

COSTA RICA WELLNESS RETREAT

With Bruce & Mindy

GETAWAY EXPERIENCE

Join International Nutrition and Fitness Experts Bruce & Mindy Mylrea at **The Pura Vida House**, award winning, custom-built luxury villas located within Hacienda Pinilla, Costa Rica's most prestigious 5-star beach resort.

You will start your day on the beach for Mindy's signature workouts. Each day will be a blend of meditations, breathwork, Plant Strong Nutrition education, massage, and so much more.

Join us for the ultimate wellness destination experience!

January 5-10, 2026!

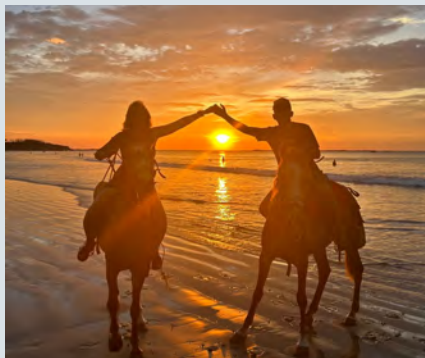


LIVE. LAUGH. PLAY.

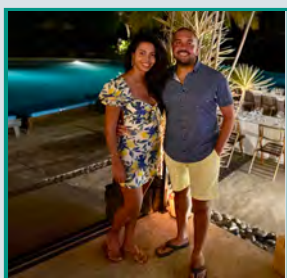


RESORT AMENITIES

- The Beach Club at Hacienda Pinilla
- 3 pristine beaches (private access)
- Ocean view fitness center
- 2 Lighted Tennis Courts and 4 dedicated pickleball courts
- Championship Golf Course
- Surfing famous Little Hawaii break
- 8 restaurants/bars
- Equestrian Center
- 20 miles of mountain bike paths
- Mini Market
- 2 Spas



Book Your Wellness Retreat Today!



MEET YOUR HOSTS

Mani & Cindy



MEET YOUR ORGANIZERS

Bruce & Mindy

GETAWAY INCLUDES:

- **5 night luxury accommodations** at: Pura Vida House (6bd/6ba)
- **3 meals** per day (breakfast/lunch/dinner) *lunch provided by Mindy/ Bruce, breakfast/dinner provided by private chef
- **2 Local Cultural Experience**
 - Visit town of Tamarindo
 - 60min massage
- **3 Wellness Sessions:** breathwork, yoga, and meditation
- **4 Group Fitness Classes**
- **4 Plant Strong Nutritional Cooking Sessions**
- **1 Round trip airport transfers** (Liberia International Airport, shared)
- **3 Golf carts for use within the resort** (shared carts)
- **Concierge Services:** Hosts will provide you with access to local knowledge, off the-beaten path places, waterfalls, rainforest, volcanoes, hot springs, giant turtles, and help to get there!
- House Keeping/Laundry Service
- High Speed Wi-Fi
- Exclusive Beach Club access
- 4 mountain bikes (shared amongst the group)
- 18 Hole Championship golf course (signature ocean views)
- Daily Costa Rican coffee

RATE

\$1,995/pp

- Only 12 spots available! This trip will fill quickly!!
- *all taxes/resort fees included in rate*
- *airfare not included*

**\$500 deposit required to book*

*Questions or Ready to Book? Contact: info@thepuravidahouse.com