

A woman in a black bikini is sitting on a stone ledge overlooking a waterfall in a lush tropical jungle. She has her right arm raised, touching the leaves of a tree. The scene is filled with vibrant green foliage and the sound of water cascading over rocks.

You're Invited to
Karen Kofman & Salima Pirani's

Pure Life Retreat

Costa Rica
6-11 March 2023



Purify your body, mind and spirit from the inside out. The traditional saying in Costa Rica is PURA VIDA, which is "PURE LIFE" in English. Look deeper: you'll find it's more than a saying... it's a whole way of life.

Having hosted retreats at Mystica since 2020, we know we've stumbled upon a rare and precious jewel: this place is one of the world's best-kept secrets. From the moment you arrive, you feel the purity, freshness, wholesomeness and magic that embraces you and welcomes you.

And it's here that you can absorb this goodness and allow yourself to unwind and make space to grow.

Come feel relaxed and refreshed as you apply simple, powerful practices to nourish and purify your mind, body and heart. Partake in daily yoga, wellness workshops, and meditation. Enjoy healthy, organic meals in a deeply wholesome and natural setting. Take exciting adventures and join experiences that showcase the best that Costa Rica has to offer and will leave you with a lasting impression of its warmth and natural beauty.

Come live Pura Vida...
come live Pure Life with us.



Mystica prides itself in its mouth watering cuisine. The signature dishes are designed in-house and lovingly prepared as works of art. They feature a fusion of tropical, Italian and Mediterranean flavours, and ingredients are sourced locally, with most hand picked from Mystica's very own organic garden. Meals are served with creatively blended tropical fruit juices, made fresh for you. Meals are vegetarian with a fish option. To maintain the integrity of healing and high vibration, the retreat is non-alcoholic.

All allergies and dietary intolerances are respected so you'll enjoy your retreat feeling energized and beautifully nourished.



No matter where you come from, you'll be welcomed with open arms and be given the choice to join any or all of our metta / loving kindness sessions, gentle yoga classes, healing workshops and activities to deepen your experience.

Whether you're a new or seasoned yogi, there is a place for you, based on your comfort and dedication to growth. In fact, we design our retreat based on our guests, with a pre-retreat meet-and-greet. We then design each experience based on what will be most meaningful and most beneficial to you. We'll open most days with heart-warming metta and stretching, offer a healing workshop mid-morning, and a more vigorous or refreshing activity in the afternoon. In the evening, anything's possible, from impromptu music and dancing to a serene group healing by the fire.



Get whisked off your feet as you visit some of the most immersive and authentic experiences Costa Rica offers.

Taste the true bounty of Costa Rica as you're guided through a tour of the Don Olivo Organic Farm. Sample an array of tropical fruits as you stroll through the cacao farms and let the delectable home-made dark chocolate and coffee crafted on-site melt in your mouth.

Bask in splendour at the Mistico Hanging Bridges, a series of 16 suspension bridges in the Volcan Arenal National Park area. This easy 2-mile hike offers views of Lake Arenal and its volcano, with the bridges forming an interpretive trail through the private rainforest reserve.

Take a whole day to relax, hike and swim at the luxurious Rio Perdido Hotel and Thermal River. Get used to being surrounded by a variety of exotic flora and fauna. These natural healing hot springs, once the sacred place of the Cabecar tribes, span a mile of thermal gorge that cuts through the spectacular, 600-acre reserve.

What Awaits You...

- Relish in 6 days / 5 nights of relaxation, rejuvenation, self-love & self-care to reset & invigorate your well being
- Nourish your body with gourmet, organic food and mouth-watering juices
- Partake in yoga, wellness workshops & meditation practices in Mystica's Yoga Sanctuary
- Dissolve into the sacred healing waters of the thermal gorge and hike in the spectacular, 600-acre reserve at Rio Perdido Hotel & Thermal River
- Take a serene walk high above the Arenal jungle at Mistico Hanging Bridges
- Awaken your senses with a tour of Don Olivo Organic Farm and taste fresh, locally grown fruit, spices, coffee and delectable dark chocolate
- Develop a daily rhythm of powerful healing habits & practices, restorative and nurturing yoga that you can continue at home
- Rest deeply while forest bathing in one of Mystica's jungle hammocks
- Unwind with walking meditations in Mystica's Meditation Labyrinth
- Sweat it out with a 30 minute cleansing infrared sauna
- Experience the deep and profound healing with a bespoke Reiki Massage in Mystica's Private Jungle Treehouse
- Cool off in Mystica's stunning stone Waterfall Dipping Pool



Your Retreat Includes...

- 6 days & 5 nights at the beautiful and serene Mystica Retreat Centre
- airport transfers from and back to Liberia airport (LIR)*
- all healthy and delicious meals, from dinner on arrival date to breakfast on departure date, made fresh from organic gardens, with vegetarian, vegan, dairy-free & lactose-free options (other allergies may be accommodated)**
- relaxing day visit to Rio Perdido Nature Reserve and Thermal River (includes transportation & entrance fees)***
- immersive tour of Don Olivo Organic Farm (includes transportation & entrance fees)
- visit to the Mistico Hanging Bridges (includes transportation & entrance fees)
- full & exclusive use of Mystica's extensive amenities: dipping waterfall pool, jungle hammocks, yoga sanctuary & walking meditation labyrinth
- all daily yoga classes, wellness and healing workshops & meditations
- all pre- and post-retreat interactive meetups (online or in-person)

*Two airport transfers between Mystica and Liberia Airiport (LIR) will be available for arrival and two will be available for departure. We'll recommend the best coinciding flights for you. If your arrival / departure is outside our pick up or drop off periods, we will provide address and directions, and recommend you arrange a taxi at your expense.

**This retreat is a refreshing and awakening experience, as such it is non-alcoholic

***Extra activities such as tubing or zip-line at Rio Perdido are available at additional cost.

Extras:

- Roundtrip airfare
- Medical & Travel Insurance (required)
- Massages or Healing Treatments in Mystica's Jungle Treehouse
- Infrared Sauna
- Souvenirs, Snacks between meals, & Incidentals

Come join us...

Indulge a peek at the accommodations & amenities and reserve your favourite!

Or contact us with your questions:

karen@thornhillmeditation.com or salima@salimampirani.com

*A Deposit is required to reserve your space and is non-refundable.

Accommodation Packages

All Rates Per-Person in Canadian Dollars (CAD) & Include Meals, Trips & Activities

Option 1: Main Lodge (double room – two beds)

Mystica's Main Lodge has six rooms, each with their own private entrance and bathroom, hairdryer, organic soap and shampoo. Each room is beautifully decorated, combining warm atmosphere with comfort and cleanliness and has both lake and volcano views. These rooms benefit from the fresh tropical breeze through large screened windows and a large ceiling fans for added air circulation. Each room features free wifi and a safe. Brand new mattresses on single and double beds assure you a good night's sleep, and Egyptian cotton sheets are provided for your maximum comfort.

Double Occupancy: \$2,630 CAD per person (2 payments) or \$2730 (3 payments)

Option 2: Two-Bedroom Ramadasa House (two beds per room)

At the highest point of the property, lies a brand new 2-bedroom/2-bathroom home, also with a spectacular view of the Arenal Lake and Volcano. This home is ideal for small groups or a family. A beautiful open-concept kitchen combines with a spacious living room with a cozy fireplace. Two large terraces encircle the home, complete with hammocks for relaxation as well as a hot tub and outdoor shower, with all the same amenities as the Main Lodge rooms.

Double Occupancy/Room: \$2,730 CAD per person (2 payments) or \$2,830 (3 payments)
Both rooms must be filled for this rate (4 guests)

Option 3: Hamsa Private Jungle Cabin (double room – two beds)

Hamsa Jungle Cabin is a beautiful, private jungle cabin tucked away in the forest overlooking the river. This cabin features two beds, a covered terrace, and a private bathroom with a special semi-outdoor waterfall shower. Two of Hamsa's walls are made of glass, giving you an amazing view of the river, playful monkeys, and local birds: toucans, parrots and more. The unique sensation in this cabin is one of both privacy and openness. Amenities are the same as the Main Lodge rooms.

Double Occupancy: \$2,770 CAD per person (2 payments) or \$2,870 (3 payments)

Option 4: Pericos Private Villa (double room – one queen bed)

A few steps away from the Main Lodge is a private fully-furnished villa. This spacious dwelling has everything you need. This charming villa's beautiful bedroom has a queen bed and a pull-out sofa and comes equipped with a full kitchen (stove, sink, fridge, coffee-maker, cookware), a tiled bathroom with large shower, an outdoor shower, fireplace, and private terrace with a hammock and dinner table. Same amenities as Main Lodge rooms.

Double Occupancy: \$2,960 CAD per person (2 payments) or \$3,060 (3 payments)

Please contact Karen or Salima for up-to-date availability



The Main Lodge













Terms & Conditions

This retreat is offered by Karen Kofman and Salima Pirani (henceforth referred to as the “Retreat Leaders” in this document) at Mystica Retreat Centre, in Costa Rica.

Deposit and Payment:

An individual \$850 CAD non-refundable Deposit made upon registering, along with your completed Registration Form, confirm your reservation at your preferred accommodation. This Deposit is applied towards your total retreat fee. **See the options on the Fee Schedule provided on the Registration Form for details. Each payment made holds your spot in the retreat.** Payments must be made by Interac e-transfer to Salima Pirani (salima@salimapirani.com) and completed Registration Forms must be sent to Karen (karen@thornhillmeditation.com).

Once the retreat is filled, the Retreat Leaders will create a wait list. As spaces become available, the Retreat Leaders will share a Fall or Winter payment schedule.

Cancellations and Refunds

Cancellation requests must be made in writing. Requests made prior to 45 days before the retreat start will be refunded 50% of the 3rd (third) payment amount (balance) listed for your chosen accommodation on the Registration Form (Option 2). Cancellations made within 45 days of the retreat cannot be refunded.

Refunds for Missed Days:

We are unable to grant refunds for any missed portions of your retreat because of missed or delayed flights or early departures. Additionally, no refund is guaranteed for any feature of the retreat not used as a result of choice, weather, personal health or issues beyond control.

If We Cancel the Retreat:

We reserve the right to cancel the retreat for force majeure or any other circumstances beyond our control. We also reserve the right to cancel the retreat if registration is inadequate to make it economically feasible for us to operate or for political, travel or safety considerations that pose a risk to the group. We are not responsible for additional expenses incurred by you in preparing for the retreat (e.g. non-refundable air tickets, visa fees, gear, or medical expenses).

Acknowledgement:

I understand that activities offered at this retreat are not substitutes for medical attention, examination, diagnosis, or treatment. I should consult a physician prior to starting any active program. I recognize that it is my responsibility to notify Retreat Leaders of any illness or injury before any activity. I will not perform any activity to the extent of strain or pain. I accept that neither the Retreat Leaders, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from participation in this retreat.

I understand that I'm responsible for securing any mandatory Covid-19 Test prior to arrival

I understand that I'm responsible for securing mandatory travel / medical insurance

I understand that the Retreat Leaders may use retreat photos and video of myself for public relations and promotional purposes, and if I don't wish photos and video of myself be used I will notify the Retreat Leaders in writing.

Pure Life Costa Rica Retreat – 6-11 March 2023

Registration Form

Please reserve your spot by completing this form (one form/person) & submitting it to Karen. Please send your \$850 CAD deposit to Salima. Deposit is required to reserve your preferred accommodation and is non-refundable. Questions? Contact us: karen@thornhillmeditation.com or salima@salimapirani.com

Name (as it appears on passport) _____

Address _____ Suite/Apt _____

City _____ Prov _____ Postal Code _____

Phone _____ Email _____

Double Occupancy Accommodation & Payment Options

If registering after these dates, please contact Karen & Salima for Fall payment schedule

Main Lodge \$2,630 Per Person (2 Payments); \$2,730 Per Person (3 Payments)

- 2 Payments:** \$850 Deposit by 1 August, Balance of \$1,780 by 1 September '22
- 3 Payments:** \$850 Deposit by 1 August, \$1,100 by 1 September, Balance of \$780 by 1 October '22

Ramadasa House \$2,730 Per Person* (2 Payments); \$2,830* Per Person (3 Payments)

***Please note: this rate is available only if both rooms are occupied: 4 guests**

- 2 Payments:** \$850 Deposit by 1 August, Balance of \$1,880 by 1 September '22
- 3 Payments:** \$850 Deposit by 1 August, \$1,100 by 1 September, Balance of \$880 by 1 October '22

Hamsa Private Jungle Cabin \$2,770 Per Person (2 Payments); \$2,870 Per Person (3 Payments)

- 2 Payments:** \$850 Deposit by 1 August, Balance of \$1,920 by 1 September '22
- 3 Payments:** \$850 Deposit by 1 August, \$1,100 by 1 September, Balance of \$920 by 1 October '22

Pericos Private Villa \$2,960 Per Person (2 Payments), \$3,060 Per Person (3 Payments)

- 2 Payments:** \$850 Deposit by 1 August, Balance of \$2,110 by 1 September '22
- 3 Payments:** \$850 Deposit by 1 August, \$1,100 by 1 September, Balance \$1,110 by 1 October '22

Please assign my roommate / I have a roommate (name): _____

Dietary / special needs: _____

All efforts will be made to ensure your dietary & special needs are met if they are submitted here.

Emergency Contact: _____ Relationship: _____

Phone Number: _____ E-mail: _____

Acknowledgement:

I certify that the information I have provided on this form is accurate and correct. I have also read, understood and I agree to the Terms & Conditions on the preceding page.

I'm sending my \$850 CAD Deposit with this registration to reserve my space on the retreat.

Signature _____ Date _____

Retreat Fees Instalment Schedule At-a-Glance

All rates are per person in Canadian Dollars (CAD)

Please contact Retreat Leaders (emails below) for up-to-date availability.

If registering after these dates, please contact Karen & Salima for Fall payment schedule

Main Lodge

Double Accommodation	1 st Payment Due 1 August	2 nd Payment Due 1 September	3 rd Payment Due 1 October
2 Payments (\$2,630)	\$850	\$1,780	-
3 Payments (\$2,730)	\$850	\$1,100	\$780

Ramadasa House

Double Accommodation	1 st Payment Due 1 August	2 nd Payment Due 1 September	3 rd Payment Due 1 October
2 Payments*	\$850	\$1,880	-
3 Payments*	\$850	\$1,100	\$880

*These rates for Ramadasa are only available if both rooms are booked (4 guests)

Hansa Jungle Cabin

Double Accommodation	1 st Payment Due 1 August	2 nd Payment Due 1 September	3 rd Payment Due 1 October
2 Payments	\$850	\$1,920	-
3 Payments	\$850	\$1,100	\$920

Pericos Private Villa

2 Payments	\$850	\$2,110	-
3 Payments	\$850	\$1,100	\$1,110

Completed Registration Form is submitted by email to Karen Kofman at karen@thornhillmeditation.com.

Payments are made by Interac Transfer to Salima Pirani at salima@salimampirani.com
Sending your payments on time continues to hold your spot in the retreat and your preferred accommodation.