

PILATES & YOGA RETREAT

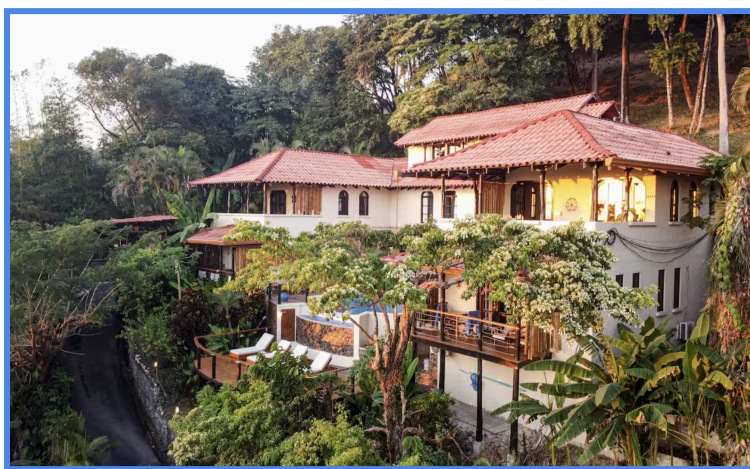
Puntarenas, Province, Costa Rica

May 21 - May 25, 2026

Led By Audrey Adl, Annie Niswanger and Amanda Smith



Join us for a rejuvenating Pilates and Yoga Retreat at a private boutique villa perched above the Pacific Ocean. This peaceful sanctuary offers the perfect space to step away from daily life and reconnect with yourself through movement, stillness, and nature. Each day we'll gather on the treetop yoga terrace overlooking the ocean for energizing Pilates sessions and grounding yoga practices designed to restore balance and strength. In between, unwind by the infinity pool, nourish your body with fresh meals, and enjoy the freedom to rest or explore. Whether it's healing through mindful practice, connecting with community, or simply finding space to breathe, this retreat is an invitation to relax deeply and return home renewed.



To ensure a personalized experience, we limit spots to just 14 guests at a time—so reach out now to secure yours! ✨

THE TEACHERS



Audrey Adl, Host, certified Pilates instructor with over 500 hours of training, brings expertise and care to every class she leads. Known for her precision and mindful approach, Audrey creates dynamic sessions that strengthen, lengthen, and restore the body while cultivating balance and presence. Her teaching style blends structure with flow, making Pilates accessible and transformative for all levels. Through her guidance, guests experience movement as a powerful tool for healing, vitality, and deep relaxation.

Annie Niswanger, 200 hour Registered Yoga Teacher & NASM certified Personal Trainer, believes in helping people quiet their mind by listening to their bodies. With an extensive background in dance, Annie knows the importance of proper alignment, injury prevention, and stress management. In Annie's class, you can expect to move with intention, discover a deeper understanding of the mind-body connection, and gain a fresh sense of inner peace and relaxation.

Amanda Smith, certified Pilates instructor with over 450 hours of training, offers a thoughtful and supportive approach to movement. With experience teaching alongside physical therapists, she helps guests build confidence in their daily movement while easing aches and pains through deeper muscle activation and strength. Her mindful teaching style creates space for balance, ease, and renewal, making Pilates both restorative and empowering for all levels.



ABOUT THE VILLA

- Private units surrounding an infinity pool and hot tub
- Ocean-view yoga terrace in the treetops
- Walking distance to beaches, shops, and restaurants
- Three chef-prepared meals daily
- Daily housekeeping
- On-site security
- Daily coffee, tea, and fruit



WHAT'S INCLUDED

- Daily yoga, meditation, breathwork + Pilates classes
- Private yoga, Pilates, and meditation sessions throughout the day
- Breakfast, lunch, and dinner prepared by a private chef
- Luxury five-day villa accommodations with ocean views
- Explore the local town and world-class local beach

NOT INCLUDED

- Airfare
- Airport transfers
- Off-site meals & activities
- Massages on the ocean view yoga terrace

DINING OPTIONS

- Local chef available for fully catered meals (breakfast, lunch, dinner) or select meals
- Menus tailored to dietary preferences & restrictions
- Fresh, local ingredients whenever possible
- Restaurants within walking distance; some offer group menus or delivery

SUGGESTED DAILY SCHEDULE

Rise & Shine (7:30 AM) – Start your day with a Costa Rican coffee or a refreshing herbal tea.

Morning Flow (8:00 AM) – Energizing Pilates practice to awaken body and mind.

Breakfast by local chef (9:00 AM) – Savor a delicious organic breakfast with authentic Costa Rican flavors.

Adventure Time (10:30 AM) – Explore Costa Rica your way! Swim in the crystal-clear sea (5 min walk away), snorkel along the coast, relax under an umbrella, wander the historic old town, or hike up a waterfall. Lots of lunch spots off property! On-demand massages available!

Sunset Yoga (6:00 PM) – A gentle, restorative practice to soak in the magic of the day.

Dinner Under the Stars (7:30 PM) – Enjoy a fresh Costa Rican feast with ingredients organically grown and locally foraged.



ACTIVITIES OFF PROPERTY

- Hiking - scenic tours through a national park
- Surfing – year-round waves, lessons available for all levels
- Snorkeling Tours – Isla Tortuga (boat ride, 2 snorkeling stops, BBQ lunch)
- Horseback Riding – jungle, beach, or both
- ATV Adventure – ride through jungle to Montezuma waterfalls + Cabuya town, ending with sunset at a beach

GETTING THERE: FLIGHT INSTRUCTIONS

Option 1:

1. Land at SJO (San Jose Airport)
2. Board a scheduled SANSA flight (approx. 30 min) to COBANO.
3. Take a taxi from that airport to your villa (~25 min drive).

Option 2:

1. Land at SJO (San Jose Airport)
2. Take a taxi directly to Villa (About 4 hour drive)

ROOMS

All of the rooms have air conditioning, bed linens, and clothing storage with hangers. There is a housekeeping service that comes every day to clean.

We have three types of rooms:

KING BED SUITE



QUEEN BED SUITE



DOUBLE BED SHARED ROOM



RESERVATIONS AND CANCELLATION POLICY

To reserve your spot, contact Audrey:

✉ adlaudrey5@gmail.com | 📞 203-703-8088

This will be a NONREFUNDABLE TICKET.

Single rooms also available - contact Audrey for more information.



✨ We cannot wait to welcome you to our wonderful retreat full of love, connection,
and relaxation! ✨