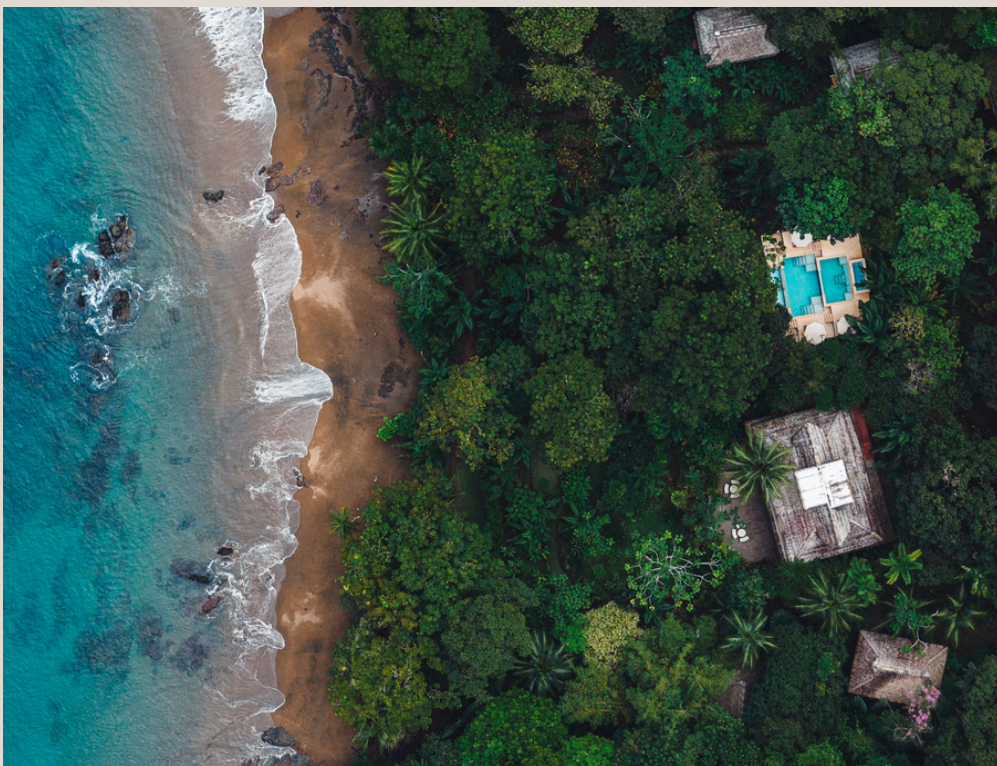


RETREATS & RESIDENCIAS AT COPA DE ARBOL



Retreat hosting opportunities for yoga teachers,
corporate gatherings, healers and facilitators.

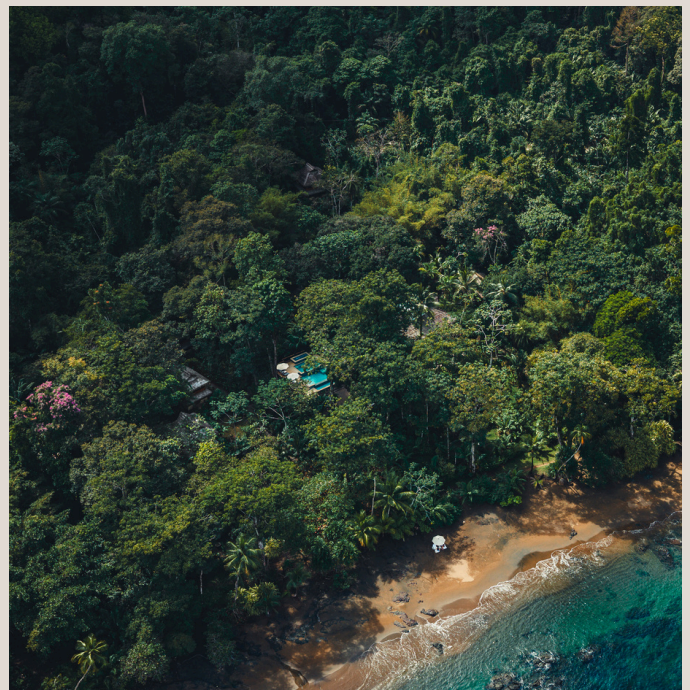


COPA DE ARBOL
Beach & Rainforest Resort

WWW.COPADEARBOL.COM

OUR STORY

For over 25 years, Copa de Arbol has been a hidden sanctuary on Costa Rica's remote Osa Peninsula—accessible only by boat and surrounded by raw, untouched wilderness. With no roads, no nearby tourism, and only the pure frequencies of the natural world, this is a place unlike any other. Our boutique eco-resort features ten private villas, each nestled into its own quiet corner of the rainforest and just steps from the Pacific Ocean. Here, the symphony of birds, monkeys, and waves replaces the noise of everyday life. Every detail of your stay is thoughtfully curated, from chef-prepared meals made with locally sourced ingredients to elevated amenities that honor the land and its people. This is off-grid living, reimagined as refined, rooted luxury.



COSTA RICA'S OSA PENINSULA

RAW - REMOTE NATURE

Tucked into the southern edge of Costa Rica, the Osa Peninsula is one of the most biologically intense places on Earth, home to over 2.5% of the planet's biodiversity. Here, ancient rainforest meets the Pacific coastline. This is true wild – untouched. There are no highways and no high-rises, just raw wilderness and the rhythm of nature. This is not just a backdrop. It's a living, breathing ecosystem that supports transformation, inspiration, and healing. Whether you're guiding a group, deepening your own practice, or aligning your team's vision, the Osa holds space in a way few places can.

Why choose the Osa Peninsula?

- Accessible only by boat, far from mainstream tourism.
- Home to Corcovado National Park and Cano Island.
- Safe, peaceful, and ideal for intimate gatherings.
- A powerful destination for leaders, peace seekers, and nature lovers.
- Off-grid luxury, reside among an untouched frequency, clear of the sounds of society. No cars, no planes, no tourism.
- The Osa Peninsula is the most bio-diverse place on the planet. Here you will witness wildlife roaming every single day, up-close and personal.

LET NATURE BE YOUR GUIDE

WWW.COPALEARBOL.COM

HOST A RETREAT

Whether you're leading a yoga immersion, a plant medicine journey, a wellness workshop, or a nature-based creative gathering, our resort offers the space, support, and magic to help your vision thrive.



WHAT WE OFFER

- Exclusive use of our 20x30 ft rainforest yoga + event shala and yoga perch
- Accommodations for up to 28 guests in private eco-luxury villas with ocean views
- Comped facilitator private rooms included with booking (2 max) with onsite restrooms
- Three gourmet meals per day, made with fresh, local ingredients
- Daily coffee and tea happy hour and snacks
- Full use of resort amenities: pool, jacuzzi, beachfront access, kayaks, hiking trails, standup paddle boards, including Drake Bay airport transfers
- On-site coordination and concierge support for custom experiences
- Optional guided excursions: snorkeling, waterfall hikes, wildlife tours, and more



IDEAL FOR

- Yoga + meditation retreats
- Holistic healing immersions
- Plant medicine & integration experiences
- Nature-based creative or leadership workshops
- Corporate group gatherings
- Specialty, educational retreats (photography, hiking etc)



REQUIREMENTS

- 4 night minimum stay
- Minimum of 8 paid participants or four villas booked (more than 14 guests requires a hotel buyout).
- Signed agreement outlining logistics, expectations, and schedule
- Certification and proof of expertise in your facilitated modalities.

TEAM GATHERINGS

Unplug. Refocus. Reconnect, in one of the most inspiring places on Earth. Copa de Arbol is the ideal destination for intimate, high-impact corporate retreats. Far from distraction and close to nature, our resort creates the perfect atmosphere for visioning, bonding, and breakthrough thinking.



WHAT WE PROVIDE

- Eco luxury private or shared accommodations for up to 28 guests max
- Flexible meeting and workshop space on our 20x30 ft rainforest deck and perch
- Three gourmet meals per day crafted by on-site chefs
- Access to all resort amenities: pool, paddle boards, kayaks jacuzzi, beach, trails and more
- Curated experiences for team-building and rest (guided hikes, boat excursions, massages, wildlife tours, etc.)
- Two facilitator rooms included with on-suite restrooms



WHY BRING YOUR TEAM HERE

- Exclusive, off-grid setting with no distractions – let nature help you guide your team
- Opportunities to deepen connection within the raw grounded energy of nature, stimulate creativity and grow purpose with pure intention
- Only accessible by boat, privacy and presence are built in
- Private villas for ultimate comfort
- Large dining and gathering areas for group meals
- StarLink Wi-Fi for essential remote work access
- Expansive gathering space for meetings, workshops. whether on the beach or our 20'x30' yoga shala



REQUIREMENTS

- 4 night minimum stay
- Minimum of 8 paid participants or four villas booked (14 or more requires a hotel buyout).
- Signed agreement outlining logistics, expectations, and schedule
- General Liability Insurance

WEEKLY RESIDENCIES

Our Residency Program invites select wellness practitioners to stay at Copa de Arbol for one week at a time, offering daily classes to our beloved guests in exchange for room, board, three delicious meals daily and access to our resort. It's a sacred exchange rooted in reciprocity, and service. Perfect for seasoned or new yoga teachers, this is a rare opportunity to live immersed in nature while sharing your practice with curious, like-minded travelers.

WHAT'S INCLUDED IN YOUR RESIDENCY

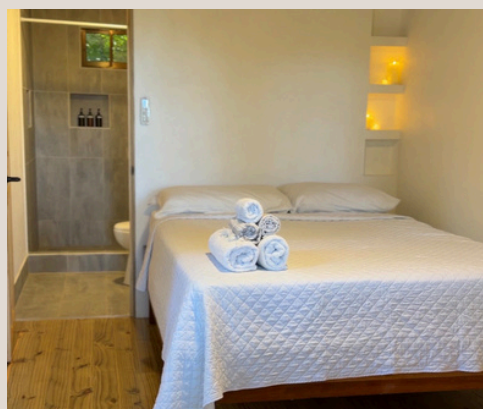
- Exclusive sanctuary in our yoga shala, a comped room with on-suite restroom connected to your incredible teaching space
- Three nourishing, chef-prepared meals per day
- Coffee + tea and snacks
- Dedicated space on our 20'x 30' yoga and event deck to teach and practice
- Opportunity to connect with international guests from around the world

DELIVERABLES

- Minimum of 2 group sessions per day (yoga, meditation, sound healing, etc.)
- Optional one-on-one sessions (guest donations or agreed-upon rates)
- A warm, grounded presence on-site during your residency

REQUIREMENTS

- Minimum of YTT 200-hour+ or other proof of credentials
- Holistic wellness professionals (sound, bodywork, breathwork, meditation)
- Practitioners who align with our values of sustainability, mindfulness, and embodied presence
- Individuals with strong personal practice and the ability to adapt to guest energy and accommodate all ages
- Referrals from studios, clients, etc
- CPR or First Aid certifications and general liability insurance preferred



ACCOMMODATIONS & GROUP BOOKING INFORMATION

Copa De Arbol offers ten unique handcrafted villas that blend seamlessly into the lush surroundings of the Rainforest. Constructed using sustainable materials, teak and reforested wood, each villa provides a harmonious balance between comfort and nature. The property features a large salt water infinity pool, massive open-air restaurant and bar, daily staff and service and an exclusive covered yoga and wellness area. All amenities are located only minutes between one another and with full beach access.

VILLA DETAILS:

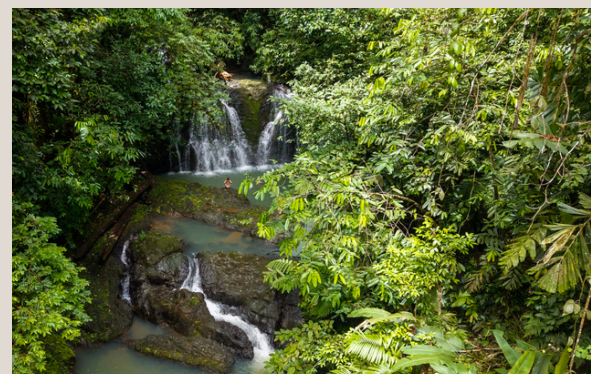
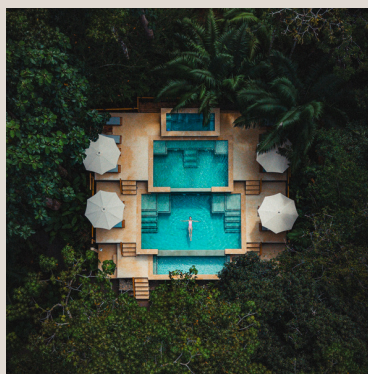
- Coco #1: Sleeps up to 5 guests | 520 sq. ft. | 2 Queens
- Mango #2: Sleeps up to 5 guests | 550 sq. ft. | 1 Queen, 2 Twins
- Cacao #3: Sleeps up to 5 guests | 880 sq. ft. | 2 Queens
- Amapola #4: Sleeps up to 5 guests | 880 sq. ft. | 1 King, 1 Queen
- Palm #5: Sleeps up to 5 guests | 870 sq. ft. | 2 Queens, Two Bedrooms
- Bamboo #7: Sleeps up to 5 guests | 930 sq. ft. | 1 King, 1 Queen
- Sable #8: Sleeps up to 3 guests | 670 sq. ft. | 1 King
- Balsa #9: Sleeps up to 3 guests | 670 sq. ft. | 1 Queen
- Amargo #10: Sleeps up to 5 guests | 410 sq. ft. | 1 King, 1 Queen Two Bedrooms, Two Bathrooms

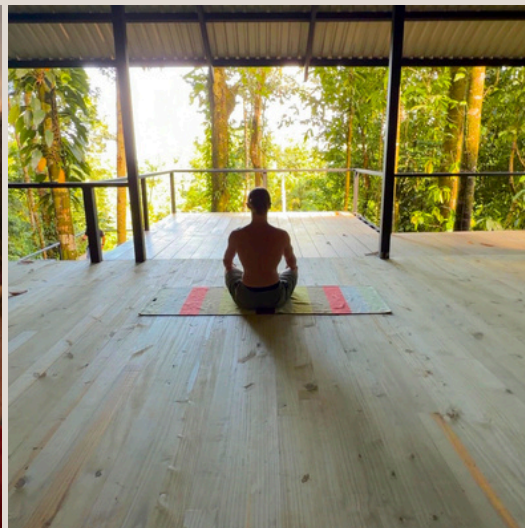
Each villa features air conditioning, ceiling fans, some villas include private balconies and hammocks, and en-suite bathrooms with walk-in showers. Guests are just steps away from the beach and the resort's amenities. A twin can be requested for most Villas.

ALL-INCLUSIVE RATES

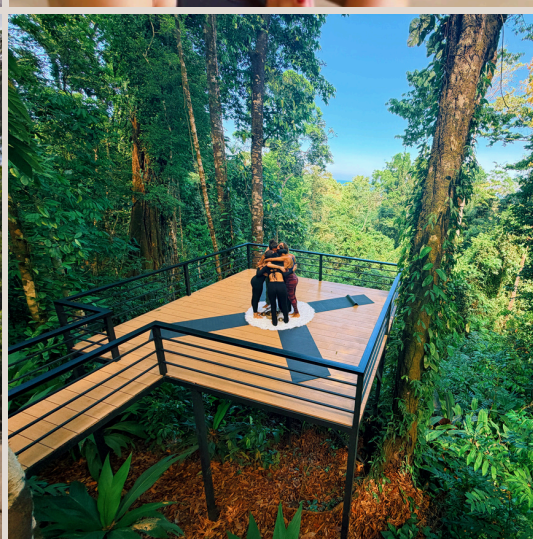
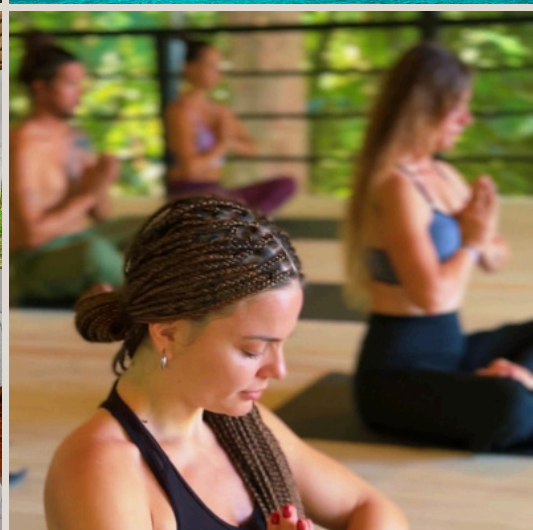
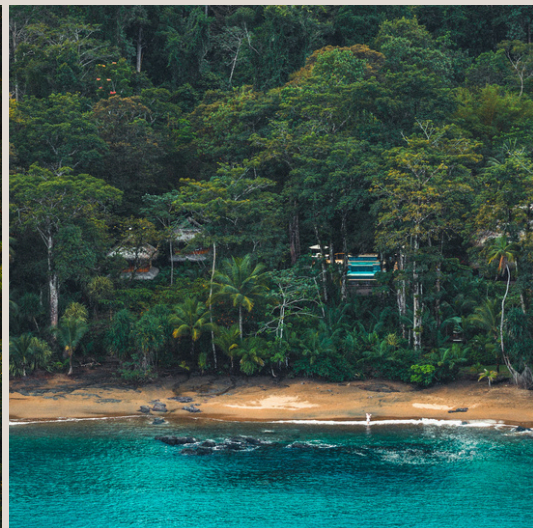
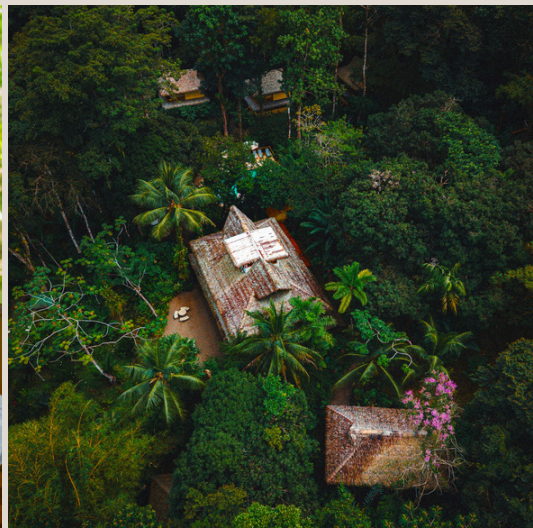
Rates at Copa De Arbol are per person and include:

- Three daily meals (breakfast, lunch, dinner)
- Coffee, tea and snacks
- Use of kayaks, paddleboards, and snorkeling gear
- Starlink Wi-Fi
- Access to the infinity pool and jacuzzi
- Airport transfers from Drake Bay airport





GALLERY



GALLERY

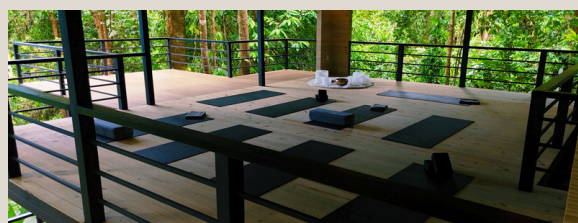
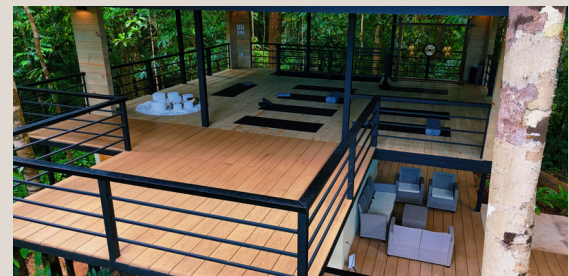
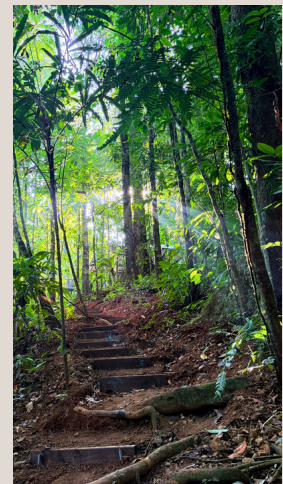
CASA YOGA

Casa Yoga is a private, elevated sanctuary designed specifically for facilitators, offering both comfortable accommodations and an immersive teaching space within the rainforest.

The residence includes two private bedrooms, each featuring a queen bed, a desk for remote work with a coffee maker, fresh drinking water, and its own ensuite restroom. An additional public restroom is also attached to the space for group use.

The structure itself spans two levels: a lower yoga perch measuring approximately 12 by 16 feet, and an upper covered deck of approximately 20 by 30 feet, complete with ceiling fans and ample space to accommodate practices such as acro yoga with a sling setup. The space comes fully equipped with yoga mats, blocks, bolsters, crystals, and sound bowls, with flexibility to support additional facilitator needs.

Suspended within the rainforest and accessed by a scenic 5–10 minute walk from the main property, crossing a tropical river and winding into the jungle, Casa Yoga sits perched on a hillside with expansive rainforest views and glimpses of the ocean beyond. The space is alive with the sounds of the ocean, flowing river, and surrounding wildlife, particularly vibrant during the green season, while its distance from the hotel ensures a deep sense of seclusion, privacy, and uninterrupted presence.



RATES

Rates are per person per night and vary per season.

Includes meals and Drake Bay Airport transfers.

- Jan 5 – April 30th: \$470 Per Person – High Season
- **May 1st – Nov 15th: \$420 Per Person – Green Season**
- Nov 16th – Dec 14th: \$470 Per Person – High Season
- Dec 15th – Jan 4th: \$520 Per Person – Holiday Season

Note: Rates are subject to a 13% tax and may vary based on season and availability. A 4-night 8 person min stay is required. 28 max. 14 or more guests requires an entire hotel buyout.

*Rates above are 2027 rates, for 2028+ inquire within.

RETREAT BOOKING WINDOWS

RETREAT SEASON (MAY 1 – NOVEMBER 15)

RETREATS ARE CURRENTLY AVAILABLE FOR FACILITATORS DURING OUR GREEN SEASON WINDOW (MAY 1 THROUGH NOVEMBER 15).

BOOKINGS MUST MEET MINIMUM OCCUPANCY REQUIREMENTS.

PREFERRED DATES AND STRUCTURES WILL BE COORDINATED WITH OUR RETREAT SPECIALISTS. TO RESERVE, A DEPOSIT OF 50% IS DUE UPON RESERVATION, WITH FULL PAYMENT DUE 60 DAYS BEFORE RETREAT START DATE.

HIGH & HOLIDAY SEASONS (NOVEMBER 16 – APRIL 30)

DURING THESE MONTHS, THE HOTEL OPERATES AT FULL CAPACITY WITH VERY HIGH DEMAND. AS SUCH, WE ARE GENERALLY NOT HOSTING RETREATS DURING THIS TIME.

SHOULD A FACILITATOR WISH TO SECURE DATES DURING HIGH OR HOLIDAY SEASONS, THE FOLLOWING CONDITIONS APPLY:

A MINIMUM OF SIX MONTHS ADVANCE WITH FULL PAYMENT UPFRONT IS REQUIRED. RETREATS MUST BOOK AND ARRANGE A FULL HOTEL BUY-OUT. DAILY HOTEL RATE PER GUEST: \$470-\$520 (PLUS 13% TAX AND A 5% ADDITIONAL FEE. RATES LISTED ARE 20207 RATES). NO DISCOUNTS ARE AVAILABLE DURING THIS PERIOD.

NOTE

FACILITATORS INTERESTED IN FILLING THE RESORT WITH MAX OCCUPANCY OR A FULL BUYOUT FOR FIVE DAYS OR MORE WILL RECEIVE AN EXCLUSIVE DISCOUNT.

HANDCRAFTED CUISINES

At Copa De Arbol, food is more than just a meal, it's a ceremony of connection. Each dish is crafted with intention using locally-sourced ingredients that reflect the richness of Costa Rica's land and sea.

Our open-air, oceanview restaurant is home to talented chefs who prepare three gourmet meals daily. Menus are inspired by global flavors while honoring Costa Rican roots, with options for every diet, including vegetarian, vegan, and gluten-free.

All-Inclusive Meals Include:

- Breakfasts made fresh each morning with tropical fruits, and Costa Rican coffee (6am - 8:30am)
- Light, energizing lunches perfect for mid-retreat restoration (12pm - 1:30pm)
- Elegant dinners served with candlelight and ocean breezes, featuring fresh-caught seafood, local produce, and house-made sauces (6pm - 8pm)
- Fresh juices, adult beverages and non-alcoholic beverages included throughout the day for an extra charge



FAQ

What is included?

All-inclusive packages include three daily meals, Drake Bay Airport transfers, lodging in private eco-luxury villas, paddleboard/kayak access, and Wi-Fi in public areas.

*Tours, massages, specialty drinks and alcoholic beverages are additional.

Is there electricity, Wi-Fi and Air Conditioning?

Yes. All villas have standard outlets and Starlink Wi-Fi is available throughout the resort. We do recommend unplugging as much as possible to enjoy the natural surroundings. All villas have air conditioning units,

Do I need to pay for my own Villa?

Retreat hosts are comped a facilitator room (2 max) upon their booking of at least 8 individuals or four booked villas. More than 14 guests is a hotel buyout with 28 max occupancy NOT including facilitator.

How do I get to Copa De Arbol?

The resort is only accessible by boat. We recommend flying into San José then taking a domestic flight to Drake Bay through Sansa Air, where our taxi and boat will transport you to the resort. We will assist with transfer arrangements. Rates within this document include Airport transfers.

Can dietary needs be accommodated?

Absolutely. Our chefs are experienced in preparing meals for vegan, vegetarian, gluten-free, dairy-free, and other dietary lifestyles. Please inform us in advance.

Do guests need vaccinations or travel insurance?

Travel insurance is strongly recommended. No specific vaccinations are required for entry into Costa Rica, but we encourage you to consult your doctor based on your travel history and preferences.

Do retreat Hosts and Facilitators make any money?

Retreat hosts and facilitators are encouraged to add personal rates into the nightly rate of resort for personal payment. The resort does not pay hosts or resident teachers. Please be sure to collect your own fees from your clients.

What's the weather like?

Copa De Arbol enjoys tropical weather year-round. Dry months are late Nov – April. Expect warm temperatures and lush greenery, especially during the Green Season (May–November), with frequent rain after June.

Is there cell service?

Yes. Some major carriers offer coverage, and we suggest adding an international travel plan or purchasing a local SIM card upon arrival at the San Jose airport. Check with your service provider before arrival.

FAQ

Can guests share a villa?

Yes, pricing for shared rooms is up to the facilitator so long as the minimum rate is met for Copa de Arbol's per person, per night. Most villas accommodate up to 5 guests max.

Do I need to place a deposit to hold my retreat dates?

Yes. a 50% deposit is required to hold your retreat dates. The full balance must be paid 60 days before the retreat start date. Deposits are non-refundable.

Are yoga mats provided?

Yes, yoga mats, blocks and yoga towels are provided. We do advise guests and facilitators to bring their own mats if feasible. Sound bowls and other modalities are not included.

Are there any discounts for large groups?

Yes, groups of 25 guests and larger, plus hotel buyouts are given an exclusive discount.

How much is a hotel buyout?

The total of a hotel buyout can be depending on amount of days and specific details for all-inclusive requests. Please inquire within and we will help curate a custom balance for you.

What is the minimum and maximum guest occupancy?

There is a min occupancy of 8 people and a min 4 night stay. After 14 or more guests a full hotel buyout is required. There is a max occupancy of 28, not including 2 facilitators.

Does Copa de Arbol help with Marketing?

Copa de Arbol will strategically market all retreats and events if they happen to be open to the public. Facilitator info and itinerary will be added to our upcoming events pages, posted across social media and sent in our newsletters.

Can we customize tours?

You are welcome to create the retreat of your dreams, we will help you to add-on tours like Corcovado National Park, Snorkeling, Massages, Horseback riding and so much more. Tours are not included in nightly rates.

What is your cancellation Policy?

Deposits are non-fundable.

BEGIN BRINGING YOUR RETREAT TO LIFE

We work closely with retreat facilitators to ensure a seamless experience from start to finish, from booking your villas to coordinating boat arrivals and preparing custom meal plans. To begin the process or inquire about availability, please contact:

Retreat Coordination & Reservations

Email: social@copadearbol.com

Phone: +1(831) 246-4265 or +1(760) 686-5959

Website: www.copadearbol.com

BOOKING DETAILS FOR FACILITATORS & HOSTS

- A signed retreat agreement and 50% deposit is required to reserve your dates.
- Facilitators are responsible for collecting all participant payments and release forms prior to arrival.
- Final payment to Copa De Arbol is made in one group sum, 60 days before the retreat begins.
- Custom invoices, contracts, and accommodation layouts are available upon request.
- We are happy to help you plan optional excursions, wellness add-ons and activities.
- All facilitators must carry general liability insurance and show proof of certifications for expertise.
- All facilitators must pay full balance due (60 days from start date), we do not accept payments from individual guests/clients.

STAY CONNECTED

social@copadearbol.com

www.copadearbol.com

[@copadearbol](https://www.instagram.com/copadearbol)



COPA DE ARBOL

Beach & Rainforest Resort