



Thinking about bringing a group to Costa Rica for Yoga, meditation, or to just get away? Panacea offers quality service with a personal touch. With six cabinas available to rent, fantastic vegetarian meals, an open air rancho for classes, and a breathtaking view over the mountains to the pacific, we offer this Peace of Paradise as a place to renew and recharge and hope to share it with you and your guests.

[What is the Panacea Experience? Check out our Guest Testimonial](#)
(click here to view)

Each day all members of your group will enjoy:

- an enchanting cabina with spectacular views
- delicious vegetarian meals*
- your scheduled classes
- afternoon water aerobics classes daily
- With a 4 night stay, each person also enjoys a complementary healing reflexology session.
- With 7+night stay, receive all of the above as well as a complementary volcanic mud treatment.



* On Saturday nights a shuttle is provided into Tamarindo where you can see the sunset from the beach and then enjoy dinner at one of the local restaurants. All other meals during your stay are included with your package.

Excursions and Spa

While you are in Costa Rica there are so many exciting activities for you and your group to experience. You will work with a member of our staff to ensure that your group finds activities such as surfing, Stand Up Paddleboarding, a canopy tour, estuary tours, and of course a number of fantastic spa services on site. We will help you customize your trip so that you not only get to experience the Peace of Panacea but also the excitement that Costa Rica has to offer (these excursions and spa services will be at an extra cost to you and your guests).



Enchanting Cabinas



We have six cabinas available for rent. The cabinas are up the hill from the dining room, pool, and yoga areas. Five of these have both a double and single bed, and one has only a double bed. The cabina with the double bed we usually reserve for the group leader. All cabinas have ceiling fans and a private bathroom with hot water.

We have an open-air rancho which is approximately 1100 square feet for classes, along with the dining room and pool areas.

With five cabinas being rented the group leader stays in the eighth cabina free. Bring 5 people (single occupancy) to 10 people (double) and we will provide the Peace and tranquility that is Panacea. All of your group members would pay our discounted group rate. For example, our 7 night group package rates from November 15, 2013-May 2014 are currently: \$1195 and Double Occupancy \$836. A \$500 non-refundable deposit for up to 5 nights, and \$100 each additional night is required to guarantee your group reservation.

Capture the flavor of what a Panacea stay can do! Check out: http://www.tripadvisor.com/Hotel_Review-g309253-d601971-Reviews-Panacea_de_la_Montana-Tamarindo_Province_of_Guanacaste.html

Your stay will be at no cost to you!

All you need to do is bring a minimum of 5 people (single occupancy) to a maximum of 10 people besides yourself. This will allow us to close Panacea to other guests and allow Panacea to be your private sanctuary while you and your group stay with us. We require a \$500 non-refundable deposit for up to five nights and \$100 for each additional night in order to hold dates for you. One month before your retreat, 50% of the total cost is due. The balance is payable upon your arrival at Panacea.

Promoting your Retreat

Once you choose a date for your stay with Panacea we would be happy to send you some marketing material as well as a detailed email so that you can forward to the group you would like to bring. We would also be happy to post your retreat on our special events page for advertising.

Getting to Panacea:

We are located 10 minutes from Tamarindo Beach, a 1 hour drive from the Liberia International airport and a 5 hour drive from the San Jose International airport. From Liberia: We can arrange for a driver to meet you at the Liberia airport (price of the transport will depend on number of people). A good estimate for a group is about \$20 one way per person from the airport, and the same amount for the return. Delta, US Air, Continental, United, Air Canada, JetBlue, Frontier, Taca, Copa, and American Airlines all fly into the Liberia airport. From San Jose: You can either take the bus (Interbus: www.interbusonline.com or Grayline: www.graylinecostarica.com for about \$40 per person one way) or fly on one of two small airlines into the Tamarindo airport. The two airlines are Sansa Air www.flysansa.com and Nature Air www.natureair.com. We can arrange for pickup from the Tamarindo airport.

Please keep in mind: Check in time is from 12:00 pm until 5:00 pm. Arriving during daylight hours allows us to provide your group with an orientation to the mountain. We can recommend a place to stay your first night if you or members of your group will be arriving later.

We are all excited to share the Panacea experience with you and your group! We look forward to hearing from you!



Sincerely,
Mary Byerly

Panacea de la Montaña Yoga Retreat & Spa

Discover paradise and bring a peace home

www.panaceacr.com