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# Weekly Schedule

## WEDNESDAY 3

- 8 AM - YOGA CLASS & DETOX JUICE

## THURSDAY 4

- 10 AM - MANOS A LA TIERRA (FREE ACTIVITY)
- 4 PM - CACAO CEREMONY WITH SAM BIANCHINI

## SATURDAY 6

- 4 PM - YOGA CLASS & DETOX JUICE
- 4 PM - SUNSET COCKTAILS&TAPAS

## SUNDAY 7

- 8 AM - YOGA CLASS & DETOX JUICE
- 4 PM - COMMUNITY ART SUNSET

<All events and activities are with previous reservation  
to give you a quality experience>

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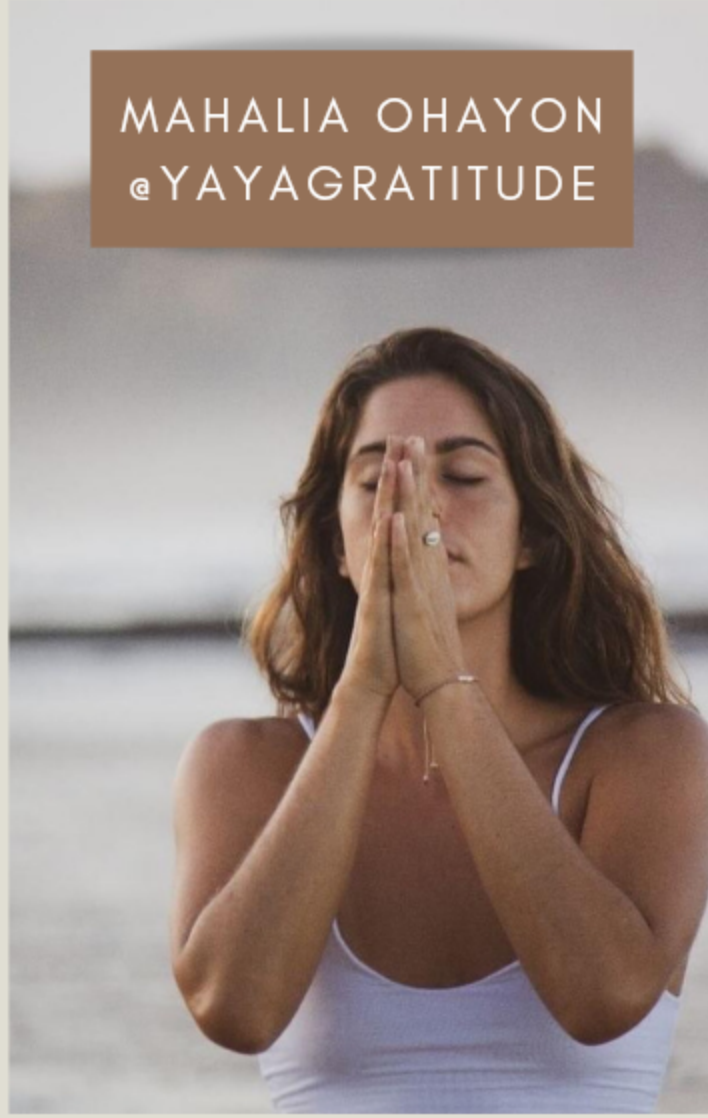
# YOGA CLASS & ORGANIC JUICE

*Reconnect with yourself*

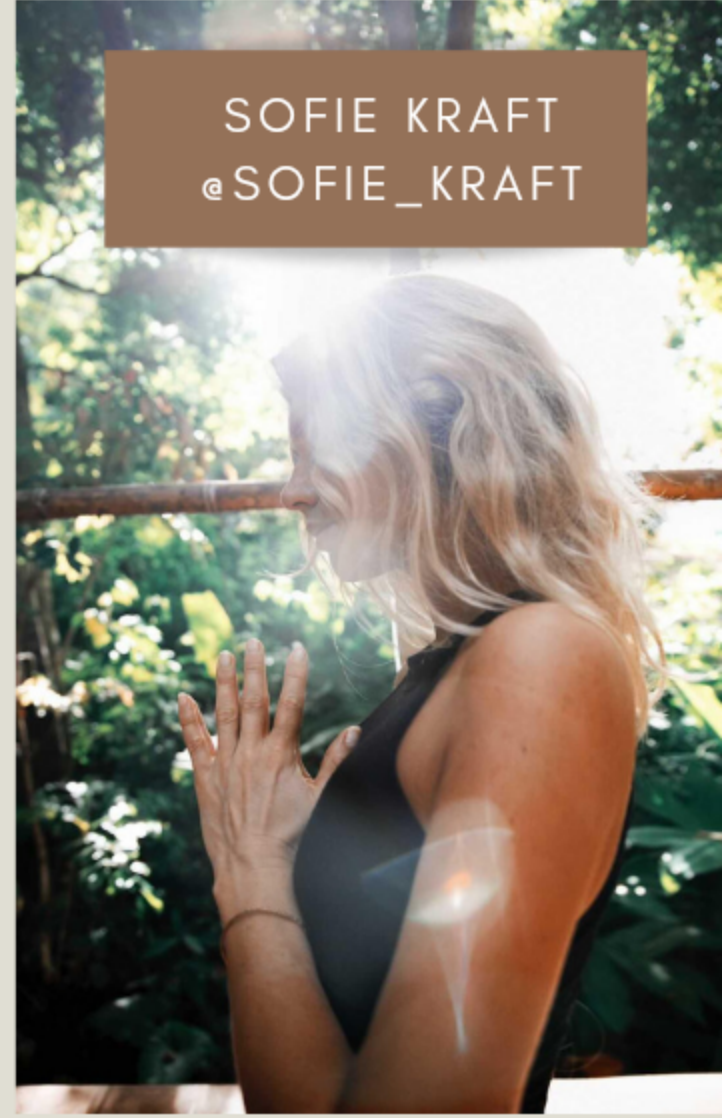
ELIANA MARTINEZ  
@ELIMARPHOTOS



MAHALIA OHAYON  
@YAYAGRATITUDE



SOFIE KRAFT  
@SOFIE\_KRAFT



In our yoga classes we offer a moment of deep connection with ourselves through asanas, pranayamas, mudras and meditation.

We believe in the importance of consciously unifying our sense of integration in order to feel good and be able to achieve a balance between the body, the heart and the mind.



**TUESDAY & SATURDAY - 4 PM**  
**WEDNESDAY & SUNDAY - 8 AM**  
**1 PASS > 20 USD**

(Ask us for private classes and class packages)

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# MANOS A LA TIERRA

**Connect body, heart, mind.**



**THURSDAY 10 AM  
< FREE ACTIVITY >**

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Minka  
Organic Garden



Minka is the name of our organic garden that means the knowledge that the aborigines had about shared work for the common good. It is the meeting where the word circulates, the good living is thought and built.



Manos a la tierra is an activity where we invite the community to live an experience in direct relationship with Mother Earth.

Observing and being part of its cycle.

Sharing knowledge of permaculture and sustainable living.

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# Cacao Ceremony

"WITH SACRED SONG:  
HEALING, CONNECTION, RELEASE"



## THURSDAY 4

Doors 4 PM / Ceremony 5-7 PM

*Facilitated with love and attention by medicine carrier Sam Bianchini (@samdarlin) this ceremony invokes sacred song (icaro), breath work, personal limpieas (healings), meditation, and connection.*

*Come connect with the Spirit of the Cacao to open the heart to be healed, inspired, and transformed.*

**•Option 1 - \$30 for ceremony, fruits and tea.**

**•Option 2 - \$50 for ceremony and Dinner (Vegan Gluten Free Menú)**

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# SAM BIANCHINI

Sam Bianchini is a ceremony facilitator, medicine carrier, sacred songstress, and international yoga teacher. She has studied for over a decade with yogis, healers, and medicine people from many different lineages all over the world, ranging from Tantra to Indigenous Cultures in the Amazon to the Native North American practices. She currently travels the world teaching and holding ceremony and healing spaces. She has been facilitating Cacao Ceremonies for seven years. They are immaculately held in the style of traditional plant ceremonial gatherings, with a deep focus on Energetic Healing and Spiritual Nourishment, as well as prayer, connection, and celebration. Utilizing sacred song, indigenous knowledge, and ritual, Sam's work offers space for authentic healing, heart opening, and personal transformation, all with deep gratitude and humble reverence to all her teachers.



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*Cacao Ceremony*  
MENÚ

***Vegetable Poke Bowl***

- White Rice / Arroz blanco
- Lentil Salad / Ensalada de Lentejas
- Grilled Vegetables / Vegetales Grillados
- Green Leaves / Ensalada Hojas Verdes
- Chickpea beet Hummus / Hummus garbanzos y remolacha
  - Fruits / Frutas
  - Dressings / Adheresos
- Fresh Lemonade / Limonada Fresca

**(Vegan - Gluten Free)**

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INVITATION  
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*Sunset Experience*  
#COCKTAILS&TAPAS

Saturday 6  
4 PM  
35 usd / 20 mil colones  
(Payment Method: cash)



- *Tapas from the organic garden*
  - \* *Two signature cocktails*
  - \* *Water and lemonade*
- (Fresh non-alcoholic options)*

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## Sunset Experience

#COCKTAILS&TAPAS

*The culinary experience of Cocktails & tapas is an event in charge of our chef and bartender Ramiro Martin where he offers a menu of flavors and colors perfect to experience an unforgettable sunset.*



The proposal is to share a moment where all the senses are active and receiving a quality of service that nourishes the soul and regenerates the body.

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COMMUNITY  
ART  
SUNSET



7 DE MARZO  
3 - 7 PM  
5000 C

MUSICA  
PARA  
CREAR

- *Live Music*
- *Art Space*
- *Good Vibes*

(Limited Capacity  
Reserve your place  
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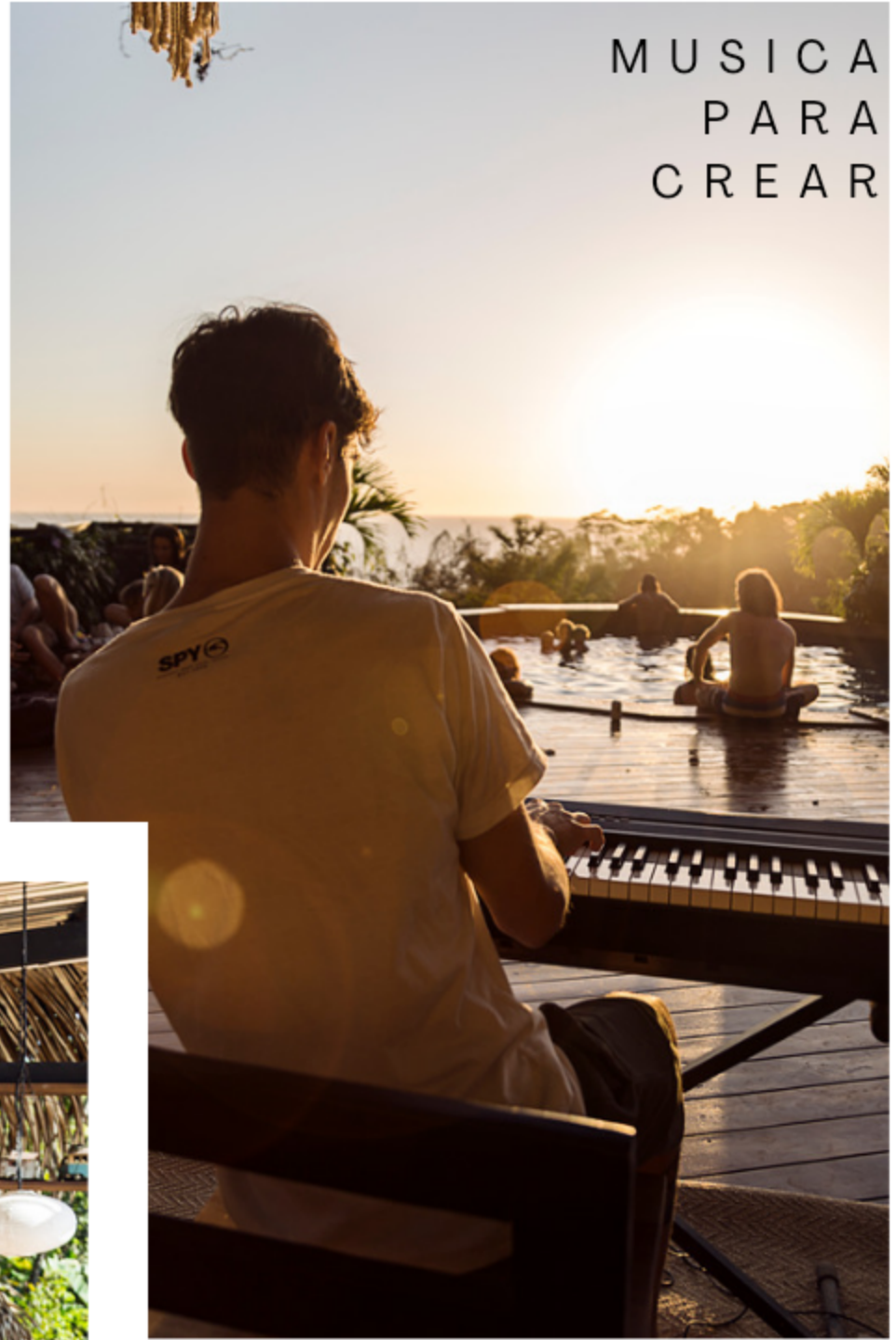




COMMUNITY  
ART  
SUNSET

*It is an activity aimed  
at the community to  
share an art space.*

*From live music,  
drawing and painting  
space to the artistic  
expression that each  
one carries within.*



MUSICA  
PARA  
CREAR



**THE HEART OF CREATIVITY  
IS AN EXPERIENCE OF MYSTICAL UNION;  
THE HEART OF THE MYSTICAL UNION  
IS AN EXPERIENCE OF CREATIVITY.**

*We believe that we are all  
artists, we are constantly  
creating and changing and  
that is why every Sunday is  
different.*

*We enjoy a sacred space for  
art and to share a moment  
of laughter and joy.*





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WE ALSO HAVE THE FOLLOWING EXPERIENCES

...

## • WATERFLOW



- \* Release physical and mental tension.
- \* More vital energy available to our day a day life.
- \* Connect with your inner essence.
- \* Open your heart, feel peace, divine love and bliss.

@RUBENJIFLOW

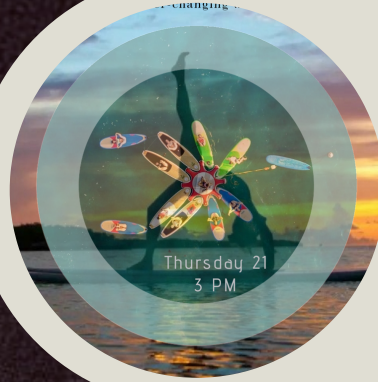
## • FREEDIVING



*Are you ready for the challenge?  
This course will provide you with that and much more.  
You will be able to understand how our body and mind  
work in extreme situations and we will give you all the  
tools so that you can feel confident and secure when you  
are surfing.*

@FREEDIVINGSANTATERESA

## • STAND UP PADDLE YOGA



*Stand up paddling is an incredible experience for the body  
and mind alike. Work on balance and coordination while  
taking in the beautiful Costa Rican scenery. Our SUP tours  
include equipment, transportation, fresh fruits & coconut  
water, photos, and SUP yoga - the experience of a  
lifetime.*

@MONKEYSURFSUPYOGA

## • PRIVATE EVENTS



*we have an incredible place to celebrate any  
type of event. We offer the menu, the drink, live  
music and the best energy so that you can live an  
unforgettable moment with your friends.*

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Just imagine...

Between heaven and Earth, in the heart of the most majestic nature with incredible sunset views, Bohemia is a space where guests can reconnect and deepen the connection between themselves, nature and each other. Our exquisite, luxury bungalows are private indoor/outdoor sanctuaries perfect for couples, families and friends to enjoy one of the most beautiful places on the planet.

So, when are you coming to visit ?

HAVE YOU ALREADY VISITED  
OUR WEBSITE?  
[WWW.BOHEMIACR.COM](http://WWW.BOHEMIACR.COM)

*Thanks for being part of this dream.*