

CONFERENCE ROOM

Capacity: 45 Guests

Our indoor, air-conditioned Conference Room offers a comfortable, distraction-free environment.

Thoughtfully designed to support learning and connection, the space is flexible and can be equipped with all the essentials needed for a productive session—whether you’re facilitating a seminar, hosting a professional training, or guiding a deeper inquiry.

700 Square Feet



IDEAL FOR

Lectures

Presentations

Seminars

Group Discussions



MEDITATION TEMPLE

Capacity: 45 Guests

The Meditation Temple offers a serene, ocean-facing space for inner listening and presence. Designed as a refuge from distraction and urgency, it warmly welcomes guests for guided meditation or silent personal practice.

Come to sit with yourself, to reconnect with your breath, or simply to take in the architectural beauty and energy of the space. At its heart rests a hand-carved marble centerpiece—a grounding presence where calm washes over, and clarity has room to emerge.



IDEAL FOR

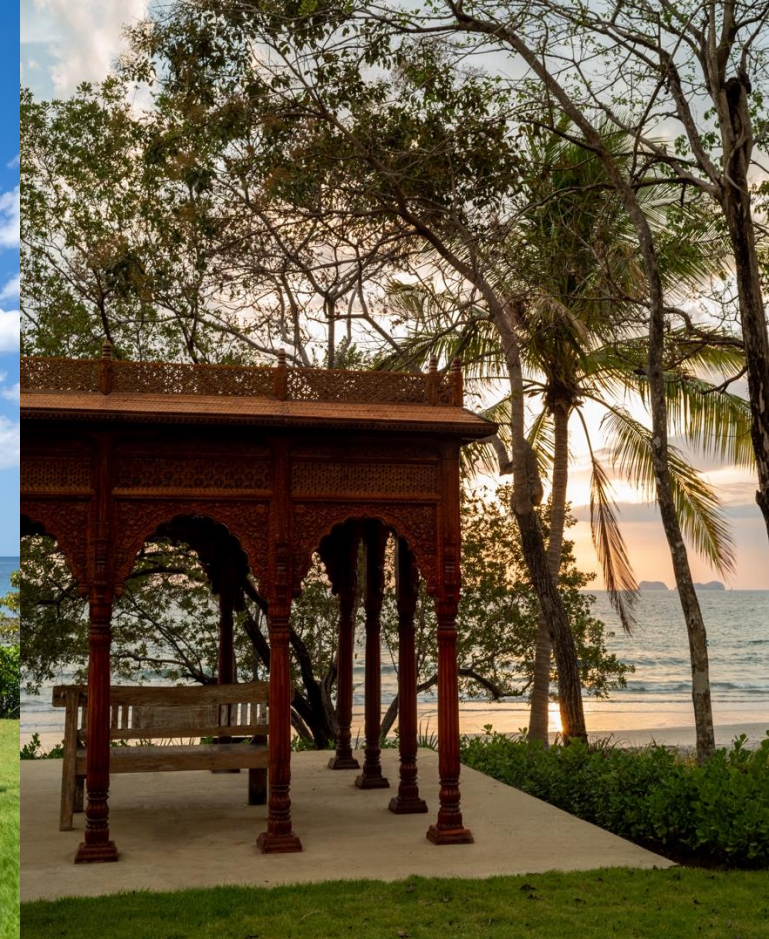
Silent Sits Journalling

Meditation Cacao Ceremonies



SERENITY SPACES

Our Serenity Spaces are intentionally placed areas around the property designed to support calm and presence. Set along ocean viewpoints and garden nooks, these distraction-free spaces offer natural places for meditation, reflection, or journaling.



IDEAL FOR

Silent Sits

Journaling

Meditation



INDOOR & OUTDOOR LOUNGES

Capacity: 15 to 25 Guests

Our indoor and outdoor lounge seating offers comfortable, inviting spaces for guests to gather, unwind, and socialize between sessions.

Thoughtfully designed to foster a sense of ease and community, these areas provide a natural flow between rest and conversation, privacy and togetherness.



IDEAL FOR

Informal Discussions

Journalling

Post-Session Socializing

Reading



SUGAR BEACH

Right at our feet, Sugar Beach is a secluded stretch of soft sand and calm waters. Surrounded by lush vegetation and touched by the gentle rhythm of the ocean, this peaceful cove offers the perfect setting for connection.



IDEAL FOR

Swimming

Meditation and/or Yoga

Sunset Walks
and/or Viewing

Nature-Grounded
Workshops



SALTWATER INFINITY POOL

Whether cooling off between sessions or gathering casually with fellow guests, the Saltwater Pool offers a serene space to relax, refresh and reinvigorate.

Blurring the line between sea and sky, the pool invites guests to unwind in its mineral-rich waters while soaking in the natural beauty that surrounds.

[View Gallery](#)



IDEAL FOR

Solo or Social Time

Post-Session Cooldown



WELCOME CENTER

The Welcome Center serves as the heart of arrival—a warm and inviting space where guests are greeted with care and invited to begin their experience with ease and presence.

Designed to reflect the calm, natural beauty of our surroundings, the air-conditioned Welcome Center offers a comfortable place to gather, orient and connect.



IDEAL FOR

Welcome Receptions

Pre-Excursion Meeting Point





AVAILABLE EQUIPMENT

INCLUDED

Yoga Mats
Bolsters
Exercise Straps
Blocks
Back Jacks
Folding Chairs
Wired Speaker (Maloca)
Bluetooth Speakers
Handheld Microphones
Headset Microphones
Television

ADDITIONAL FEE

Cacao Ceremony
Gongs
Crystal Sound Bowls
Harmonium



FOOD THAT TASTES AS GOOD AS IT FEELS

Clean. Restorative. Indulgent.

Our farm-to-table menus use fresh, seasonal ingredients that nourish from the inside out. Every dish is crafted with care to balance wellness and pleasure, offering food that's deeply satisfying, vibrant, and alive with flavor.

Sprouts and microgreens are harvested daily from **Nourish Farm**, our on-site growing facility. This innovative, sustainable system allows us to infuse our menus with fresh, organic, nutrient-dense foods.

For hosts, this means confidence in a culinary experience that will align with your program's intentions and elevate your guests' experience.



Plant-Forward

Sprouts &
Microgreens
Grown In-House



Cold-Pressed
Juices & Tonics



No Seed Oils



Zero
Preservatives or
Pesticides



FOOD & BEVERAGE

Additional Notes

Full Vegetarian Buffet

Whole-food focused.
Chicken, eggs, and other protein options available.

Self-Serve Tea Bar

Available 24/7 in the Dining Hall
Drip coffee available

Dietary Preferences Accommodated

Omnivore
Vegetarian
Vegan
Gluten, Dairy & Nut-Free

Wine & Beer

Available for purchase

Juice & Snack Bar

Selection of healthy, hand-made snacks, cold-pressed juices, smoothies, tonics, and nutrient-rich elixirs. *Available for purchase.*



SAMPLE MENU FROM OUR KITCHEN

This menu is intended as a representation of the style and variety of meals we serve. We are unable to customize item-by-item.

UPON GUEST ARRIVAL

Welcome Refreshments

Cacao & Coconut Power Balls
Hand Fruits
Fruit Platter
Watermelon & Mint Juice
Water with Basil & Orange
Tea Bar

LUNCH

1 pm to 2 pm

Lemon Chicken
Green Beans Picadillo
Lentils
Couscous or Rice
Mixed Microgreens Salad
Assorted Fruit
Watermelon Juice

BREAKFAST

8 am to 9 am

Mini Omelettes with Microgreens
Potato Hash
Roasted Herbed Tomatoes
Coconut Chia Pudding
Gluten-Free Granola
Assorted Fruit
Melon & Orange Juice

DINNER

6 pm to 7 pm

Mini Omelettes with Microgreens
Potato Hash
Roasted Herbed Tomatoes
Coconut Chia Pudding
Gluten-Free Granola
Assorted Fruit
Melon & Orange Juice





INTENTIONAL WELLNESS, THOUGHTFULLY DESIGNED

Curated amenities,
always included.

Reunion's leading-edge wellness amenities are a unique addition you can layer into your programming.

These amenities will beautifully complement the work of your retreat while providing your guests with meaningful, value-added experiences that support their ongoing wellbeing.





WELLNESS AMENITIES

INCLUDED

Hot & Cold Plunge Pools
Infrared Saunas
Fully-Equipped Fitness Center
Saltwater Infinity Pool
Meditation Temple
Yoga Shala
Outdoor Rain Shower
Tranquility Gardens

ADDITIONAL FEE

Spa & Wellness Treatments and Services



THE VITALITY REGENERATION STUDIO

Wellness and longevity treatments &
services at your guests' fingertips.

As a host, your guests will have access to Reunion's medically licensed spa and medical center — a space thoughtfully designed for deep recharge, where cutting-edge science meets holistic restoration to rejuvenate the body and clarify the mind.

The studio brings together leading science-backed technologies to support the body's natural healing through a menu of professionally administered, evidence-based treatments, all designed to promote cellular repair, enhance long-term vitality, and restore balance from the inside out.

This unique offering allows you to deepen your retreat's impact with confidence and care.

OPTIONAL WELLNESS SERVICES

Massage
IV Drip Therapy
Colon Hydrotherapy
NeuralChek
Bio-Well Energy Scan
BrainTap
Re-Vibe
PEMF Therapy
CoMra 905 Pro Therapy
Tesla Frequency Machine Session
Heart Rate Variability
Contrast Therapy
Health Coaching





DISCOVER THE WONDERS BEYOND OUR SHORE

Add a memorable
group excursion.

Costa Rica invites exploration and adventure. Swim beneath hidden waterfalls, sail across turquoise waters at sunset, wander through the rainforest where howler monkeys and tropical birds call home, or take in the breathtaking landscapes of volcanic hot springs and forest reserves.

Reunion partners with trusted local guides and excursion providers to help you design seamless, memorable group experiences.



AVAILABLE EXCURSIONS

Sunset Catamaran | 4 Hours

Specialty Coffee & Chocolate Tour | 3 Hours

La Fortuna Waterfall and Hot Springs | 6+ Hours

ATV Tour | 3 Hours

Snorkelling | 4 Hours

Monteverde Ziplining | 3 Hours

La Leona Waterfall Hike | 3 Hours

Diamante Eco Adventure Park | 2 Hours

Beach Horseback Riding | 3 Hours

Sloth Sanctuary | 3 Hours

*Please inquire with Reunion's Group Coordinator
for pricing and logistics.*





LET'S CO-CREATE
AN UNFORGETTABLE
EXPERIENCE



INVESTING IN YOU & YOUR GUESTS

Hosting a retreat at Reunion is an investment in quality, care, and the overall experience your guests will have on the campus.

Reunion is committed to providing a well-supported, professionally managed environment so you can focus fully on the work you're here to lead. Combined with your programming, this creates an experience guests will remember — and want to return to.

WHAT REUNION PROVIDES

- Venue & Accommodations
- Wellness Amenities
- Food & Beverage
- Scheduling & Logistics Coordination
- On-Site Execution
- Wellness Treatment Bookings
- Listing On Our Website

Optional Add-On – Airport Transportation

WHAT YOU LEAD

- Program Design & Content
- Attracting & Enrolling Guests
- Guest Communications
- Payments & Financial Arrangements
- Retreat Facilitation & Delivery



YOUR RETREAT, AMPLIFIED

Optional marketing visibility helping more of the right people *find you*.

Reunion offers optional marketing support to help expand the visibility of your retreat.

Retreats hosted at Reunion can be featured on our website, connecting you to a broader audience seeking expert-led experiences in Costa Rica.

Your retreat listing will link directly to your own landing page, making it easy for interested guests to explore and register through your platform.

You'll also benefit from the awareness generated by Reunion's ongoing digital advertising, which drives traffic to our website year-round and increases overall program visibility.



YOUR PLANNING SUPPORT SYSTEM

Helping guide you
every step of the way.



Haamid Dash
Director of Enrollment & Retreat Coordination

Haamid will be your dedicated point of contact throughout. During the discovery phase, he will answer all questions and provide initial guidance as you learn more about hosting a retreat at Reunion.

Once your retreat is booked, he will work closely with you to ensure your schedule flows smoothly and your needs—and the needs of your guests—are met with care, clarity, and attention to detail.

haamid.dash@reunionwellness.org

+1 888-819-1191 ex. 3





REUNION 
Wellness Resort & Retreats