



A LUXURY EXECUTIVE RESET RETREAT
FOR HIGH ACHIEVING WOMEN - PART I

ENERGY MANAGEMENT & SUSTAINABLE LEADERSHIP

A private, ocean-view immersion for high-
performing women ready to lead differently —
with clarity, alignment, and inner power.

Ananda Lodge



Costa Rica
May 1-8, 2026

INFORMATION PACKAGE



WELCOME.

YOU DIDN'T LAND HERE BY ACCIDENT. YOU'VE ALREADY ACHIEVED REMARKABLE SUCCESS - YET A QUIET KNOWING INSIDE WHISPERS THAT THERE IS SOMETHING MORE. MORE CONNECTION - TO SELF AND OTHERS. MORE PRESENCE, MORE FULFILLMENT, MORE JOY.

At Arosa Consulting, we guide high-achieving women beyond hustle culture — into a more sustainable, deeply aligned, heart-centered way of leading and living. The view from the top can feel isolating, especially for women. We take pride in doing it all... rarely pausing to receive support, or to restore our own energy without guilt.

This **8-Day Energy Mastery Luxury Retreat** for Female Executives, held at the breathtaking **Ananda Lodge** in Playa Grande, **Costa Rica** — nestled in the treetops and overlooking the ocean — is your sacred space to nourish, reset, rewire, connect, play, learn, and integrate amongst a container of your female peers.

You'll reconnect with the most powerful version of yourself — and return home with grounded clarity, expanded tools, and renewed energy to sustain excellence, wellbeing, and true fulfillment.

Your next evolution is calling. Step into it.



WHY THIS RETREAT MATTERS

THE EXPERIENCE GOES FAR BEYOND A VACATION
AND GUIDES YOU INTO A DEEP EXECUTIVE RESET.

Women who lead at this level carry weight quietly:

- ✓ Teams
- ✓ Decisions
- ✓ Financial ownership
- ✓ Emotional labor
- ✓ Performance outcomes
- ✓ Home + family





WHO IS THIS FOR

EXECUTIVE WOMEN WHO ARE:



Successful — but internally exhausted and unfulfilled



Ready for clarity, ease, inner connection



A Leader everyone leans on



Curious about plant medicine + somatics



High-performing yet quietly depleted



Craving depth, sisterhood, not surface



THE AROSA DIFFERENCE

MOST RETREATS RELAX YOU TEMPORARILY.
THIS ONE TRANSFORMS HOW YOU LIVE AND LEAD.

WHAT MAKES AROSA UNIQUE:

- ✓ Executive leadership lens
- ✓ Nervous system + energy-based tools
- ✓ Somatic + ritual + ceremony integration
- ✓ Real-world application — not theory
- ✓ Led by former C-suite HR + executive coach
- ✓ You leave with skills you can live, not just remember

YOUR LEAD GUIDE

LAURA ROBBLEE

For more than twenty years, I coached leaders and helped shape culture inside fast-growing global companies — eventually serving as Chief People Officer twice in Silicon Valley. I spent years holding space for others, solving, supporting, and driving outcomes while quietly pushing past my own limits. I was highly capable, deeply committed — and undeniably exhausted.

In 2023, a concussion that developed into post-concussion syndrome brought everything to a halt. My identity, pace, and coping strategies dissolved overnight. Without my ability to push, I was forced into a new way of being — one built on presence, softness, energy, intuition, and rest without guilt. It was uncomfortable, humbling, and ultimately liberating.

That healing became the foundation for Arosa Consulting and the Arosa Aligned Leadership Method™ — a way of leading rooted in energy, nervous system health, feminine power, and sustainable success.

Today, I support high-achieving women who have spent years carrying everything — often silently. I blend executive leadership strategy with energy-based practices including breathwork, sound, somatics, and Reiki III to help women expand impact without self-sacrifice.

This is the work I wish I had access to when I needed it. Now, I offer it so no woman has to rise alone.





YOUR CEREMONY GUIDE

KIMBERLY OCANA

SOMATIC + TRAUMA-INFORMED MEDICINE FACILITATOR

Sound healer · Herbalist · Former corporate leader
Owner of Ananda Lodge, Costa Rica

Kimberly's path to this work was born from lived experience. After years in corporate leadership, she reached her own breaking point — a period of deep burnout that ultimately guided her toward healing, plant medicine, and somatic restoration. Through this transformation, she reconnected with her body, intuition, and purpose.

She has since dedicated her life to supporting women through safe, grounded ceremonial work rooted in nervous system awareness, trauma sensitivity, and the wisdom of the body. Her medicine is gentle, powerful, and deeply honoring of each woman's process.

During this retreat, Kimberly will lead our psilocybin ceremony, integration space, as well as other offerings throughout the week.

She holds women with compassion, safety, and reverence — supporting release, remembrance, and inner truth.

You will be held by someone who has walked this path herself.





WHAT YOU'LL EXPERIENCE

You will enter a full-body restoration experience designed to recalibrate your energy, clarity, leadership, and inner world.

Across eight immersive days you will experience:

DAILY ENERGETIC PRACTICES

- Breathwork journeys with optional Reiki to expand capacity + release stored tension
- Sound healing sessions with crystal bowls + vibrational resonance
- Daily movement designed to meet your body's energy (Hatha, Vinyasa, Kundalini, Yin, strength training)
- Feminine awareness + nervous system repair to bring you back to cent

DEEP RESTORATION FOR THE BODY

- Onsite bodywork, massage, and somatic release therapies
- Nourishing nutrition to support nervous system balance (anti-inflammatory, clean)
- Rest — deep, guilt-free, cellular rest

CEREMONY + TRANSFORMATION

- Guided psilocybin ceremony curated exclusively for this group of women
- Pre- and post-integration support to translate insight into aligned action
- Reflection and executive integration sessions to turn wisdom into strategy

LUXURY + NATURE-LED RENEWAL

- Sunrise yoga overlooking the Pacific
- Ocean swims, beach walks, stillness, starlit nights
- Mindful time in silence and spaciousness — not as absence, but as nourishment
- World-class excursions: surfing with local guides, sunset sailing, labyrinth meditation

PRE-RETREAT PREPARATION INCLUDES:

APPLICATION + INITIAL CONNECTION CALL

COMPREHENSIVE INTAKE + ONE
PRIVATE 1:1 COACHING SESSION

A 90-MINUTE GROUP WELCOME CALL

PERSONALIZED INTENTION SETTING

GUIDED GROUNDING PRACTICES +
REFLECTIVE PRE-WORK

OPTIONAL CONTINUED COACHING
FOR DEEPER INTEGRATION



DAY 1 THE SOFTENING

ARRIVAL, GROUNDING & NERVOUS-SYSTEM DOWNSHIFT

WHY IT MATTERS:

Softening is the beginning of transformation. As urgency melts and the nervous system descends into ease, the body reopens to safety, receptivity, and presence — the essential foundation for the deep work ahead.

SCHEDULE

- Private airport transfer + luxury welcome gift
- Arrival at Ananda Lodge's ocean-view sanctuary: settle into your room, explore the land, rest
- Gentle grounding meditation and breathwork to settle the system
- Opening Circle with Cacao ceremony: intentions, connection, spacious presence
- Chef-prepared welcome dinner
- Early rest — allowing the body to shift out of overdrive

DAY 2 THE REMEMBRANCE

RETURNING TO THE BODY'S WISDOM

WHY IT MATTERS:

When a woman reconnects with her body, she restores access to intuition, clarity, and emotional truth. This remembrance becomes the compass for aligned choices — in leadership and in life.

SCHEDULE

- Sunrise yoga overlooking the Pacific
- Nourishing, anti-inflammatory breakfast
- Workshop: Nervous System Repair for High-Achieving Women
- Midday Spaciousness: ocean float, hammock rest, journaling, massage
- Gentle afternoon reflection + grounding practices
- Active Breathwork and Sound Healing Journey for emotional release + somatic reconnection
- Nourishing dinner + soft evening connection



DAY 3 THE IGNITION

ENERGY MASTERY FOUNDATIONS & CAPACITY EXPANSION

WHY IT MATTERS:

Igniting energetic capacity shifts her from depletion into possibility. By understanding her energetic rhythms, she learns to create impact without overexertion — a foundational step in sustainable success.

SCHEDULE

- Kundalini-inspired breath practice + gentle activation
- Breakfast designed for clarity + grounded energy
- Workshop: Energy Mastery 101
 - Energy cycles
 - Feminine/masculine balance
 - Capacity vs. depletion
- Optional: surf instruction, ocean therapy, or beach walk
- Midday Spaciousness: poolside rest, journaling, stillness
- Executive Reflection: what fuels vs. drains her energy
- Fireside sunset journaling circle
- Dinner + restorative evening

DAY 4 THE FEMININE REPLENISHMENT

HORMONAL WISDOM, CYCLES & RENEWAL

WHY IT MATTERS:

Honoring hormonal and energetic cycles brings liberation and self-understanding. When she aligns with her physiology — especially during peri- or menopause — vitality rises and clarity sharpens effortlessly.

SCHEDULE

- Soft Hatha or Yin yoga
- Anti-inflammatory breakfast
- Workshop: The Executive Body — Perimenopause, Menopause & Power
- Nutrition guidance for hormonal balance + cognitive clarity
- Midday Spaciousness: ocean play, hammock rest, optional bodywork
- Ceremony Preparation for the following morning• Evening cacao + sound bath for emotional release
- Dinner + early evening stillness



DAY 5 THE THRESHOLD

CEREMONY DAY — ENTERING DEEPER TRUTH

WHY IT MATTERS:

Ceremony grants access to layers of wisdom unreachable through the mind alone. Crossing this threshold allows old identities to fall away, making room for clarity, renewal, and authentic power to emerge.

SCHEDULE

- 5am Guided Psilocybin Ceremony with Kimberly Ocana and Laura Robblee
- Midday Spaciousness: deep rest, quiet integration, bodywork as desired
- Personalized support held with compassion and reverence
- Light dinner (as needed) + restorative silence



THIS DAY BECOMES THE DEFINING TURNING POINT FOR MANY WOMEN.

DAY 6 THE INTEGRATION

TRANSLATING INSIGHT INTO ALIGNED LEADERSHIP

WHY IT MATTERS:

Insight becomes lasting transformation only through integration. This day grounds her revelations into practical clarity — reshaping how she leads, makes decisions, and honors herself moving forward.

SCHEDULE

- Gentle nervous-system soothing practice
- Group integration from the ceremony
- Nourishing breakfast
- Workshop: Executive Integration — Leadership Without Overwork
- Somatic writing + reflective partner work
- Sunset Sailing Charter
- Dinner + stargazing + shared reflection



DAY 7 THE EMBODIMENT

ANCHORING THE NEW RHYTHM & BUILDING RESILIENCE

WHY IT MATTERS:

Embodiment ensures the internal shifts become lived reality. As the new energetic blueprint settles into her body, it forms the foundation for resilience, clarity, and sustained personal power.

SCHEDULE

- Dynamic morning movement
- Breakfast
- Workshop: Energetic Resilience for Modern Female Leaders
- Creative Embodiment Session — weaving / intuitive art / symbolic creation
- Midday Spaciousness
- Labyrinth meditation
- Celebration dinner
- Closing breathwork journey

DAY 8 THE CONTINUATION

CLOSING, BLESSING & RETURNING HOME RENEWED

WHY IT MATTERS:

A conscious closing ritual stabilizes the transformation and prevents the post-retreat drop. She leaves resourced, centered, and ready to carry her new rhythm into daily life.

SCHEDULE

- Sunrise yoga + gratitude closing circle
- Personalized post-retreat integration plan
- Breakfast
- Luxury transport to the airport

She departs with renewed clarity, expanded capacity, and a deeper relationship with herself that sustains her leadership and her life.

WHAT YOU'LL LEARN



YOU WILL LEAVE WITH:

- Energy management tools for high-stakes leadership
- Nervous system regulation + recovery patterns
- Embodied intuition + decision-making clarity
- Feminine leadership tools that sustain impact
- Real integration practices — not temporary relief
- A new operating system for power

All with a deeply connected community of like-minded women. A coaching relationship to help in your integration

EARLY ENROLLMENT BONUS

SECURE YOUR SPACE BEFORE MARCH 1 AND CHOOSE ONE COMPLIMENTARY LUXURY ADD-ON.

90 minute
massage or
bodywork
session

One private
strength and
conditioning
session

One somatic
yoga or
movement
therapy session



Early registration
also gives you first
choice of rooms.

INVEST IN YOURSELF

ONLY 8 FEMALE LEADERS ADMITTED.

UPPER LEVEL OCEAN ROOM \$7,950

GARDEN ROOM \$7,295



7 nights ocean-view lodging

3 gourmet meals daily

Guided
silocybin
ceremony

Sailing charter

Daily
movement +
breathwork

Energy
management
workshops

Sound healing +
somatic tools

1-month pre
and post-
integration
coaching

Welcome
luxury kit

Travel
Coordination
Support

Private journal
+ materials

Payment plans
available.



POST-RETREAT INTEGRATION

THE RETREAT IS THE ACTIVATION.
INTEGRATION IS WHERE TRANSFORMATION
BECOMES LIVED

INCLUDED FOR ALL ATTENDEES

1 private coaching session post retreat

Integration WhatsApp support

90 min Group integration call

Energy protocols + reflection practices

Re-entry guide for leadership + life





LEAD DIFFERENTLY  LIVE FULLY

CONTINUING YOUR TRANSFORMATION

ADDITIONAL SUPPORT

Following the retreat, many women choose to continue their journey through Arosa's personalized coaching containers.

These programs are designed to deepen integration, expand energetic capacity, and support a more aligned way of leading and living.

PRIVATE COACHING WITH LAURA ROBBLEE

90 DAY INTEGRATION CONTAINER

A gentle, structured container designed to anchor the shifts that begin during the retreat.

INCLUDES

- 1 x 1:1 monthly coaching session (60 minutes)
- WhatsApp voice/text support for check-ins
- Personalized energy + leadership practices
- A 90-day integration roadmap
- Optional access to one virtual group circle

\$3,450

6-MONTH EXECUTIVE EXPANSION

A high-touch, deeply transformative coaching experience for women ready for a full energetic and leadership evolution.

INCLUDES

- 2 x 1:1 monthly coaching sessions (60 minutes)**
- Priority WhatsApp access for ongoing support
- Personalized somatic, energetic + leadership tools
- Access to all virtual group circles during the program
- Priority placement for the Part II retreat
- Optional custom leadership assessments

\$6,950



PART II

OPENING 2027

For women called deeper — continued evolution awaits.



Part II expands intuition, energetic capacity, and
feminine leadership embodiment.

PRIVATE ACCESS FOR PART I GRADUATES ONLY

A woman with her eyes closed and hands raised in a prayer position, standing in a lush green forest. She is wearing a white top and a brown shawl. The background is filled with large green leaves and mossy rocks.

Ananda Lodge

**RETREAT
LOGISTICS &
AMENITIES**



Ananda Lodge

Ananda Lodge is a boutique wellness center aimed at creating a ripple effect of wellness through the reconnection of self and extending outward to all of humanity and to the planet. Our mission is to provide intimately curated wellness experiences that regenerate your being, and pay respect to sacred medicine traditions. We honor this through the lens of integrity, reverence for the wellness plants, and the medicine keepers that carry these sacred rituals and traditions.

At Ananda Lodge, eco-sustainability meets luxury, featuring local artisanal design elements and natural wood and earth tones. Spanning over 3300 square meters, our property offers a secluded hideaway just 6 minutes from some of the best surfing in the country.



Stepping onto the property, immediately you feel an overwhelming sense of calm and peace. Removed from the noises of daily life, Ananda Lodge sits perched on the mountain with a picturesque view of the jungle and the Pacific Ocean. The sound of birds and monkeys fill the air, and as you settle in, a remembering of coming home, back to nature, can be felt throughout the body.



GALLERY





Additional Onsite Offerings

- Deep Tissue Massage | 60min \$100 | 90min \$125
- Thai Massage | 60min \$100 | 90min 135
- Chi Nei Tsang Taoist Abdominal Trauma Massage | 60min \$100
- 1:1 Reiki | 60min \$100
- 1:1 Sound Healing Session with Kimberly | 75min \$150
- Integrative Breathwork | 90min \$150
- Somatic Therapy | 60min \$110
- Trauma Release Therapy (Releasing emotional blockages through body shaking) | 60min \$80
- Traditional Banos de Floral Ceremony (Flower Bath) | 30 min \$40
- Wellness Bar (Adaptogenic tonics & smoothies) | \$8-\$12
- Additional Items for purchase - floral essences, bug spray, handmade soaps, artisanal crafts, altar items, Chorotega pottery, ceremonial Cacao, Microdose





TRAVEL LOGISTICS

IMPORTANT INFORMATION REGARDING TRAVEL TO COSTA RICA:

- *Costa Rica is a beautiful and inviting culture that embraces the Pura Vida lifestyle. This may mean that things take longer than usual, and that the way things are done in Costa Rica are different than where you live.*
- *Please exercise caution always with your personal belongings. Always being aware of where your wallet and cell phone are located. While Costa Rica generally is a very safe country, petty theft can at times be an issue.*

We recommend you stay up to date with new and changing information from the CDC to best informed on requirements to enter Costa Rica at the time of your travel.

SUMMARY OF TRAVEL REQUIREMENTS:

- Address of Ananda Lodge to present to customs. Address listed at bottom of this document.
- Return ticket/proof of onward travel within allowable tourist visa (180 days for visa-exempt countries, such as USA, Canada and most European nations)
- Valid passport for duration of stay. For some countries the passport may need to be valid for 3 months post departure date. For current rules [please check here](#).
- For origin countries for risk of yellow fever, or proof of yellow fever vaccine, [please check here](#).
- Bring remaining balance in like-new USD bills (if applicable). Please note the plant medicine fee will need to be paid via cash on site. USD is widely accepted in Costa Rica. Ensure your bills are not torn, crumpled, or have any writing on them. Most places of business won't accept worn or damaged bills as they will be rejected by the bank.

Address: 952F+X29, Provincia de Guanacaste, Santa Cruz, 50308



TRAVEL LOGISTICS

Depending on your choice of transportation to our center, below is some additional information for ease of travel:

GROUP SHUTTLE: ARRIVING & DEPARTING FROM YOUR RETREAT

- To receive the shuttle to Ananda Lodge, you will need to arrive into Liberia Airport (LIR) as your final destination in Costa Rica.
- Check in is at 4pm on the first day of the retreat
- The shuttle service is Playa Grande Shuttle & Tours
- The shuttle will arrive at LIR by 2pm to transport you to Playa Grande.
- They will have a sign that says, Ananda Lodge. The approximate time in transit is 1hr 15 minutes.
- If you plan to arrive on the day of the retreat, it is best to arrive no later than 1pm as you will need to go through customs and baggage claim.
- We do recommend, if possible, to arrive in Costa Rica 1 day early. This will ensure if there are travel delays that it does not impact your retreat experience.
- The Hilton Garden Inn is located directly across from the LIR Airport and is a nice option to land early.
- If you arrive early and stay at the Hilton, the shuttle will pick you up directly from this location.
- Check out is by 11am on the last day of the retreat. The shuttle will depart between 9-11am, depending on guest flight information. Only 1 shuttle will be provided, so if you must leave before 9am or have a late flight and do not wish to remain at the airport, you will be responsible for transportation back.
- We encourage, when possible, extra time in Costa Rica to help the body continue to settle and land. If this is not possible, we recommend scheduling your flight no earlier than 2pm on departure day.



TRAVEL LOGISTICS

CHOOSING YOUR OWN TRANSPORTATION TO ANANDA LODGE:

- If you are coming from elsewhere in Costa Rica or do not wish to travel with the group, you can arrive to Ananda Lodge on your own. Please plan to arrive at 4:00 pm.
- If you need a taxi or private transport from your destination to Ananda Lodge for your retreat, [you may book one here](#), this site has great deals and reliable transfers.
- For shared shuttle service, [Interbus is a great option](#)
- If you need transport after your retreat to your destination, we can schedule you a ride while you are here on your retreat. There is no need to request it beforehand. Note that this will be at a separate cost.

STAYING IN LIBERIA BEFORE/AFTER:

- Recommended Choice: Hilton Garden Inn Guanacaste Airport
- Located 15 min from the Liberia International Airport and offers a complimentary airport shuttle and free Wi-Fi.
- [Hilton Garden Website](#)
- Phone # | +506 2690 8888
- Address | Ruta 21 Frente al Aeropuerto, Inter Daniel Oduber, Liberia, Costa Rica



WHAT TO PACK

The weather in Costa Rica is tropical. Although we are near the beach, temperatures can reach up to 25 – 30 C (80 – 90 F) with high humidity. While things can cool down after rain, the sun is very strong! You'll want to wear light and breathable clothing that can get wet and dirty if needed. We recommend you bring some light and loose, long-sleeved shirts and long pants to help protect against sun and mosquitos. The following list covers everything to ensure your journey is as pleasurable as possible.

PACKING RECOMMENDATIONS:

- Required Plant Medicine Fee in cash
- Digital and printed copies of your travel insurance
- Sun hat/scarf/bandana to cover head (important for after last ceremony/arcana)
- Reusable water bottle
- Red flashlight for night ceremonies (Ayahuasca specific)
- Bug spray
- Sneakers/walking shoes
- Sandals or flip-flops
- 2-3 pairs swimming gear
- Loose fitting, breathable pants
- Loose fitting, breathable long-sleeved shirts
- Casual/active hot weather attire (laundry service can be requested while onsite for a fee)
- 1 Warm sweatshirt (just in case)
- 1 Rain jacket or poncho (May through December - rainy season)
- Sunscreen (30+ SPF Recommended) – the sun is very strong here!
- Personal watch (so you don't have to use your phone for the time)
- Toiletries

CONTINUED ON NEXT PAGE



WHAT TO PACK

PACKING LIST CONTINUED:

- Power adaptor if necessary (our plugs are the same as USA/Canada - Type A/B)
- Necessary medications (that have been approved during intake process – please consult with a facilitator before taking any while on your retreat)
- Spanish/English Dictionary or easy access to Google Translate
- Notebook / Journal & pens
- Passport
- Spending money if you have further travel plans (getting money out of the ATM might not be easily accessible)
- Remaining balance due for retreat (if applicable)

ADDITIONAL RECOMMENDATIONS:

- Download What's App so you may communicate with Ananda Lodge directly if needed. Our contact information is provided at the end of this document.
- Notify your financial institution that you are traveling out of the country in case you want to use your credit card and they suspect fraud.
- Likewise checking with your cell phone carrier

ANANDA LODGE CONTACT INFORMATION:

For any inquiries or assistance, please contact Arosa at the following:

Email: laura@arosaconsulting.com

Phone/Whats App: +1 (506) 6211 3733

Address: 952F+X29, Provincia de Guanacaste, Santa Cruz, 50308



YOUR JOURNEY BEGINS WITH ONE CONVERSATION

LEAD DIFFERENTLY  LIVE FULLY

THIS RETREAT IS INTENTIONALLY INTIMATE, WITH A SMALL NUMBER OF SPACES HELD FOR WOMEN WHO ARE READY FOR DEEP, MEANINGFUL TRANSFORMATION.

If something in these pages stirred a recognition, a quiet “this is what I’ve been seeking,” we invite you to take the next step. A complimentary discovery call allows us to connect personally, explore your intentions, and ensure the experience is aligned with where you are in your life and leadership.

There is no pressure — only clarity, honesty, and support. Your transformation begins with a single, courageous yes.

Click the link here to **Book a Discovery Call** or email us directly
laura@arosaconsulting.com

With heartfelt gratitude,

Laura Robblee

BOOK A DISCOVERY CALL