

# BLUE ZONE RETREAT

## A SENSORY JOURNEY INTO NATURE

*Ocean Serenity and  
Jungle Beauty*

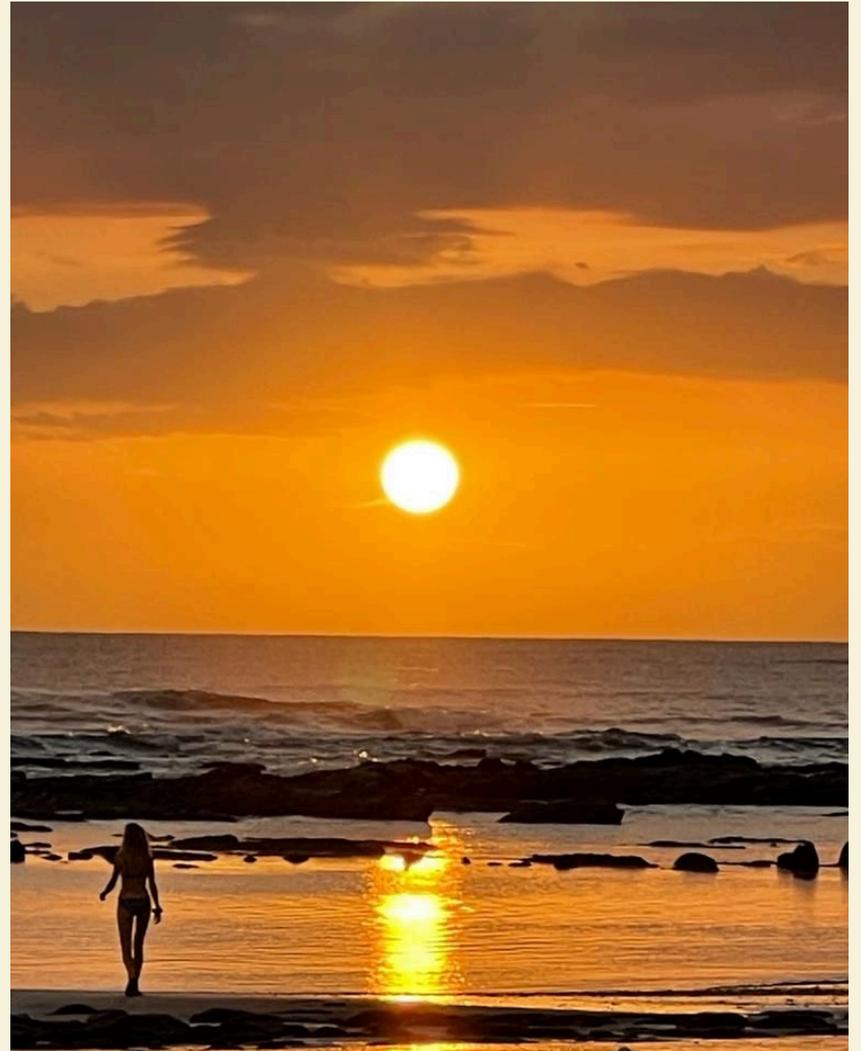
**NOSARA, COSTA RICA**

**15th - 22nd November 2026**



# JAWA SANCTUARY

An oasis in the jungle's heart - a sanctuary  
celebrating the essence of life



**Your moment, your journey**

Surf, yoga, naturopathy, sound baths,  
massages et cacao ceremony



## ONCE UPON A TIME, IN NOSARA...

Nestled along Costa Rica's Pacific coast, Nosara is a magical oasis where ocean, jungle, and the art of living converge.

This exceptional destination, imbued with a unique energy, reveals four pristine sandy beaches within a marine sanctuary. This natural refuge welcomes, each year from July to November, the humpback whales and sea turtles that come to complete their reproductive cycle in these protected waters.

Renowned worldwide for its yoga retreat centers and some of Costa Rica's finest surf breaks, Nosara draws travelers seeking authenticity and reconnection. Its expansive Guiones Beach, with pristine white sand, provides an idyllic setting to witness breathtaking sunsets, transforming each evening into an unforgettable natural spectacle.

## Welcome to the healer's house, an ecolodge with authentic charm

Jawa means 'shaman' in the language of the indigenous Cabecar tribe.



Nestled in the lush jungle of a secure estate, Jawa is based on authentic decoration made partly from driftwood. It was built to have the least possible impact on the environment, using five recycled containers, natural stones and wood with minimal cement.



This ecolodge, with its private saltwater pool, will captivate you with its 300 fruit trees that attract howler monkeys and numerous birds you can admire.

As night falls, let yourself be lulled by the sound of the ocean and the sounds of the jungle.



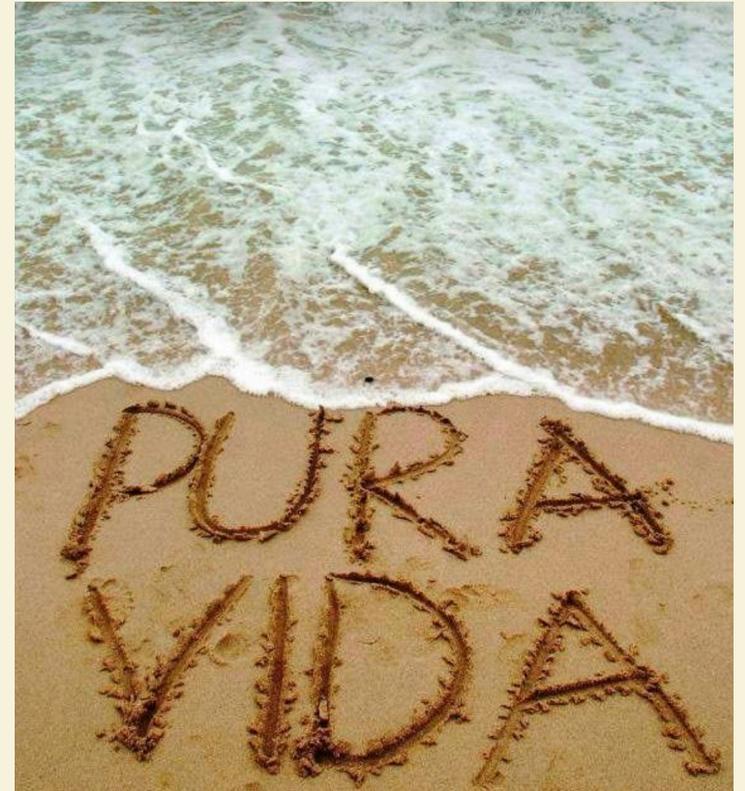
# The Pura Vida philosophy and the Blue Zone, a magical blend for longevity

The **Pura Vida** philosophy - a way of life that represents the very best of Costa Rica, a true celebration of life to reconnect with what's alive around us. This art of living emphasizes simplicity, appreciation of small things, and positivity toward life.

A harmony with nature that reminds us of the importance of respecting and preserving the environment.



The **'Blue Zone'** - refers to a region of the world where populations live exceptionally long and healthy lives, often reaching or exceeding 100 years with a low incidence of chronic disease. Today there are 5 places in the world recognized as Blue Zones, including Nosara in the Nicoya province of the Guanacaste region.



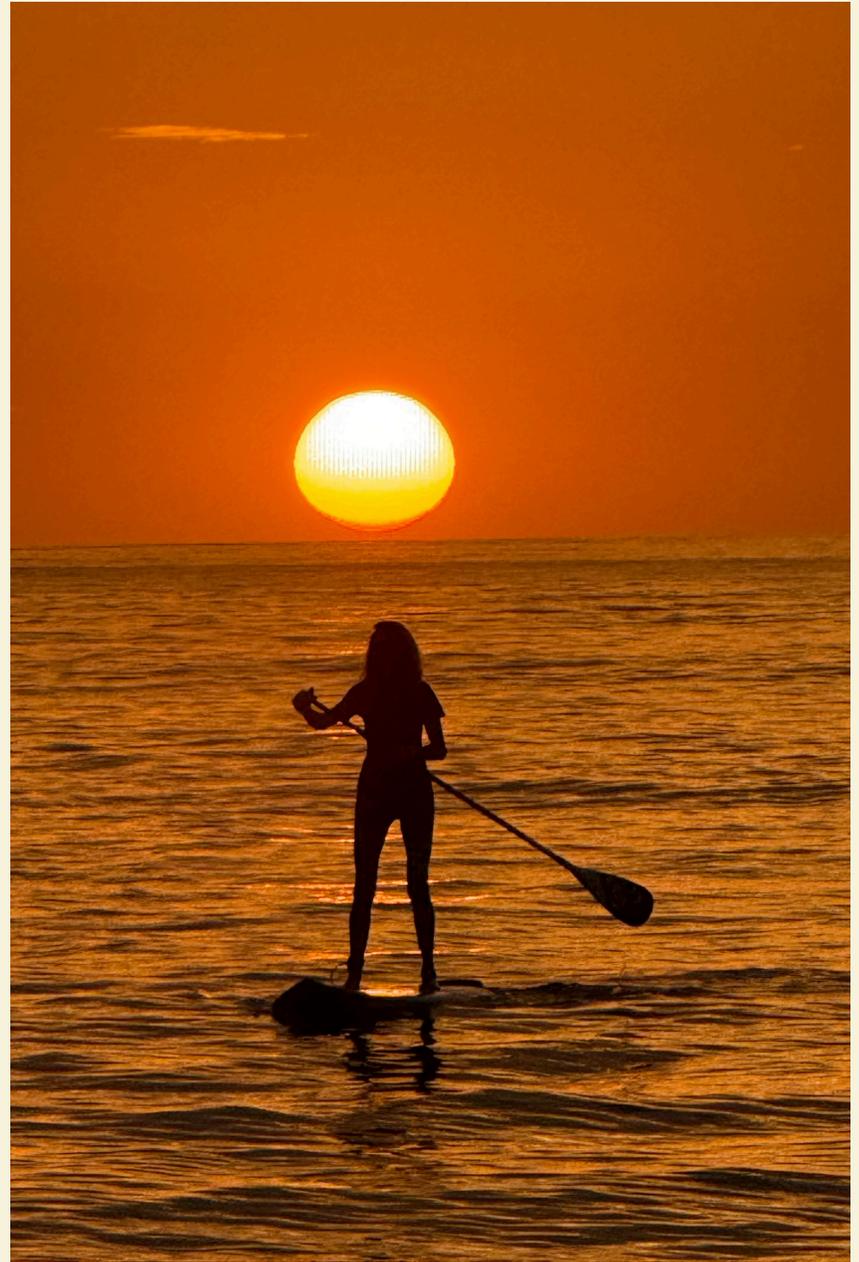
## INCLUDED IN YOUR STAY:

- 🌿 Accommodation at Casa Jawa or Skawak: 7 nights with meals except 2 local lunches and 2 local dinners
- 🌿 Daily 2 hours surf session
- 🌿 3 yoga classes during the week at Bodhi Tree
- 🌿 2 massages during the week: Tuina, Qi Nei Tsang
- 🌿 1 naturopathy session per person
- 🌿 1 cacao ceremony on the beach
- 🌿 1 sound bath with Tibetan bowls
- 🌿 1 discovery session in “writing therapy”
- 🌿 Pacific beach sunsets
- 🌿 Round-trip airport transfer San José to Nosara if:
  - outbound flight 04/04/2026 AF0430 CDG-SJO, arrival at 5:25 PM
  - return flight 23/11/2025 AF0429 SJO-CDG, departure at 7:40 PM



## OPTIONAL EXTRAS

- 🌿 Acupuncture session
- 🌿 Tennis or Padel lessons
- 🌿 Round-trip flight to San José
- 🌿 Travel repatriation insurance
- 🌿 Guided tours including a visit to the turtle sanctuary at Ostional beach



## **BODHI TREE, A WELLNESS AND LUXURY SANCTUARY FOR YOGA IN THE HEART OF THE JUNGLE**

With more than 7 shalas open to the jungle, Bodhi Tree is by far the most beautiful center dedicated to yoga in Central America. Different classes are offered: Gentle Vinyasa, Yin Yoga, Yoga Nidra, aerial yoga with experienced teachers from around the world. The stay includes one class per day at Bodhi Tree.

The experience is unique both for the quality of teaching and the beauty of the location - they say Bodhi Tree is 'nirvana' for yoga classes.



## WORDS FROM YOUR THERAPIST, GEORGIE



“Based in the heart of the Alps, in Saint-Gervais-les-bains, I am passionate about people and natural medicine. My mission is to guide each person toward greater vitality, balance and serenity.

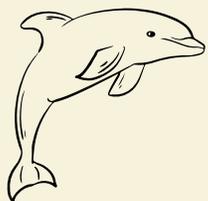
Trained in naturopathy, I also integrate Tuina massage, Qi Nei Tsang, foot reflexology and Tibetan bowls into my practice - techniques that support the circulation of vital energy and allow the release of physical, emotional and energetic blockages.

I am committed to offering a holistic and caring approach, where each person can reconnect with their body, emotions and inner breath. I also lead cacao ceremonies to provide spaces for transformation and deep reconnection.”



“My intention is to open pathways toward greater authenticity, awareness, and joy while respecting each person’s rhythm and needs.”





# YOUR EVENING SANCTUARY - CASA JAWA



## OCEAN ROOM

The master Ocean room with ocean view and private third floor comfortably accommodates 2 people. It features a California King bed, a private bathroom and three decks, two of which have ocean views. An exceptional setting for your stay.

**PRICE:2 900 EUROS / PERSON**



## TOUCAN ROOM



The Toucan room is located on the ground floor and benefits from a private terrace. It shares its bathroom with the Colibri room and has twin beds for 2 people.



## COLIBRI ROOM

The Colibri room is located on the ground floor and benefits from a private terrace. It shares its bathroom with the Toucan room and has a California King bed for 2 people.





# YOUR EVENING SANCTUARY - JUNGLE HOUSE

## SKAWAK



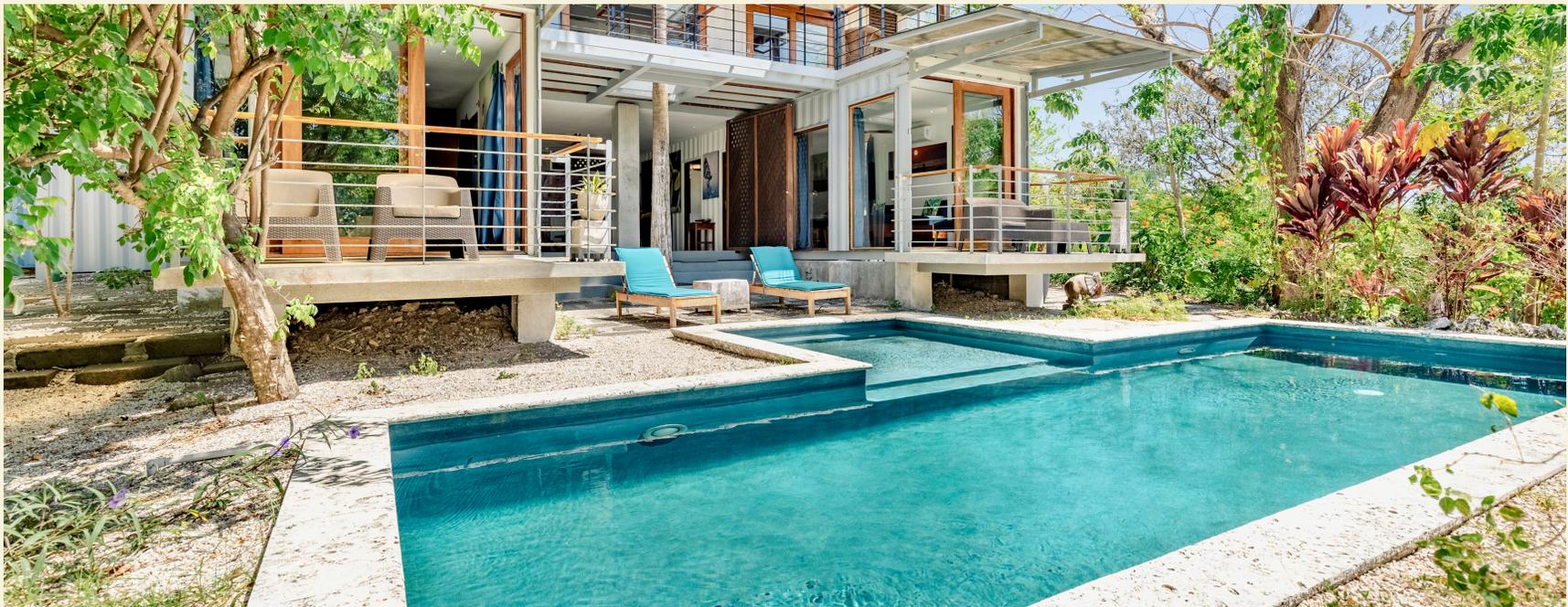
The charm of this jungle house will captivate you with its authenticity, modernity, and tranquility. This jungle house consists of a bedroom, a living room kitchen, and its private bathroom.





## YOUR RELAXATION SPACES

The relaxation area with its indoor and outdoor spaces offers you a very generous spacious living room with a skylight and a roomy open kitchen. The beautiful outdoor terrace overlooks the saltwater pool and invites you to meditate, read, sunbathe or simply take time for yourself in this exceptional setting.



## *Words from your organizer*



Passionate about sport and wellness, I find my happiness in movement, human connection and authenticity. I lived a challenging experience in the Himalayan mountains where I rediscovered my connection to myself through intense sport and to nature.

Convinced that writing is therapeutic, I wrote a novel about those ten days in the mountains, titled 'Dix jours pour une vie.'

My intention: to share with you in 7 days this unlimited energy and this vibration of love that nature brought to me.

# *Embrace the magic of Nosara*

## **PAYMENT TERMS**

- 50% deposit upon booking, by bank transfer
- Balance 1 month prior, by bank transfer  
(deadline: March, 4th 2026)
  
- Send a booking request email to the following  
address:

**[melaniecharbonnier@outlook.com](mailto:melaniecharbonnier@outlook.com)**

## **For more information, please contact:**

**Organizer:** Mélanie Charbonnier  
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+33 6 86 93 67 33

