



SANTARENA  
HOTEL

# Retreats at Santarena

---

HEALTH, PRACTICE & WELLBEING



## CONTENTS

---

03.

**Welcome to Santarena**

---

04.

**Where to Find Us**

---

05.

**The Town of Las Catalinas**

---

06.

**Lodging**

---

07.

**Dining**

---

08 - 11.

**Center of Joy**

FIRST FLOOR: Welcome Area, Shopping & Dining, Active Spaces

SECOND FLOOR: Sound Therapy, Movement & Open Air

THIRD FLOOR: Yoga Shala, Outdoor Terrace

---

12.

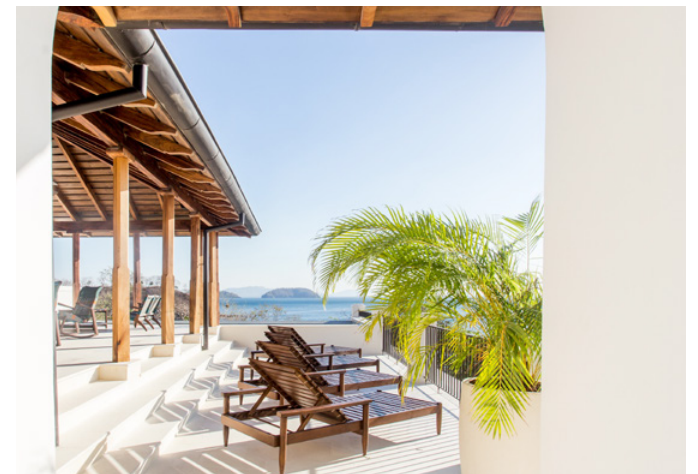
**Our Doors Are Open**

---



## WELCOME TO SANTARENA

A tropically elegant oasis inspired by a palette of people and places, the Santarena Hotel is a bohemian pearl perched between two of Costa Rica's loveliest Pacific beaches. Curious spirits naturally gather here, gracefully connecting and epitomizing "pura vida" – a life where people and their wellness are top priorities and where nature is cared for and enjoyed by all.







## WHERE TO FIND US

Santarena is located in Las Catalinas Beach Town, on the North Pacific coast of Costa Rica. There are daily flights to nearby LIR Airport from different US cities.







## THE TOWN OF LAS CATALINAS

Las Catalinas is a walkable town surrounded by mountains, tropical forest, and beaches. Rediscover the freedom of your own two feet along the streets, trails, and shorelines of town, and find a place to connect with nature, yourself, and others.

The beautiful natural world provides a frontier to explore filled with natural life. The town is full of interesting travelers to meet, alongside a selection of shops, restaurants, and services to make the stay vibrant and enjoyable. There are numerous facilities and venues in which to gather, exercise, and practice, to help satisfy your purpose in coming to town.

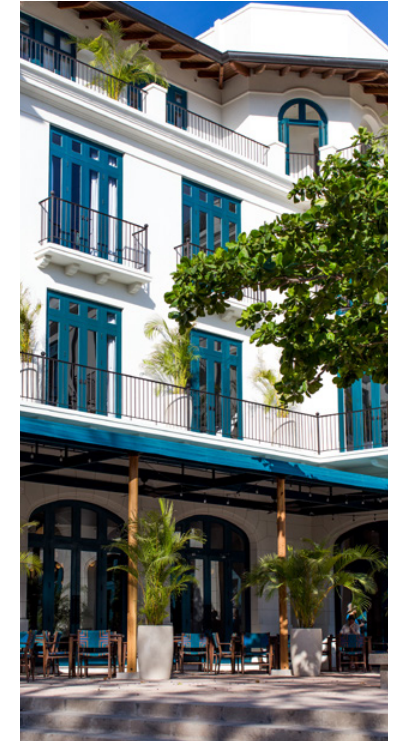






## LODGING

The Santarena Hotel offers 45 hotel bedrooms, including 3 suites. There are also more than 200 additional rooms available throughout town in studios, flats and villas. All are located in the heart of town, walking distance from the ocean, trails, and the Wellness Center.







## DINING

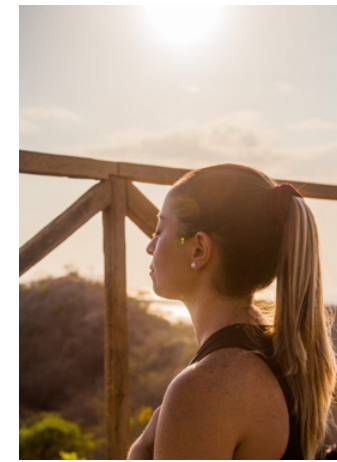
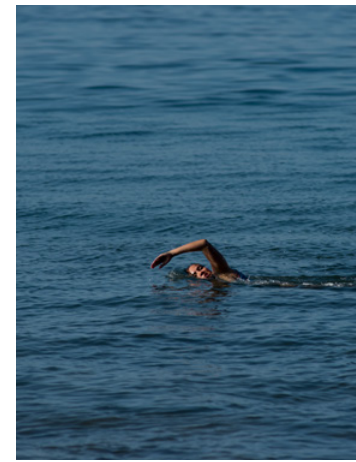
**Center of Joy:** A demonstrative kitchen space will provide plant-based food and drink for optimal health, with an emphasis on fresh, organic, and local ingredients. Offerings include juices, smoothies, teas, boxed lunches, healthy sweets, and more, opening in March 2020.

**Dining In town:** There are also a diverse set of dining options available around town suited to all dietary needs and tastes. Cuatro Calle La Ronda Bakery offers grab and go home baked and deli options, Limonada provides casual beachside favorites, the Beach Club serves poolside snacks like tacos, salads, and ceviches, Copper & Stone gourmet grocery offers a curated selection of natural products that includes local produce and organic specialties, and Ponciana restaurant features casually elegant dining inspired by Basque Cuisine, sea and land.

In addition, you can book custom made dining experiences and meals, featuring local chefs, flexible locations, and a custom menu personalized to you.







o8.

## CENTER OF JOY

The Center of Joy is a wellness center opening in March 2020, founded in the belief that a world that is more peaceful, more sustainable, happier, and healthier begins with each individual first improving their own wellbeing. Center Of Joy is committed to delivering a holistic approach to wellness, one that is open and accessible to everyone.

At Center of Joy, you'll find a number of different spaces and services devoted to wellbeing, offering visitors the chance to pursue a chosen practice, find time to play, enjoy nourishing food and drink, connect with others, embrace the outdoors, move, and engage in various physical and mental therapies.





09.

# CENTER OF JOY FIRST FLOOR

—

Guests are welcomed to the Center of Joy in a grounded space with welcome area, space for shopping and dining, and active spaces. Design throughout is dedicated to root chakra, represented by the natural materials made of the earth, clay, stone, wood, cotton, and other grounded materials.

## FIRST FLOOR WELCOME AREA

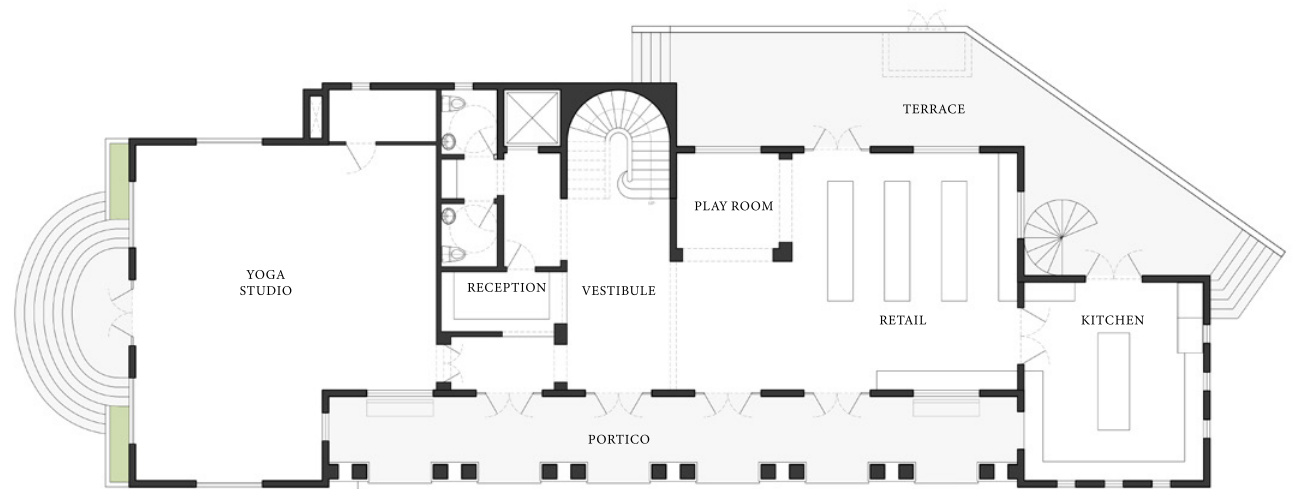
**Joyful Living:** A living room with a welcoming atmosphere fit for both lighthearted connection and meaningful conversation. Easily movable furniture, low tables, and a community wall add to this welcoming vibe.

**Joyful Welcome:** Guests are welcomed with cool towels and a cup of tea, and offered a moment to pause, feel at ease, and open up to new experiences.

## FIRST FLOOR ACTIVE SPACES

**Joy of Play:** A space conducive to moving, sharing, and imaginative play. A soothing environment filled with arts and crafts, board games, puzzles, and musical instruments, all created from natural materials.

**The Joy of Yoga:** The space here comprises wood floors, natural tones, and continued connection to natural light, hosting a flexible schedule including but not limited to: hatha, vinyasa flow, restorative yoga, yoga for athletes, inyengar yoga, kundalini yoga, ashtanga yoga, yin yoga, meditation, pilates.



GROUND FLOOR  
WELLNESS CENTER



# CENTER OF JOY SECOND FLOOR

From the ground floor, guests journey up a bright white spiral staircase, into a space designed to be rich in the heart and throat chakra. This floor has an open air feel with plenty of plant life and natural light, an outdoor balcony space, and a rooftop terrace.

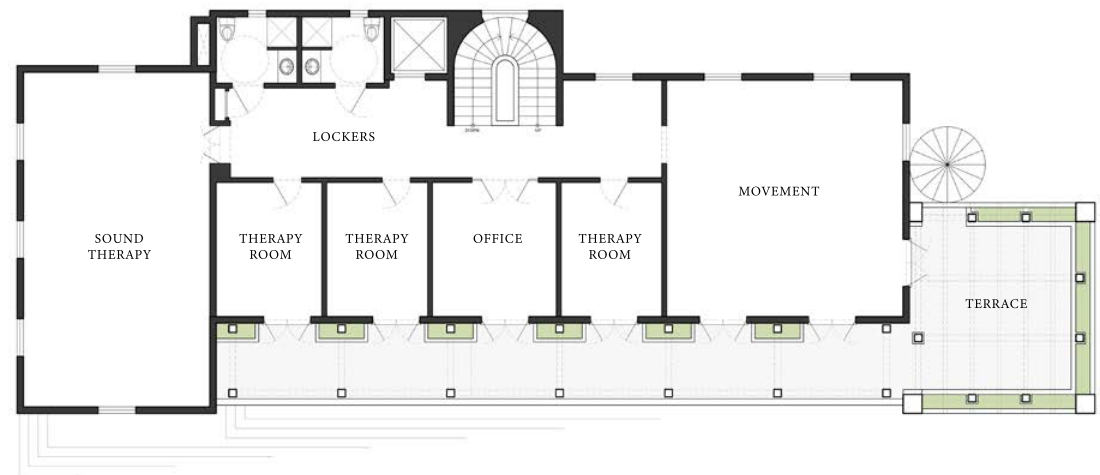
## SECOND FLOOR SOUND THERAPY

**Sound Therapy Space:** The healing power of sound has been important in human civilization for thousands of years. This room is a well-balanced, sonically pleasant space, with gentle, indirect light to support openness, awareness, and creativity. Includes a monochord table where one or two people will experience its sound and healing properties.

## SECOND FLOOR MOVEMENT & OPEN AIR

**The Joy of Movement:** A space that encourages refined movement practice for the purpose of rehabilitation, education and physical movement. Improve the body and mind through bodyweight training, deep stretching, and the art of natural movement, like: personal training, tai chi, jiu jitsu, movement training, private yoga sessions, HIIT classes.

**The Joy of Gardens:** A beautiful and relaxing open-air space lush with plants and herbs where people can go to reflect on their treatment/experience.



SECOND FLOOR  
WELLNESS CENTER



# CENTER OF JOY THIRD FLOOR

—

**This floor focuses on space,** designed to connect with the crown chakra of consciousness, awareness, and trust. There is an intentional feeling on this floor of stepping into something larger than oneself, as guests transition into their next journey.

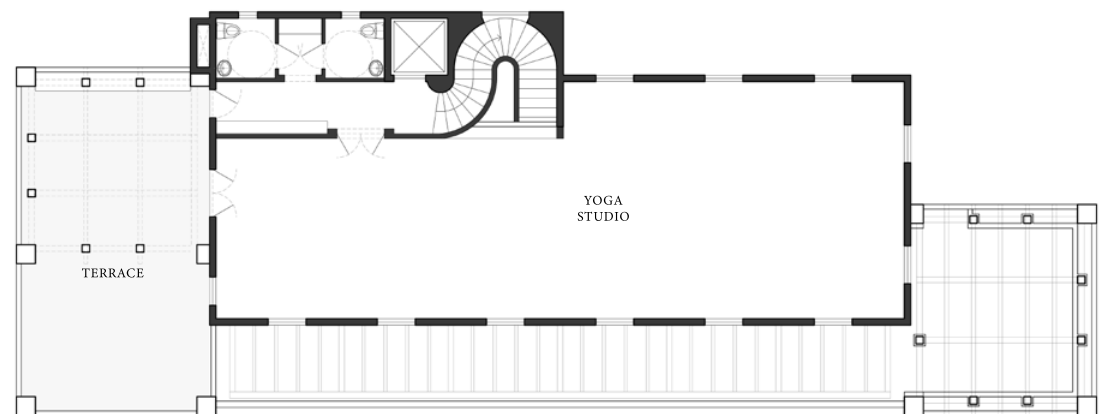
## THIRD FLOOR YOGA SHALA

**The Joy of Yoga:** A yoga shala that serves yoga classes as well as yoga teacher training, workshops, talks, special events and dancing. Few windows allow for more wall space and mirrors so that practicing students and teachers can work in alignment. The ceiling supports silks and hammocks for aerial yoga.

In all, the space can serve retreats, yoga classes, mindful workshops, YTT, wellness, social events, a course in miracles, meditation workshops, 5 rhythm dance, surfset, and more.

## FIRST FLOOR OUTDOOR TERRACE

**The Joy of Outdoors:** Outside on the third floor is an open terrace that is also a living, breathing space of planters, herbs, and orchids. This space can serve as a place for night ceremonies, fire ceremonies, and drum circles, with a covered space on the back wall that provides a wet bar to serve events.



THIRD FLOOR  
WELLNESS CENTER





## OUR DOORS ARE OPEN

We invite you to come experience the way of life at Santarena, where people and their wellbeing are valued first and foremost. It's a great way to embrace the lifestyle in Las Catalinas town, one that fosters a connection to nature, others, and yourself.

Interested in hosting a retreat, yoga instructor training, workshop for a practice, or another special event? If so, contact Gabriela, our Retreat Liaison, at the email below:

Contact:  
[gabriela.esquivel@lascatalinascr.com](mailto:gabriela.esquivel@lascatalinascr.com)  
Tel: (+506) 2654- 4600

---

*Stay Light*

