

bohemia

SANTA TERESA, COSTA RICA

Host Your Retreat at Bohemia

Your vision. Our place. A retreat shaped together.



A place for your people

An intimate setting. Flexible group arrangements. A team beside you.



BRING YOUR VISION

Surrounded by tropical jungle and overlooking the Pacific, Bohemia is a hillside gathering place above Santa Teresa. Build your days around practice, surf, wellbeing, creativity, or simply time together. You bring the purpose and connection with your participants; we help shape the stay around them.

BOOK THE SPACE YOU NEED

Reserve part of Bohemia or enquire about the whole property, according to your dates and group size. Six accommodations welcome up to 16 overnight guests. We discuss room allocations, practice spaces, shared-space arrangements, and services before confirming your retreat.

Space to gather & practise

From intimate sessions to larger group programmes.



THE JUNGLE SHALA / UP TO 6

An open-air space beside the stream, surrounded by tropical greenery. Use it for intimate yoga, meditation, individual work, and small-group practices.

THE GRAND DECK / LARGER GROUPS

An expansive space for group practices, workshops, circles, and gatherings. Tell us about your programme and preferred setup so we can plan how the space will support it.

Between sessions, participants can rest by the pool, gather in the ocean-view common areas, or enjoy the Pacific sunsets.

Six homes, one gathering place

Three ocean-view bungalows and three jungle glamping suites. Up to 16 overnight guests.



Luna

Ocean-view bungalow / up to 4



Bahia

Ocean-view bungalow / up to 3



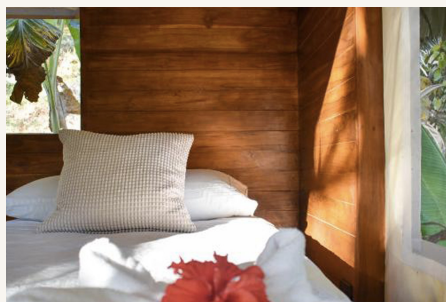
Maya

Ocean-view bungalow / up to 3



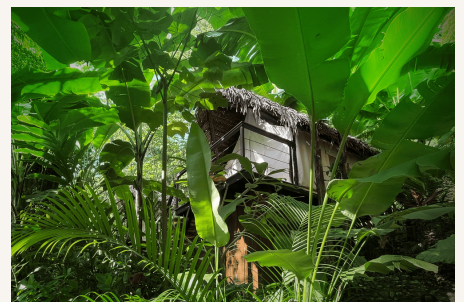
Fazia

Jungle glamping suite / up to 2



Noor-A

Jungle glamping suite / up to 2



Sofia

Jungle glamping suite / up to 2

COMFORT IN EVERY ACCOMMODATION

Air conditioning, a private bathroom with hot water, Wi-Fi, a mini-fridge, a safe, and a private terrace. The bungalows have mezzanine spaces; the glamping suites offer a closer connection with the jungle.

PLAN YOUR ROOM ALLOCATIONS

We help you choose a suitable combination of accommodations and confirm bed configurations for your participants and facilitators. Smaller retreats can book a selection of rooms.

Practice, breath & connection

Lead your own sessions, invite local practitioners, or combine both.



YOGA, MEDITATION & MOVEMENT

Bring your own teaching or invite local instructors to support or co-lead. Options include yoga, meditation, and mindful movement. Use the six-person shala for intimate practices and the Grand Deck for larger sessions.

BREATHWORK

We can help coordinate a breathwork session to complement your programme. Discuss the approach, session format, group size, and practitioner with our team during planning.

SOUND & HOLISTIC PRACTICES

Options to discuss include:

- Sound healing
- Vibroacoustic therapy
- Reiki
- Acupuncture
- Shamanic spiritual healing

We coordinate individual or group arrangements with the appropriate practitioners, according to your programme and availability.

Build a rhythm that suits your people, with time for integration, free afternoons, and rest between sessions.

Massage, bodywork & self-care

Individual treatments to complement the group experience.



MASSAGE & BODYWORK

- Relaxation massage
- Deep tissue massage
- Thai healing therapy
- Aromatherapy massage
- Hot stone massage
- Reflexology
- Lymphatic drainage
- Holistic massage: massage + Reiki

We can help arrange individual appointments around your group sessions and excursions.

SELF-CARE TREATMENTS

- Facials
- Exfoliation
- Body treatments
- Manicures
- Pedicures

COORDINATED AROUND YOUR STAY

Tell us the treatments your participants are interested in. We help coordinate practitioners, availability, and suitable appointment times. Final session details are agreed during planning.

Explore wellness at Bohemia >

Food that brings people together

Fresh local ingredients and dining shaped around your group.



A SHARED DAILY RHYTHM

Our breakfast brings together fresh local ingredients, the sounds of the jungle, and views across the Pacific. For your retreat, we discuss the meals you need and their timing around your programme, from relaxed mornings to days out exploring.

PRIVATE CHEF & CELEBRATIONS

Create a welcome dinner, a shared evening meal, or a closing celebration. Our private chef can shape dishes around your group. Share dietary preferences, allergies, and the approach you want for your retreat so we can agree on suitable food arrangements.

Ocean days & jungle adventures

Balance your practice with exploration, fresh air, and time in nature.



SURF & OCEAN EXPERIENCES

- Surf lessons for different levels
- Surfboard rentals
- Guided stand-up paddleboarding
- Snorkelling and Isla Tortuga outings
- Fishing excursions
- Evening bioluminescence outings

FOR THE MORE ADVENTUROUS

Ask about eFoil, diving, ziplining, and skydiving as part of your retreat programme.

JUNGLE & LOCAL EXPLORATION

- Waterfall outings around Montezuma
- Guided walks and coastal trails
- Horseback riding
- Tours and activities with local guides

CHOOSE WHAT FITS

We help select outings that complement your group and schedule. Availability, timings, transport, equipment, and arrangements are confirmed before booking.

Explore tours & activities >

You lead. We help with the details.

A clear plan before arrival, and a team to work alongside you.

HOW WE WORK TOGETHER

1. Share your vision.

Tell us about your practice, your participants, and the kind of retreat you want to create.

2. Shape the stay.

We discuss rooms, spaces, meals, teachers, treatments, activities, and logistics.

3. Agree on the details.

We clarify the arrangements and the scope of our support before confirming.

4. Welcome your group.

You focus on your programme while our team supports the agreed arrangements.

TELL US ABOUT YOUR RETREAT

- Preferred dates and length of stay
- Number of participants and facilitators
- Room-sharing preferences
- Programme and practice-space needs
- Equipment requirements
- Meals and dietary needs
- Practitioners and experiences
- Transport and coordination support

FLEXIBLE BOOKING

You can book part of the property or discuss a whole-property retreat. Rooms, spaces, services, and arrangements are planned around your dates and group.

GETTING HERE

Bohemia is on a hillside above Santa Teresa, about a ten-minute walk from the beach. The return is uphill. We can help coordinate transfers and local transport; an SUV or 4x4 is recommended if driving.

START THE CONVERSATION

reservations@bohemia lodge.com >

[WhatsApp +506 8971 0298](https://www.whatsapp.com/business/profile/bohemia_lodge) >

[Host a retreat at Bohemia](#) >

[Location & directions](#) >
