

# Casa Rancho

Vacation Retreat And Well being Centre  
Costa Rica

## PERSONALIZED RETREAT EXPERIENCES:

How would you like to get away...to enjoy the sounds and sunshine of the beach, and still get fit and burn tons of calories? Our programs will work you out first thing in the morning so that you have the entire rest of the day to relax and play! Lay by the pool, swim in the ocean, enjoy local restaurants, explore down town Tamarindo, or spend the day at the spa! The day is yours and you will feel so excellent having gotten your workout in first!

Choose from any of our 'Personalized Retreat Experiences.' This provides visitors with an opportunity to tailor a program and package to their individual requirements and needs. The retreat package is tailor made to fit your Health and Wellness goals. Package options include Private Yoga sessions, Body Sculpting Pilates, Personal Training, and 1-on-1 personal Nutritional Consultation. Upon request, you then have the opportunity to choose from a range of additional holistic therapies to create an even more unique personalized retreat such as: Acupuncture, Reiki, Massage, Spa Treatments, Aromatherapy, Reflexology and Equestrian Therapy.

### Package D - Beginner's Surf

This intensive surf course is ideal for those who are looking to either learn the basics of surfing or to improve their surfing. It consists of 2 lessons throughout your stay at 1 1/2 hours each. At the end of this course you will be able to turn and ride waves!!

Price: US. \$ 200.00 includes transportation.

### Package E - "Individual" Boot Camp, 4 Day Beach Exercise Vacation

Participate in Boot Camp in the morning and then enjoy the rest of the day at the beach!

1. 7am Beach Cardio
2. 8am Fat-Blast and Muscle-Building Workout

Price: US \$60.00 a day 7am to 9:15am.

### Package F - Yoga and/or Palates Packages

Yoga seriously concentrates your yoga practice and meditation to attain a state of 'union' with mind, body and spirit – the pathway to peace, harmony and fulfillment. Relax and deepen your meditative state with our abundance of holistic treatments. These packages are a particular favorite for those with 'hectic work-schedules'. After completion, you will develop techniques that you can continue to use on your return home. The yoga lessons are suitable for beginners as well as the more advanced.

*Package 1: Total Yoga Balance Retreat - One week (7 days)*

- Yoga Flow class (x 2)
- Evening P.M. Candlelight yoga lessons (x2)
- Sunrise Beach Side Yoga (x 2)
- Reflective Nature Walk (x2)
- Deep Tissue Massage (x1)

Price: US \$800

*Package 2: Yoga Quickie (2 days)*

- Yoga Flow class (x 1)
- Evening P.M. Candlelight yoga lessons (x1)
- Sunrise Beach Side Yoga (x 1)
- Deep Tissue Massage (x1)

Price: US \$390

*Package 3: Scheduled Private Yoga or Pilates Classes*

- Yoga Flow class \$40.00
- Evening P.M. Candlelight yoga lessons \$40.00
- Sunrise Beach Side Yoga \$50.00
- Pilates conditioning and shaping \$40.00

We also offer group rates and offer 'Buddy' packages. Please email us at [info@casaranchocostarica.com](mailto:info@casaranchocostarica.com) for more information.

<http://www.casaranchocostarica.com>  
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