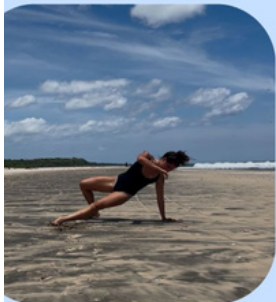
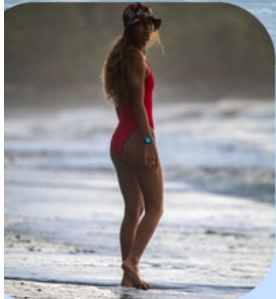


JANUARY 10TH-16TH 2026

COSTA RECOVERY & SURF
WITH ANDREA

COSTA RICA

Introducing our curated surf journeys, a seamless blend of wave-riding, mindful yoga, and mobility training that transforms the ocean into your classroom.



PACKAGE HIGHLIGHTS

- World-Class Waves
- Luxury Eco-Accommodations
- Immersive Surf Culture
- Nature Immersion
- Pura Vida Lifestyle
- Small-Group Experience

PACKAGE INCLUDE

- Daily surf/ Yoga/mobility
- Accommodations
- Breakfast & 3 Private chef dinners
- Ground Transportation

7 DAYS & 6 NIGHTS

\$2,900/PERSON

PLAN YOUR DREAM TRIP TODAY



ANDREADIAZSURF.COM



1 (908) 274-7500



WEEK SCHEDULE

Day-1 Arrival and welcome

- 3:00 PM Arrivals & airport transfers
- 5:00 PM Check-in and settle into Casa Dos Monitos
- 6:00 PM Welcome circle and light mobility flow
- 7:00 PM Welcome dinner

Day-2 Flow into surf

- 5:30 AM Early coffee & fruits
- 6:00 AM Surf session
- 10:00 AM Brunch
- 1:00 PM Mobility and recovery training
- 4:00 PM Sunset chill session (stretch + optional surf dip)
- 7:00 PM Dinner

Day-3 Surf& restore

- 5:30 AM Early coffee & fruits
- 6:00 AM Surf session
- 10:00 AM Brunch
- 2:00 PM Yoga for surfers (flow + breath work)
- 4:30 PM Mobility workshop (strength & flexibility for surfing)
- 7:00 PM Dinner

Day-4 Deep dive day

- 5:30 AM Early coffee & fruits
- 6:00 AM Surf session
- 10:00 AM Brunch
- 2:00 PM Surf theory & video feedback
- 4:00 PM Guided mobility session (hips & shoulder focus)
- 7:00 PM Dinner

Day-5 Adventure and balance

- 5:30 AM Early coffee & fruits
- 6:00 AM Surf session
- 10:00 AM Brunch
- 1:00 PM Optional excursion or rest (local culture/nature walk)
- 4:30 PM Restorative yoga & breath work
- 7:00 PM Dinner

Day-6 Integration

- 5:30 AM Early coffee & fruits
- 6:00 AM Surf session
- 10:00 AM Brunch
- 1:30 PM Closing mobility & yoga flow (integration practice)
- 5:00 PM Closing circle
- 7:00 PM Farewell dinner

Day-7 Departure

- 6:00 AM Light breakfast & coffee
- 7:00 AM Transfers & hugs
Departure

FAQ'S

Playa Grande Surf Retreat FAQ – January 10–16, 2026

1. What is included in the retreat package?

Accommodation:

- 6 nights in a shared Luxury 2-Bedroom Villa in Playa Grande (Jan 10–15).
- Each villa has two spacious bedrooms with ensuite baths; you'll be paired with another guest of the same gender unless you book as a couple or friends.
- [View the property here: Luxury Villa Details.](#)

Meals:

- Daily breakfast.
- Three private-chef dinners.

Surf & Wellness:

- Daily surf coaching with Andrea and team.
- Yoga / mobility sessions each day.

Ground Transportation:

- Airport pick-up in Liberia (LIR) on January 10.
- All local ground transfers during the retreat.
- Return shuttle to Liberia Airport on January 16.

2. What is not included?

- Airfare to/from Costa Rica.
- Lunches and dinners beyond the three private-chef nights.
- Extra activities (massages, boat trips, golf, etc.).
- Tips for guides, chefs, and drivers.
- 7 % PayPal processing fee if you choose to pay the deposit or balance via PayPal.

3. How do I reserve my spot?

- A \$500 deposit secures your place.
- *Payment options:*
PayPal to wavescr@gmail.com (add 7 % to cover PayPal's fee).
Bank transfer (no additional fee—recommended for final payment).
- Final balance is due 30 days before arrival.

4. How do I get to Playa Grande?

- Fly into Liberia International Airport (LIR) on January 10.
- A private shuttle will meet you at the airport and bring you to the villa (about a 1-hour drive).
- We'll return you to LIR on January 16 in time for your flight.

5. What should I bring?

- Surf gear (or share board dimensions if you'd like us to arrange one).
- Surf swimwear and rash guards.
- Reef-safe sunscreen.
- Yoga clothes and mat (optional).
- Light rain jacket (January is mostly dry, but showers can happen).
- Sandals and a pair of sneakers for tide-pool walks or short hikes.
- Cash in USD for tips and extras.

FAQ'S

6. Optional Activities (bookable on site, prices vary):

- Private massage.
- Estuary boat tour in Las Baulas National Park.
- Stand-up paddle in the mangroves.
- Sunset horseback ride.
- Day trip to nearby surf breaks (Avellanas, Marbella).
- Golf at nearby world-class courses – Hacienda Pinilla Golf Club or Reserva Conchal Golf Course (greens fees and transport arranged on request).

7. Health & Travel Notes

- No special vaccinations required.
- Travel insurance is strongly recommended.

8. Money & Payments in Costa Rica

- USD is widely accepted—bring small bills.
- Most local businesses take credit cards, but cash is always handy.

9. Group Communication

- We'll create a WhatsApp group before arrival.
- Share your number with Andrea (+506 8829 4610) to be added.

10. Extra Details

- Expect warm tropical weather (82–86 °F / 28–30 °C).
- Ocean temps around 80 °F—no wetsuit needed.
- Villas include Wi-Fi, AC, and a full kitchen for extra meals or snacks.

Questions?

Email Andrea anytime at wavescr@gmail.com or call Nikki at +1 (908) 274-7500 (US line) or +506 8829 4610 (Costa Rica).