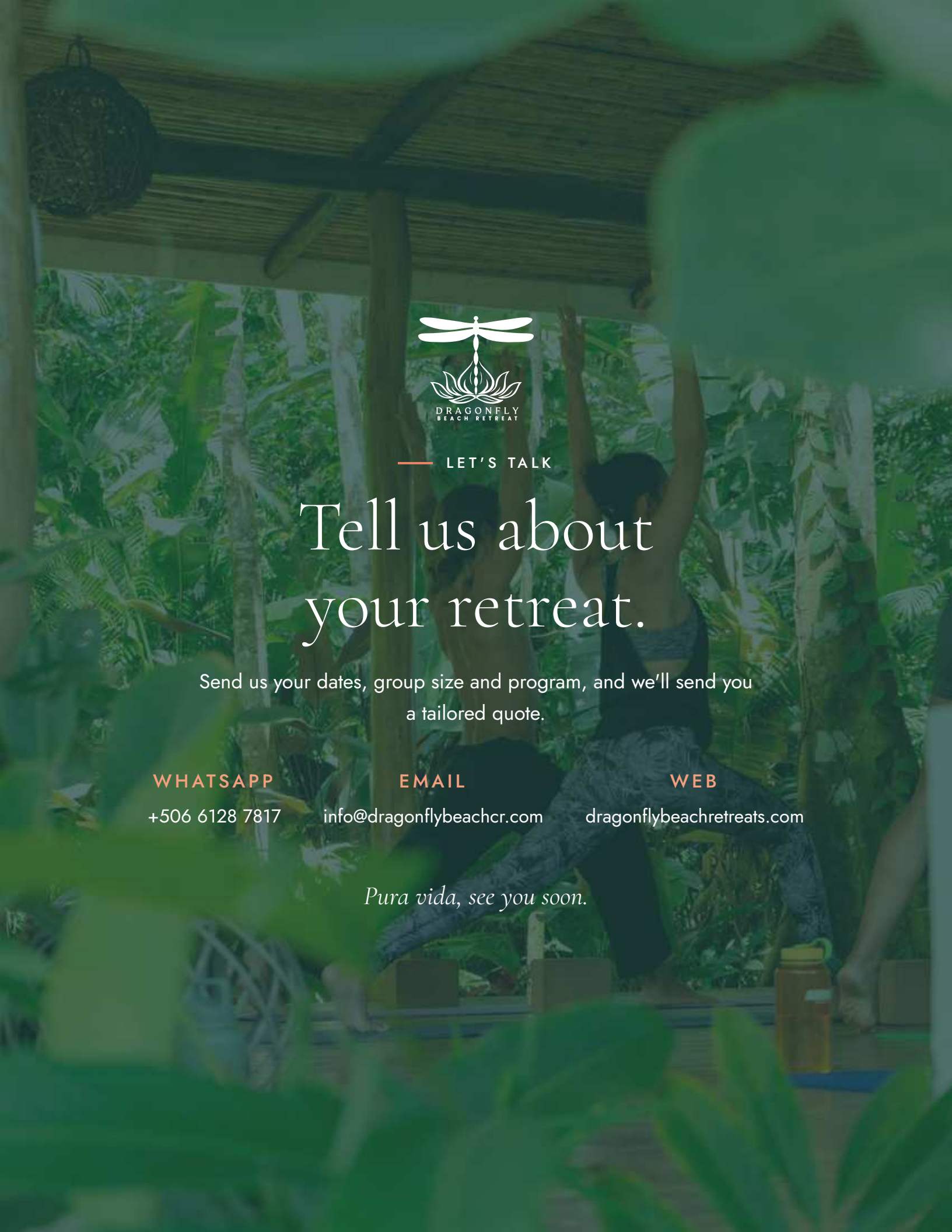
No smoking on the property, and no illegal substances.

Quiet grounds

Calm shared spaces and respect for the wildlife.

No pets

Our four resident cats are in charge.



DRAGONFLY
BEACH RETREAT

LET'S TALK

Tell us about your retreat.

Send us your dates, group size and program, and we'll send you a tailored quote.

WHATSAPP
+506 6128 7817

EMAIL
info@dragonflybeachcr.com

WEB
dragonflybeachretreats.com

Pura vida, see you soon.