

NOSARA, COSTA RICA 50206

PLAYA GUIONES BEACH



*The*  
**NOMADIC**  
*Hotel*

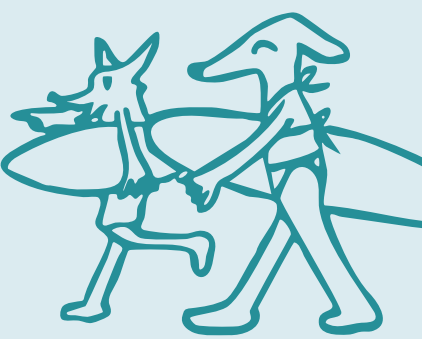
RETREAT GUIDE

PURA VIDA



PLAYA GUIONES BEACH  
NOSARA, COSTA RICA 50206

# STAY TRANQUILO



At The Nomadic Hotel, we've created more than a stay — we've built a space for connection and transformation. Blending modern design with a laid-back, soulful energy, The Nomadic provides everything you need to create meaningful experiences that feel effortless and unforgettable.

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of time.



Lose track



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PLEASE INQUIRE FOR PRICING DURING YOUR SPECIFIC DATES →

UP TO 28 GUESTS / 450 SQ. FT. OPEN AIR YOGA + ACTIVE SPACE  
HEALTHY SNACK BAR / SMOOTHIES & COCKTAILS  
COMPLIMENTARY BREAKFAST / MULTIPLE LOUNGE AREAS

# THE PROPERTY

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A SPACE

FOR EVERYONE





## AMENITIES

- ▶ Daily complimentary yoga class hosted by the hotel. This can be included or removed from the retreats program. [Check schedule here.](#)
- ▶ Onsite surf lessons with Dorian from Project Surf
- ▶ A select number of bikes available for guests to borrow and explore town
- ▶ Beautiful Yoga Shala with mats and props to support your retreat
- ▶ Relaxing spaces around the property and a large, inviting swimming pool
- ▶ Daily room cleaning
- ▶ Fully staffed hotel with a front desk concierge to help with anything you need before and during your retreat
- ▶ Parking
- ▶ WiFi



2 AVAILABLE  
**DUAL QUEEN**

Dual Queen can sleep up to 4 people whether you have 2 couples, 4 amigos, 3 amigos this room is big enough to accommodate small groups not wanting to split into 2 different rooms.

HIGHLIGHTS

Two Locally Farmed Teak Queen Beds /  
 Private En Suite Bathroom / Private Courtyard /  
 Pool Side Deck / A/C / Fan / WiFi / Breakfast



3 AVAILABLE  
**THE QUEEN ROOM**

The Queen Room is as spacious and cozy as it gets. Not quite as big as a king, but perfect for 1 or 2 people who want to keep things close.

HIGHLIGHTS

Locally Farmed Teak Queen Bed / Private En Suite  
 Bathroom / Private Courtyard / Pool Side Deck /  
 A/C / Fan / WiFi / Breakfast



5 AVAILABLE  
**EL CUARTO REY**

El Cuarto Rey is literally fit for a king. Taking note from the local Guanacaste artisans we outfitted this room with custom chevron inspired king beds. Whatever your adventure entailed you can rest assured this room is the recharge needed for the following day.

HIGHLIGHTS

Locally Farmed Teak King Bed / Private En Suite  
 Bathroom / Private Courtyard / Pool Side Deck /  
 A/C / Fan / WiFi / Breakfast



1 AVAILABLE

## THE BUNK ROOM

The bunk room sleeps a total of 8 people and honestly we think this is the funnest room at The Nomadic. If your into meeting new adventure seeking buds this is the spot for you.

### HIGHLIGHTS

Four, Two Person Locally Farmed Teak XL  
Twin Bunks / Two Private En Suite Bathrooms /  
Personal Charging Station / Personal En Suite  
Locker / A/C / Fan / WiFi / Breakfast



1 AVAILABLE

## THE NEST

The Nest is our best room on the property. This apartment is best suited for a couple. Equipped with a private living space, kitchen and balcony, this apartment is the ultimate little spot to rest your bones after long days of surf.

### HIGHLIGHTS

Locally Farmed Teak Queen Bed / Private En Suite  
Bathroom / Private Balcony / Private Kitchen /  
Private Living Space / Netflix TV / Walk in Closet  
/ Large Shower w/ Bathtub / His and Her Sinks /  
A/C / Fan / WiFi / Breakfast

## ROOM AMENITIES

Feel secure, well-catered to, and focused on your wellness with amenities including a lounge, daily housekeeping, and the option for special diet meals.

### HIGHLIGHTS

- ▶ 24-hour check-in
- ▶ Daily Housekeeping
- ▶ En Suite bathrooms for every room
- ▶ Air conditioning
- ▶ High Speed Internet



Wake with the waves,

move with the tide,



BUENAVIDA BUENAVIDA BUENAVIDA



stay present.

eat well, breathe deep,



## FOOD / BEVERAGE

Organic farm-to-table breakfast included for all reservations, served with complimentary organic coffee and juice.

All-day small plates, plus smoothies, açai or yogurt bowls, freshly made organic juices, and more for purchase. Specialty cocktails, wine, and beer are also available.

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Lunches and dinners can be added for an additional cost.

### FOR GROUPS OF 15+ GUESTS:

2-Course Lunch for \$31 per person and  
3-Course Dinner for \$49 per person.

### FOR GROUPS OF 8-14 GUESTS:

2-Course Lunch for \$35 per person and  
3-Course Dinner for \$55 per person.

Above rates include all food and non-alcoholic beverage related to the meals served and staffing. Special holiday menus/pricing may vary, please inquire about your specific dates. We can accommodate all dietary restrictions.





A CURATED SURF EXPERIENCE FROM NOMADIC HOTEL →

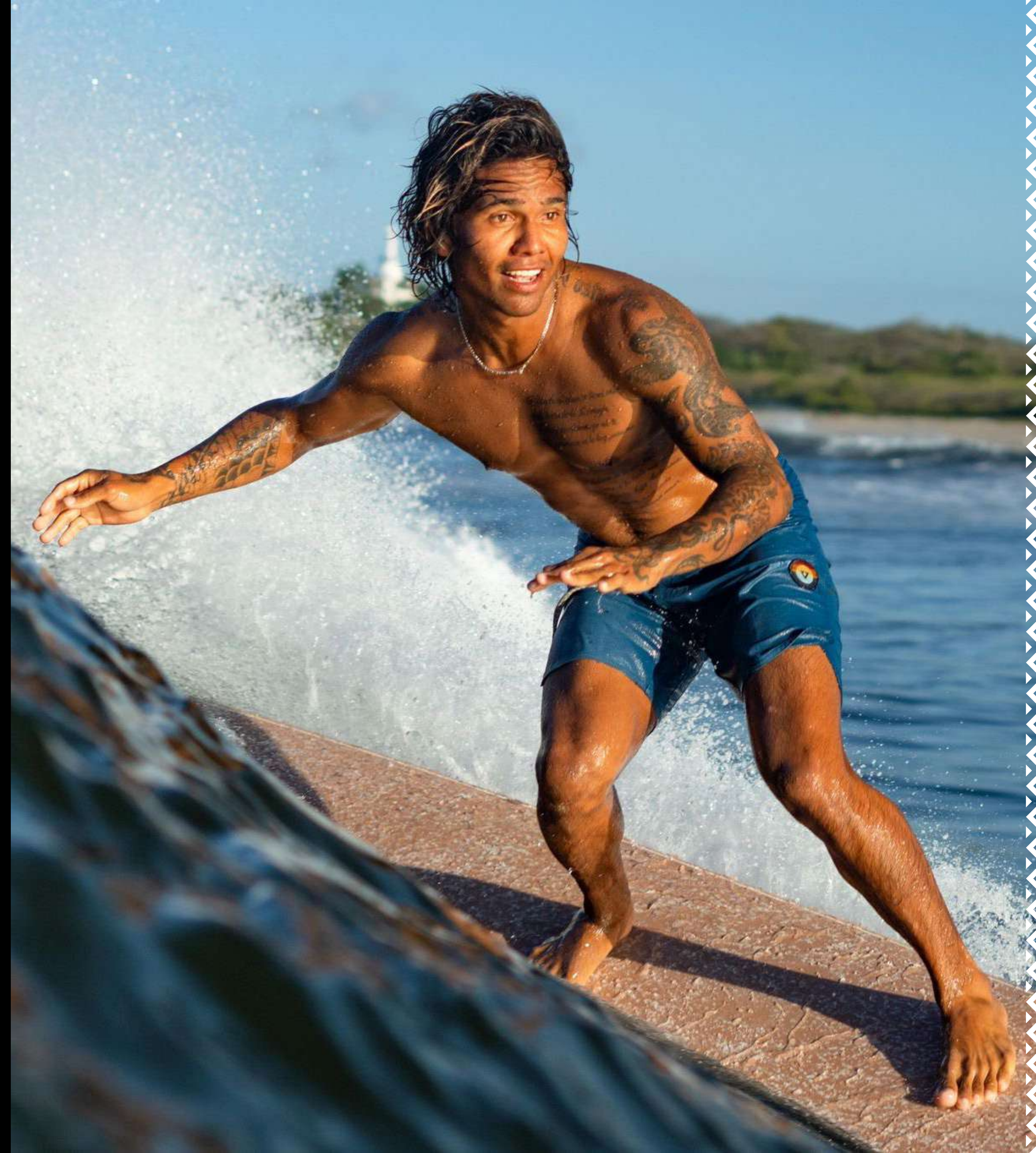
# SURF

ROLL WITH IT

# WITH DORIAN

READ WATER.

FIND RHYTHM.



# PROJECT SURF

## SURF WITH DORIAN

Experience Playa Guiones through Project Surf, the in-house surf experience at Nomadic Hotel led by Costa Rican professional surfer and coach Dorian Torres.

Born and raised on Costa Rica's Pacific coast, Dorian has spent his life in the ocean and competing internationally since 2017. Through Project Surf, he brings together personalized coaching, ocean awareness, and authentic local surf culture in a way that feels approachable, grounded, and fun.

Whether it's your first time surfing or you're looking to refine your technique, each session is designed to meet you where you are while creating a deeper connection to the ocean and the rhythm of Nosara.

Lessons take place on the warm waters of Playa Guiones, one of Costa Rica's most consistent and welcoming surf breaks, making it ideal for both beginners and experienced surfers alike.

All lessons include surfboard, rash guard, ocean safety guidance, and personalized instruction.

Advanced coaching and video analysis sessions are also available upon request.

## SURF OFFERINGS

### PRIVATE LESSON

One-on-one coaching tailored to your level, goals, and pace.

1 Student : 1 Instructor

Starting at \$110

### SEMI-PRIVATE LESSON

Perfect for couples or friends looking to share the experience while still receiving personalized guidance.

2 Students : 1 Instructor

Starting at \$100 per person

### GROUP LESSON

A fun and supportive surf experience with individualized attention in the water.

3+ Students : 1 Instructor

Starting at \$270, inquire for pricing of groups larger than 3

For bookings or additional information, please contact the Nomadic Hotel team.



WE ELIMINATE THE GUESSWORK IN CREATING AN UNPARALLELED ITINERARY  
AS WE REACH OUT TO THE PROS TO MAKE YOUR DAYDREAMS A REALITY →

# LOCAL ¡VAMOS! ADVENTURES

SO MUCH

TO EXPLORE





## SUP OR KAYAK AT THE MANGROVES

Rates start at \$65 per person

Experience Nosara will take you in a one hour paddle where you can spot different types of birds and sometimes crocodiles. Along the way our guide will provide information about wildlife and Nosara's biodiversity. Duration: 120 minutes

## ZIPLINE TOUR

Rates are \$80 per person / 4 hour tour

This will hit the mark as the most adrenaline-filled activity. Fly on Costa Rica's longest zipline! Suitable for nature lovers, adventurers, families and all who wish for an experience of a lifetime.

## ATV + WATERFALL TOUR

Rates start at \$125 + tax per person

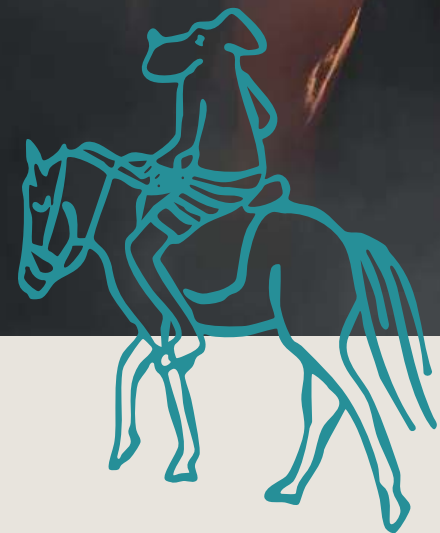
Nosara is full of adventure and beauty. Take off from the roads and discover an amazing waterfall by riding an ATV. You'll explore trails and cross rivers on the way to Pilas Blancas.



## HORSEBACK RIDING TOUR

Rates start at \$70 morning / \$80 afternoon tours per person

This tour is the perfect opportunity to explore the beach and the jungle trails. We love to work with Playa Ponies, which is a family owned business and their horses are trained for all ages and experience levels.



## BOAT TOURS

Rates start at \$95 + tax per person

Garza is a bay located right next to Guiones, and is very rich in marine wildlife. Every trip is different, depending on the time of the year you never know what you will experience. You can choose from a sunset and snorkeling tours or sport fishing options. You can also select between a Catamaran or smaller boats.



## TURTLE ARRIVADAS AT OSTIONAL

Refuge entrance \$10

Only 30 minutes north of Nomadic, Ostional Beach is one of the few places in the world to witness the arribadas. This is a natural phenomenon when thousands of sea turtles come out of the water to nest under the moonlight. Because this is wildlife, timing follows natural cycles, making each visit a truly unforgettable experience.

Follow the sun, find your spot,  
stay a while.



# Our Favorites

## MINDFUL APNEA WORKSHOPS

Rates start at \$50 + tax per person (group price only) / Duration: 120 minutes

In this workshop you'll be learning about the ocean, how the environment works, the anatomy of breath-holding and specific breathing techniques to actively regulate the nervous system in stressful environments. You'll be working on your mindset development to help you become more comfortable holding your breath underwater. This workshop is for swimmers, from beginners all the way up to advancing surfers.

## SURF AND SKATE WORKSHOPS

Rates start at \$100 for groups of 4 people / Duration: 60 minutes

Surfing not only ends when we leave the water. Perfect your surfing skills with realistic simulation drills on the surfskate, at the skate park with live video analysis.

## BREATH ALCHEMY SESSIONS

Rates start at \$125 + tax depending on group size / Duration: 60 min, 75 min or 90 min

Breath Alchemy classes are geared to stoke the flames of intentional transformation with a fast paced conscious connected breathwork paired with relaxing breath techniques to apply a soothing healing balm post intensity. This class allows exploration of a more activating inner journey designed to alchemize energy, reclaim, and awaken inner vitality.

## REIKI AND RESTORATIVE BREATHWORK SESSIONS

Rates start at \$125 + tax depending on group size / Duration: 60 min, 75 min or 90 min

Discover the power of conscious breathing. This group class is tailored to invite participants into deep relaxation and alignment, encouraging the parasympathetic nervous system to take precedence, allowing participants to tune into their home frequency. Participants also receive Reiki life force energy during the session. It's an ideal class to start a vacation, helping guests calm their minds, soothe their nervous systems, become more embodied, and immerse themselves in a more deep tranquil vibe.

## PRANAYAMA BREATHWORK SESSIONS

Rates start at \$50 + tax per person (group price only)

Drop in and surrender into the body through the subtleties of the breath. These breathwork journeys are nourishing, gentle and the perfect way to leave the stresses of life behind and tune back with your inner voice.

## SOUND JOURNEY

Ceibo Sounds offers Sound Journey is designed for retreats seeking a profound experience helping to elevate the collective consciousness of the group as one. Enter into a mystical sound journey of positive, stable vibrations created from Ceibo's collection of instruments from around the world. Instruments include Crystal Tones alchemy singing bowls, temple bells, Tibetan singing bowls, Indian Shruti Box, wind chimes from Japan and shells from Peru and Africa.

## CACAO CEREMONY

Cacao is often used as a heart-opening medicine, which can help you access deeper emotional layers and enhance self-awareness. Come together and create a sense of connection to both yourself and within your group.



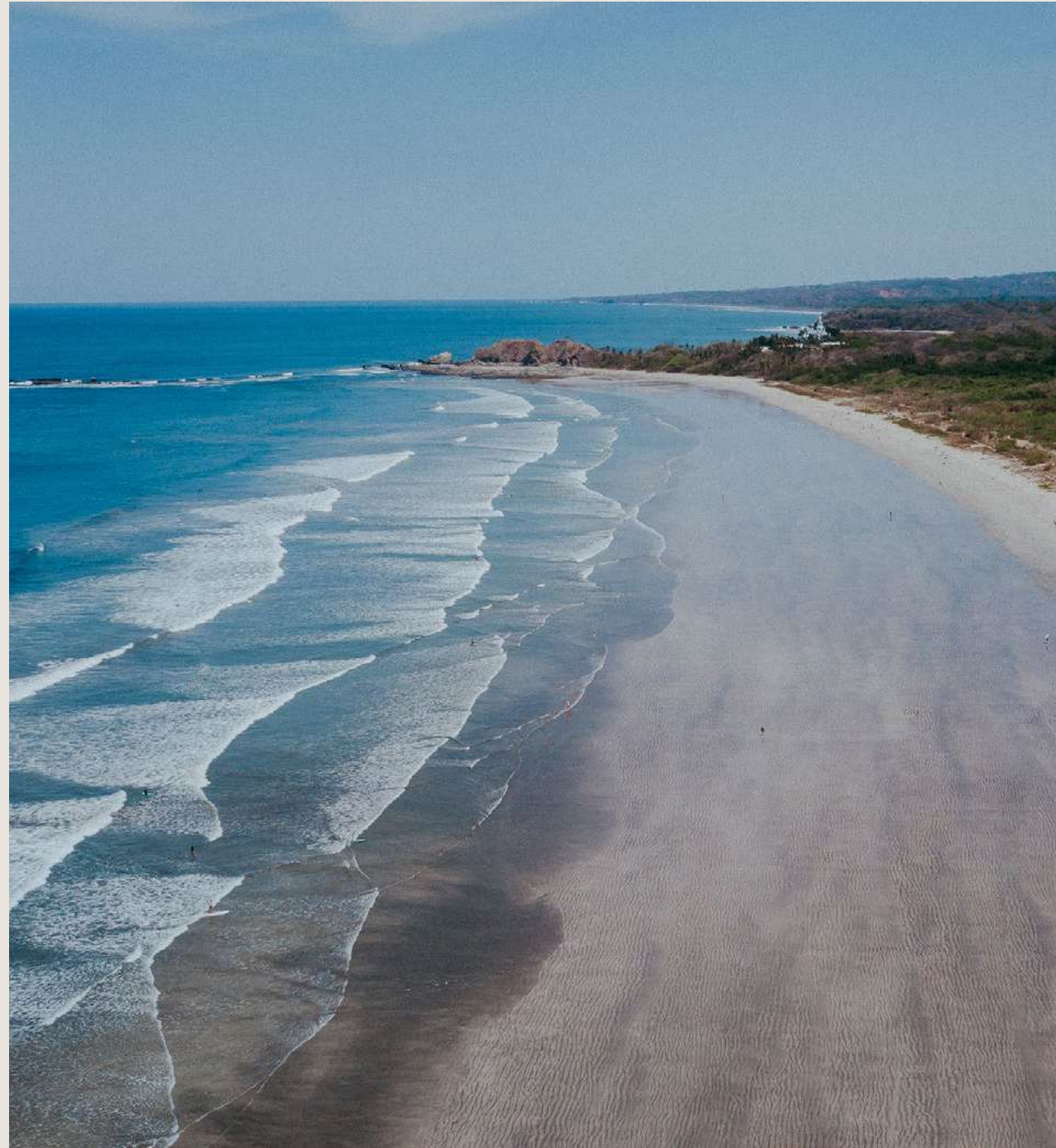
WHAT'S AROUND  
PLAYA GUIONES AND NEARBY BEACHES →

# HELLO, BIENVENIDO NEIGHBOR

A SHORT

ORIENTATION





## PLAYA GUIONES & COMMUNITY

Playa Guiones is known for its surf, stunning sunset and for the jungle that surrounds the town, keeping everyone relaxed. The community is vibrant, you'll find yoga studios, wellness centers, organic markets, and lots of different places to eat. Guiones is the heart of Nosara's surf and wellness culture, where visitors and locals connect in a soft and friendly environment.

## PLAYA PELADA & COMMUNITY

Connecting with North Guiones, Playa Pelada offers a more local and tranquil vibe. Known for its tide pools, rocky formations, and natural beauty, it's a favorite spot for those looking to enjoy a quieter beach day and beautiful views. The Pelada community has a strong local presence mixed with expats, creating a welcoming neighborhood feel with hidden gems.

## PLAYA GARZA & COMMUNITY

Garza is a bay beach located right before Guiones, famous for being a fishing village and for being rich in marine wildlife. Enjoy a great ceviche by the shore or get on a boat trip. You can choose from a sunset and snorkeling tours or sport fishing options.

## THE BLUE ZONE

Nosara is part of the Nicoya Peninsula, one of only five Blue Zones in the world — regions where people live longer, healthier, and happier lives. This unique environment is attributed to fresh local foods, daily connection with nature, strong community bonds, and a slower pace of life. By joining us here, you are not only experiencing beautiful beaches and wildlife, but also stepping into a way of life that naturally supports well-being and longevity.

## THE OSTIONAL WILDLIFE REFUGE

All of these beaches are part of the Ostional Wildlife Refuge, a protected area that plays a vital role in conservation, especially for the nesting of sea turtles. Just 30 minutes north from Nomadic lies Ostional Beach, one of the few places in the world where you can witness the famous arribadas: the massive, synchronized nesting of thousands of turtles. This means that while enjoying the beauty of the area, you are also immersed in an environment where nature is respected and preserved.



# Where to Eat

Nosara might be a small beach town, but you will find many food gems. There are plenty of options from Costa Rican meals to more international cuisine broadcasting farm-to-table spots. Just keep in mind these following two since they are of the most popular restaurants fill up fast, so it's best to book your table ahead of time →



## COYOL

Rates ranges about \$20 to \$40 USD per person

Set in the mountains above Nosara, Coyol is all about a memorable experience. We recommend this restaurant either for sunset dinner or a quiet evening full of nature, flavor, and fire. Surrounded by trees with stunning views, it's the perfect place to enjoy premium cuts and open-fire cooking.



## LA LUNA

Rates ranges about \$15 to \$40 USD per person

A Mediterranean-inspired restaurant right by Pelada beach. La Luna combines fresh local ingredients with the perfect setting for sunset dinners, beachfront brunches, or special occasions. This is definitely one of Nosara's most magical spots where every meal shared becomes unforgettable.





## FAQ

Does The Nomadic offer a shuttle service?

Yes. It's \$165 plus tax each way for up to 5 guests. We can help coordinate all travel needs and itineraries to and from the hotel.

Is it possible to buy out the entire retreat center?

Yes.

Does my retreat group have to take advantage of the hotel's complimentary yoga class?

Your group is welcome to take the class and use it as a supplement to your sessions, make it your daily yoga or meditation class, or opt to skip it altogether.

What's the maximum number of guests I can host at The Nomadic for my retreat?

28 people total (includes retreat participants and leaders).

Do I have to buy out the entire property to host a retreat?

No. It's perfectly fine to book a portion of the property for a smaller retreat.

Can you accommodate food restrictions?

Yes. All meals and the complimentary breakfast can be adjusted to accommodate various food restrictions.

How far is The Nomadic from the closest beach?

The Nomadic is just a 5-minute walk to Guiones Beach.



# Pricing



DUAL QUEEN

2 Available



THE QUEEN ROOM

3 Available



EL CUARTO REY

5 Available



THE BUNK ROOM

1 Shared, 8 Beds Total



THE NEST

1 Available

DATE RANGE

January 8 → May 5	\$489 + tax	\$443 + tax	\$507 + tax	\$129 + tax per bed	\$889 + tax
May 6 → September 31	\$289 + tax	\$261 + tax	\$305 + tax	\$99 + tax per bed	\$404 + tax
November 1 → December 19	\$388 + tax	\$342 + tax	\$440 + tax	\$129 + tax per bed	\$742 + tax
December 20 → January 7	Holiday Pricing: please email to inquire				



**iUAMAS!**

REACH OUT TO OUR TEAM WITH ANY QUESTIONS  
ABOUT YOUR UPCOMING RETREAT →

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