



JOURNEY TO TIERRA DE SUEÑOS

(Land of Dreams)

**An Easeful,
Fulfilling, & Fun
Eco-Conscious
Escapade**

*In the serene and lush jungle of Playa
Chiquita, Costa Rica, 6 km from
Puerto Viejo de Talamanca, hidden
away on the Caribbean coast*

March 1st-8th, 2026

In these unprecedented times of global uncertainty, creating sacred space for rest and renewal has never been more important. While the world feels chaotic and unpredictable, Costa Rica offers a sanctuary where we can keep learning how to thrive in the chaos and reconnect with what truly matters.

Be immersed in nature, nourish your body, and unwind.

Join Jenn for a rejuvenating experience designed for those seeking to embody the grace of “pura vida” that is woven into the very fabric of Costa Rica and Costa Ricans.



*Think
a chill vacation.*

Who This Trip Is For:

This retreat is ideal for eco-conscious travelers who crave simplicity, authentic connection, and lush surroundings. Whether you come solo or with a partner, you'll find grounding, community, and space to just be.

Important thing to take note of:

- Retreat starts at dinner time on the first day and ends after breakfast on the last day. You will be instructed to purchase a flight that arrives by 12 pm or earlier at SJO airport if you fly in on the day your retreat starts which will allow you to arrive at Tierra de Suenos by dinner time. Some people fly in a day earlier and stay in San Jose for a night to break the journey up. Staying the night in San Jose on the way out may also be an option if shorter travel days are preferred.
- From San Jose, the drive is four and a half to five hours and includes a stop for an optional meal if you book a shuttle. Most choose this option and some have had a car rental.

Jenn is only bringing a small group down, so spaces are very limited.

Interested in joining us in co-creating this escapade? Trust your gut. If this is for you, you'll know it. Let's make it happen. Send me a message. Let the jungle reset your soul.



Together, we'll create space to:

Reset and Realign

Step away from the noise and reconnect with your inner wisdom. We are all processing a lot. Spend time regulating your nervous system through practices Jenn will offer, as well as simply living life at a slower pace.

Build Genuine Community

Connect with like-minded individuals who chose to be in this small and intimate container alongside you. Hopefully, create lifelong friendships.

Experience Natural Healing

Immerse yourself in Costa Rica's incredible biodiversity and healing energy. Over the past 3 trips that Jenn has taken to the area, she has continued forging relationships with the people and the land – the land and people are what give inspiration! From the beaches to the mountains to the valleys to the rainforest... You get to feel all the vibes on this trip!

Gain Clarity and Direction

The “pura vida” mindset that encapsulates Costa Rica is a perfect place to release more control so you can access your intuition in an even bigger way. Part of the reason Jenn wants to bring people to this specific place is because of the transformation it offers her on every trip.



Jenn Shull will offer group alignment coaching sessions to keep the vibe elevated and authentic, deep stretch yoga classes to release tension from travel and stress, restorative yoga , yoga nidra meditations, and shaking medicine practices. Shaking medicine is the newest modality that she is trained in. This is where Jenn gets to create a fun and unique cocktail of breathwork, yin yoga, and somatic exercises, that will bring you into a space of therapeutic tremoring to release deep stress and trauma.

There will be time set aside because space is important! Imagine socializing, adventures, naps, reading books, finding treasures to take home from local shops, and enjoying the natural beauty and power of the jungle and ocean.



What Else Is Included:

7 nights lodging at Tierra de Sueños Wellness Center

3 nourishing vegetarian meals daily (except the first and last day)

Fresh tropical juices with every meal

Unlimited drinking water, coffee & tea

Daily yoga & wellness practices, as touched on above. Additional are offered by the wellness center. Check out their website!

1 group dinner out at a local restaurant (drinks not included if you choose to have any)

One unforgettable excursion:

Chocolate, medicinal plants & a visit to a nearby waterfall – what makes this extra special is getting to visit an indigenous family in Watsy. You will learn the process and help make handcrafted chocolate. You will learn handcrafted techniques and make art with plants and natural dyes (take your crafts home with you). You'll even get to swim in the Bribri waterfall! (Jenn visited her in 2017 and LOVED it.)





Accommodation & Pricing

Room Type

Price (Per Person)

Private Bungalow (Single)

\$2,352

Shared Bungalow (Two)

\$2,652

Discounted Room above Yoga Pavilion (Single)

\$2,102

Payment Details

- \$600 non-refundable deposit required to reserve your spot
- Remaining balance due by [December 1, 2025].

Payment plans are available if you talk to Jenn.

What's Not Included

Prices do not include airfare, transportation from the airport to the wellness center, or optional wellness activities like massage and other optional adventure activities available with local tour companies. While you are responsible for paying for your own transportation, Jenn can help book shuttles and recommend flights as needed.







Jenn Shull

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