



Sol to Root Community Collaboration and Cultural Immersion Retreat Program: “Rainforest to Coast” Edition

8 Days / 7 Nights | August 1, 2026 - August 8, 2026

Locations: • Days 1–5: Chilamate Rainforest Eco Retreat (CRER), Sarapiquí
• Days 6–8: Cahuita (Afro-Caribbean coast + National Park)

Program Inclusions & Price:

\$2,000 for a double-occupancy room and \$2,400 for a single-occupancy room.

- 4 nights in double-occupancy rooms (standard or riverside a/c)
- 3 nights at a coastal lodge in Cahuita
- All on-the-ground transportation in Costa Rica
- Local Tico guide for the duration of the program
- Support from CRER staff and local community partners
- All meals from arrival lunch through departure breakfast as well as coffee and snacks throughout the day
- Local farm-to-table fresh meals made with love
- Welcome lunch & orientation
- Forest therapy session with cacao ceremony
- Organic Farm hands on sustainability and farm experience
- Community adventure Race in the community
- Visit with a local women led cooperative to support rural community tourism
- Waterfall visit
- Ethnobotany walk with local herbalist
- Choice of whitewater rafting or horseback riding
- Guided walk through Cahuita National Park

There is a \$50 application fee (non-refundable) and a \$500 deposit to secure your spot on the team by April 15th (non-refundable after May 1, 2026). Depending on your room selection, the remaining balance will be due by June 15, 2026.

Day 1 – Saturday, Arrival + Grounding in the Rainforest

- Morning arrival in San José & group transfer to CRER (2 hours)
- Welcome lunch + check-in
- Orientation & Sol Circle: Grounding ritual + intention setting
- Forest therapy + cacao ceremony
- Dinner

Day 2 – Sunday

Forest Medicine + Land-Based Practices

- Breakfast at CRER
- Visit to eco-organic farm: sustainability tour + hands-on herbal work
- Lunch at CRER
- Community Adventure Race
- Dinner

Day 3 – Monday

Intercultural Collaboration + Waterfall Play

- Breakfast at CRER
- Visit to rural women's artisan cooperative (1st site)
- Lunch at the co-op (2nd site)
- Afternoon visit to waterfall – play, presence, and reflection (3rd site)
- Dinner

Day 4 – Tuesday

Ethnobotany + Integration

- Breakfast at CRER
- Morning ethnobotany walk with local herbalist
- Journaling + reflection hammocks
- Lunch at CRER
- Pick your own adventure: White water rafting or Horseback Riding (minimum of 2 applies for each)
- Dinner

Day 5 – Wednesday

Closing the Rainforest + Journey to Cahuita (Caribbean Coast)

- Breakfast at CRER
- Closing Sol Circle: what are we returning with?
- Lunch at CRER
- Afternoon transfer to Cahuita (~4.5 hours)
- Beach sunset stretch + check-in at coastal lodge
- Light dinner + rest

Day 6 – Thursday

Nature + Cultural Healing on the Coast

- Breakfast at lodge
- Morning walk through Cahuita National Park: sloths, sea, and sacred slowness

- Beach reflection + journaling prompts
- Local Afro-Caribbean lunch
- Afternoon hammocks or optional ocean dip
- Dinner

Day 7 – Friday

Rhythm, Culture & Celebration

- Breakfast at lodge
- Afro-Caribbean movement/dance class with a local artist
- Visit with Afro-Costa Rican cultural leader or healer (TBD based on availability)
–Historical tour
- Free time or optional group ocean blessing ritual
- Closing Dinner

Day 8 – Saturday

Departure Day

- Early breakfast + group transfer to San José
- Herbal snack packs for the road
- Closing gratitude offering