

GOOD  **VIBES**
PICKLEBALL RETREATS

Costa Rica

May 11 - 17, 2026



Beautiful Private Resort with **FOUR Pickleball Courts**

COST: \$2200-\$3450 All-Inclusive, 7 Days/6 Nights



Surround yourself with lush beauty...



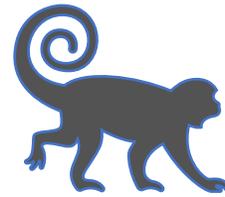
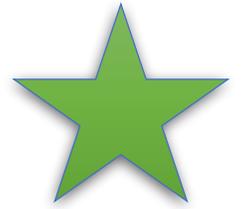
The Experience

- 6 night / 7 day **ALL-INCLUSIVE** (3 meals/day)
- **21+ hours of available pickleball instruction, clinics and open play**
- Using my unique skills as a pickleball instructor, PhD psychologist, and reiki trained practitioner, this retreat will delight and nourish you, feed your spirit, and help elevate your pickleball game...all while having a blast with your **tribe of women.**



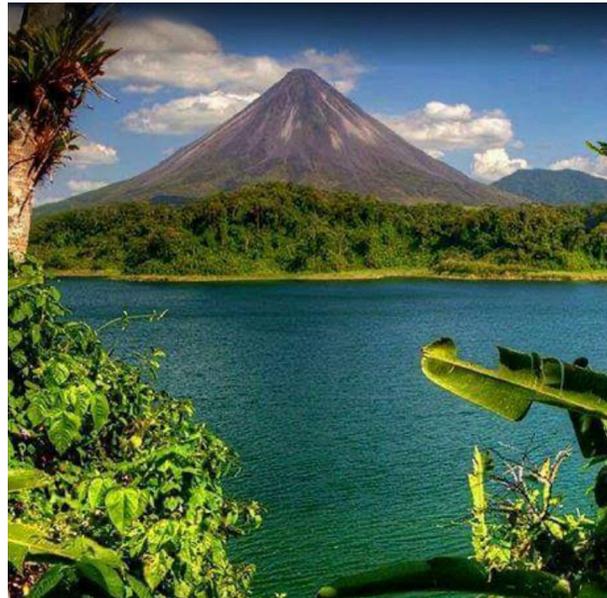
What Is Included

- **All Meals** – Breakfast, Lunch and Dinner will be cooked and served daily by on-site staff; 2-3 meals will be eaten off-site (\$10/meal will be allotted; anything extra will be covered by the guest); bottled water provided at the home
- **Three off-site excursions** plus beach trip; optional hiking and interactive monkey experience also available
- Transportation to and from the Airport (San Jose International Airport)
- Pickleball Instruction - 2-3 hours of daily instruction and clinics **plus extra hours for open play**



What Is Included

- Directed early-morning dynamic stretching and release, rhythmic movement, sound healing, and guidance on the basics of breath work and nervous system down-regulation techniques
- Small on-site gym available with weights and exercise equipment
- Optional Individual Reiki Session
- Good Vibes Pickleball Tank-Top
- Guaranteed FUN

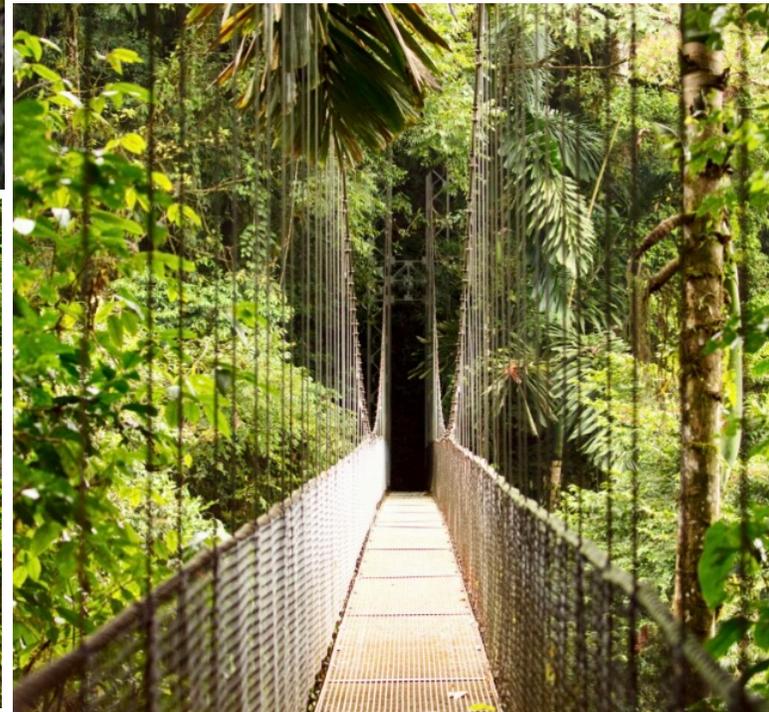
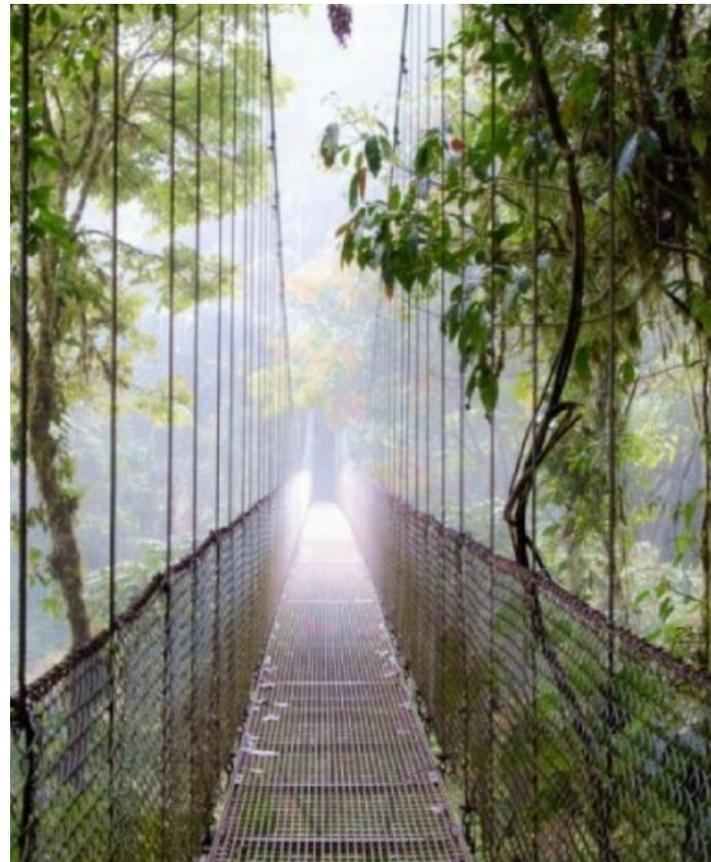


EXCURSION DAY #1

Mistico Hanging Bridges

Mistico Hanging Bridges are a quintessential Costa Rican experience - surrounded by rainforest jungle, hanging bridges and winding trails lead you through lush greenery and wildlife. It is a 2 mile smooth and easy walk where we cross 6 hanging bridges and 10 solid, fixed bridges. Along the way we will encounter stunning views of Arenal Volcano, pass a hummingbird garden and catch views of The Blue Morpho Waterfall.

Wildlife sightings include: toucans, monkeys, sloths, and other exotic birds.

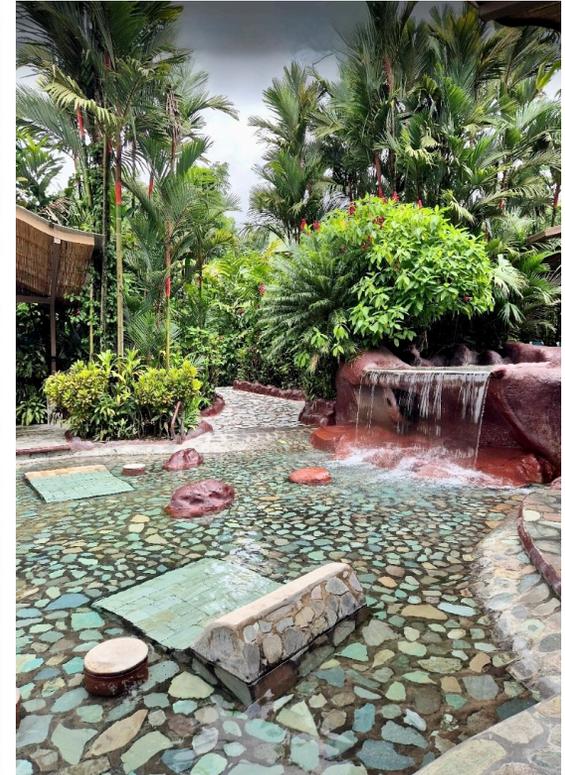


EXCURSION DAY #1 (con't)

Baldi Hot Springs Resort

Baldi Hot Springs Spa and Resort will be a relaxing end to an active day. Baldi is a resort with multiple geothermal pools (25 total!) at varying temperatures - all fed by the Arenal Volcano.

There are full facilities and amenities here. Baldi Hot Springs boast as the “largest hot springs in the world!”



EXCURSION #2

El Encanto Waterfall and Cacao Experience

El Encanto Waterfall is off the beaten path and very popular with the locals. Access is easy and we will stop by for the views and possible swimming if we so choose.

After the waterfall we will get a hands on experience related to the rich traditions of cacao, the plant that fruits what chocolate is made of. This tour takes you on a journey from cacao trees to chocolate bar; you will get a chance create your own artisanal chocolate masterpiece.

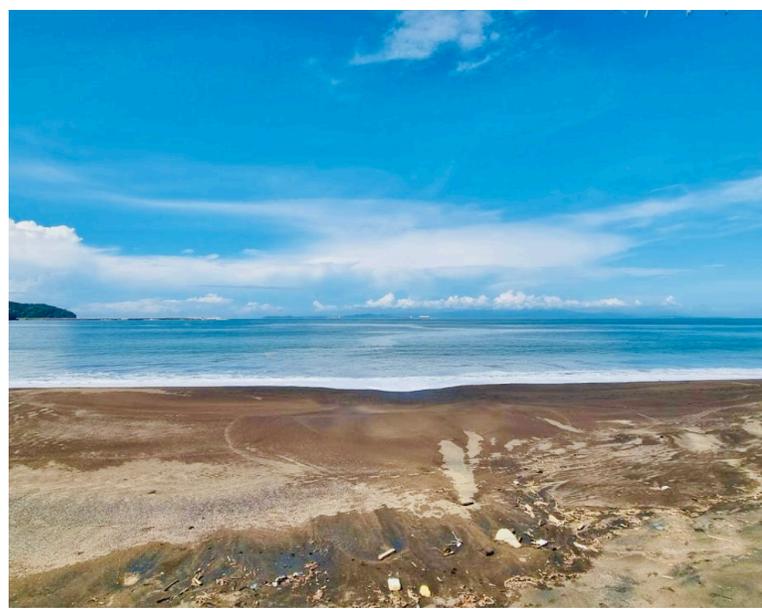


EXCURSION #3

Caldera Beach and Sunset Dinner

Playa Caldera is a wide, peaceful Pacific beach known for its open shoreline and relaxed, local feel.

We will arrive in time to wade in the water, walk along the shoreline or sit in the shade; dinner will be shoreside for the sunset behind the ocean.



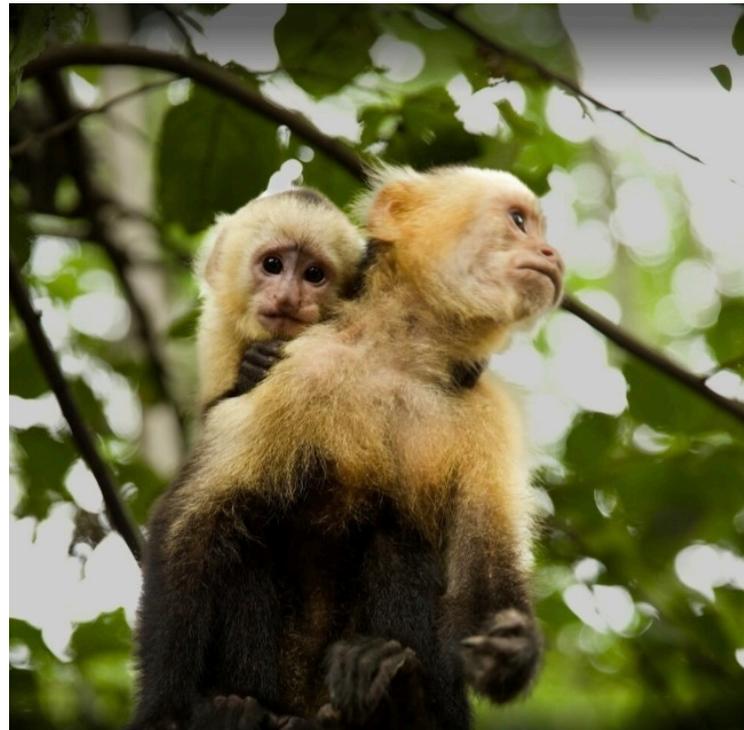
OPTIONAL EXCURSIONS

Cerro Tinajita Hiking and Monkey Experience

On two of your afternoons you will have the option of participating in additional excursions

One afternoon you will have the option to enjoy a hike at **Cerro Tinajita** where you can enjoy panoramic views; trail is gentle and natural.

On a separate afternoon you will have the option of visiting a **Monkey Habitat** where you can feed and interact with monkeys!



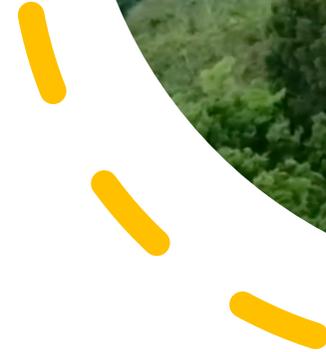
ITINERARY – Day 1 - Arrival

- Transportation will be provided from the airport (**San Jose International Airport**) to the resort flight times and options will be provided and coordinated for efficiency once you book
- Settle in; explore the property; dip in the infinity pool
Open Play PB
- Dinner
- Opening Ceremony – what to expect, ask questions, set intentions, bond and be happy
- Free time



ITINERARY – Day 2

- 6a-7a (sunrise is at approx 5:30a) – dynamic stretch and gentle flow
- 7:30a-9:30a – **Pickleball Clinic**
- 9:30a – Breakfast
- 10a-1p – Free Time / Massages / **Open Play PB**
- 1p - Lunch
- 2p - Excursion Available: **Hiking to Cerro Tinajita**
- 6p - Dinner
- **Night Open Play PB**





ITINERARY Day 3

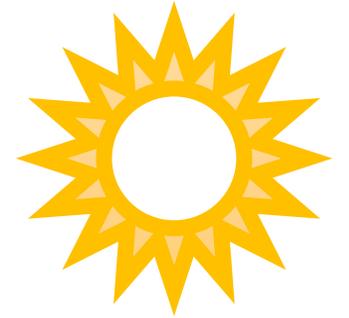
Full Day Excursion #1

- 7:00a — Breakfast
- 8:00a – Depart for **Mistico Hanging Bridges**
- 11a – 1p - Self-guided tour
- 1p - Lunch in La Fortuna
- 2p - Arrive at **Baldi Hot Springs**
- 5p - Depart Baldi
- 7:30p - Return home; dinner



ITINERARY – Day 4

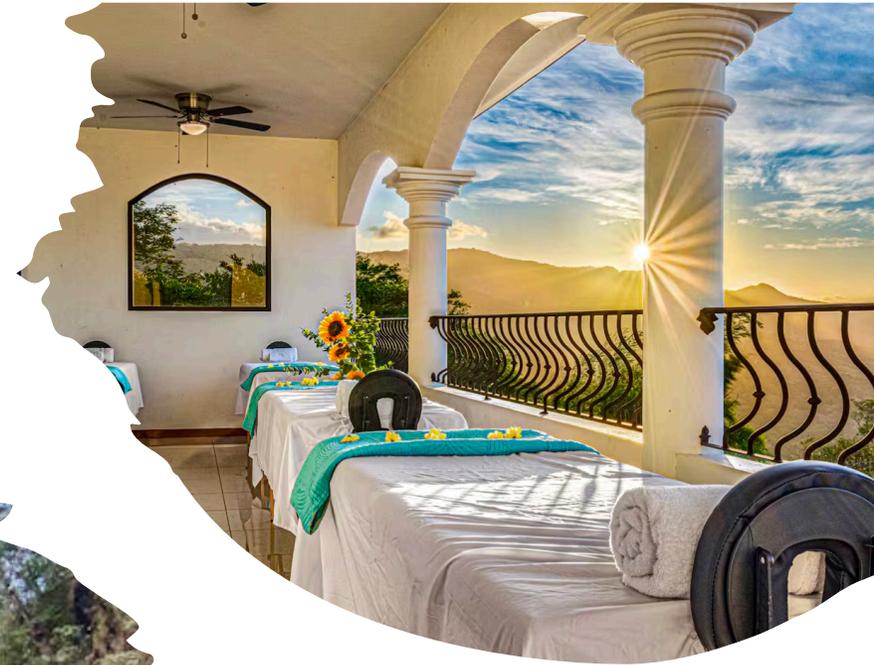
- 6a-7a – Gentle flow and guided breathing
- 7:30a-10a – **Pickleball Clinic**
- 10a - Breakfast
- 10:30-2p - Free Time / Massages / **Open Play PB**
- Afternoon Excursion: **Sunset at Playa Caldera and Dinner Beachside**
- Free Time / **Night Open Play PB**



ITINERARY – Day 5

Afternoon Excursion: El Encanto Waterfall and Chocolate Tour

- 6a-7a – Gentle flow and rhythmic movement
- 7:30a-10:00a – **Pickleball Clinic**
- 10a - Breakfast
- 10:30a-1p – Massages / Free Time / **Open Play PB**
- 1p - Lunch
- **2p-6p – El Encanto Waterfall and Chocolate Tour**
- 7p - Dinner at the home



ITINERARY – Day 6

- 6a-7a – Gentle flow and sound bath
- 7:30-11a - **Pickleball Clinic and Mini Tournament**
- 11a - Breakfast
- 11:30-2p - **Open Play PB / Massages**
- Excursion Available: **Monkey House**
- **7p – Dinner and Closing Ceremony**
- **8:30p – Poolside 70s, 80s, and 90s Dance Party**





ITINERARY – Day 7 - Departure

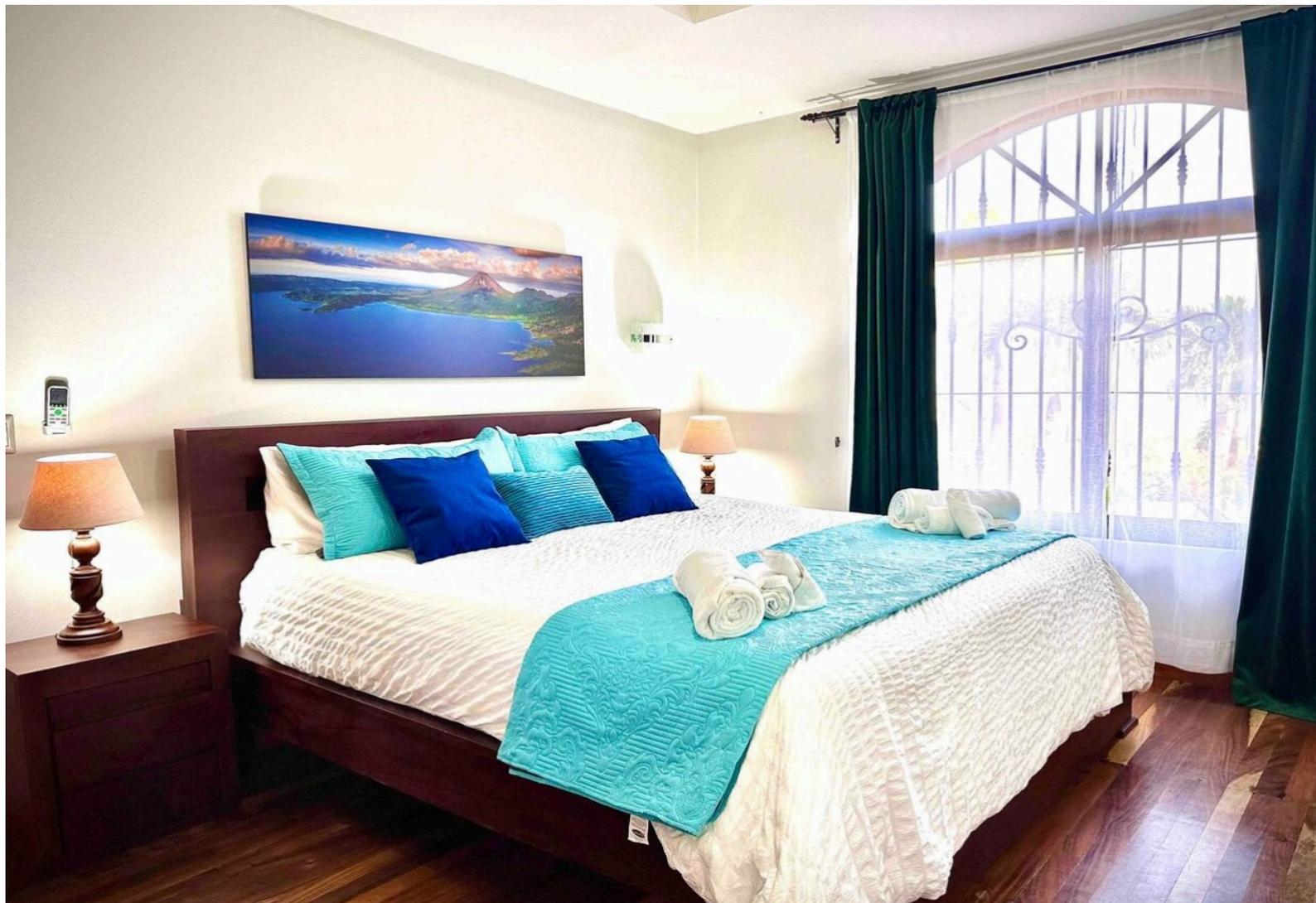
- 6a-7:30a – Gentle flow and sound bath
- Breakfast
- **Transportation will be provided from the house to San Jose Airport**

WHAT IS THE COST?

\$2200-\$3450 ALL-INCLUSIVE



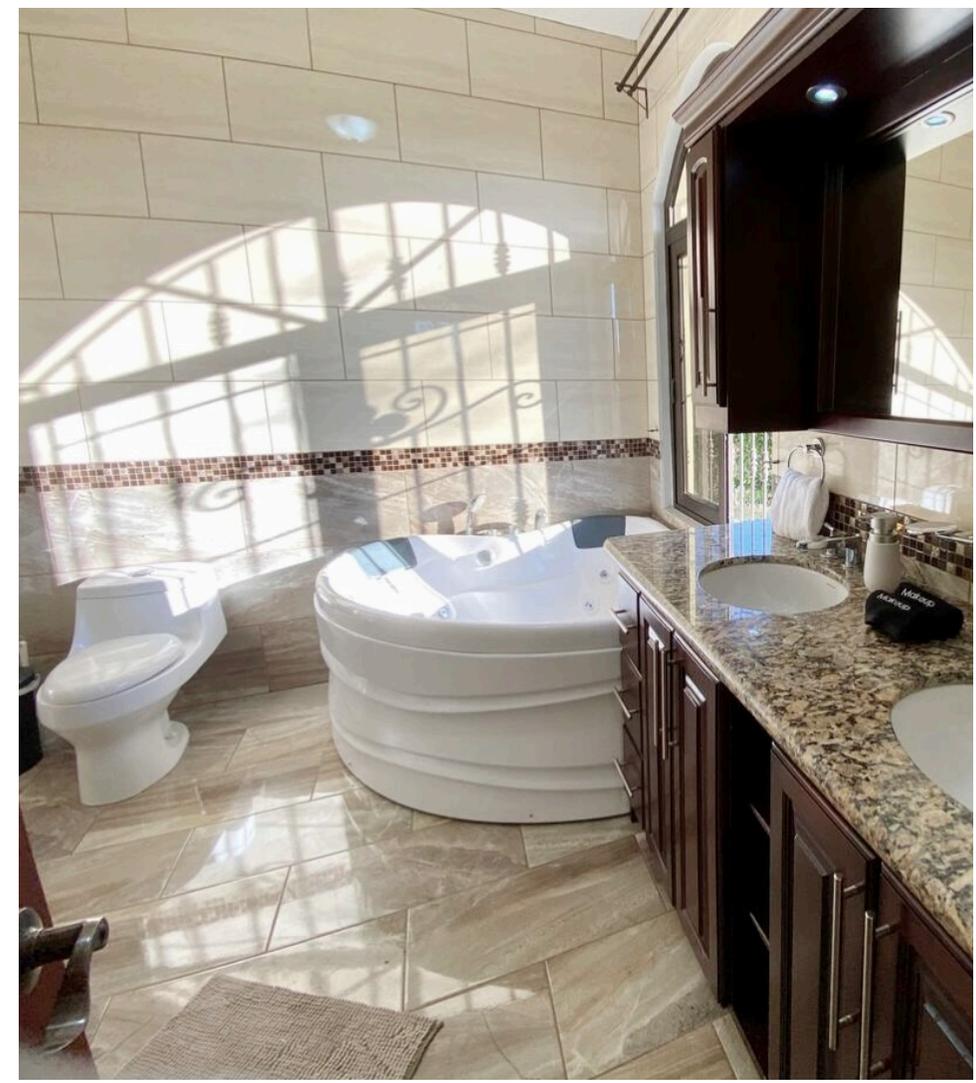
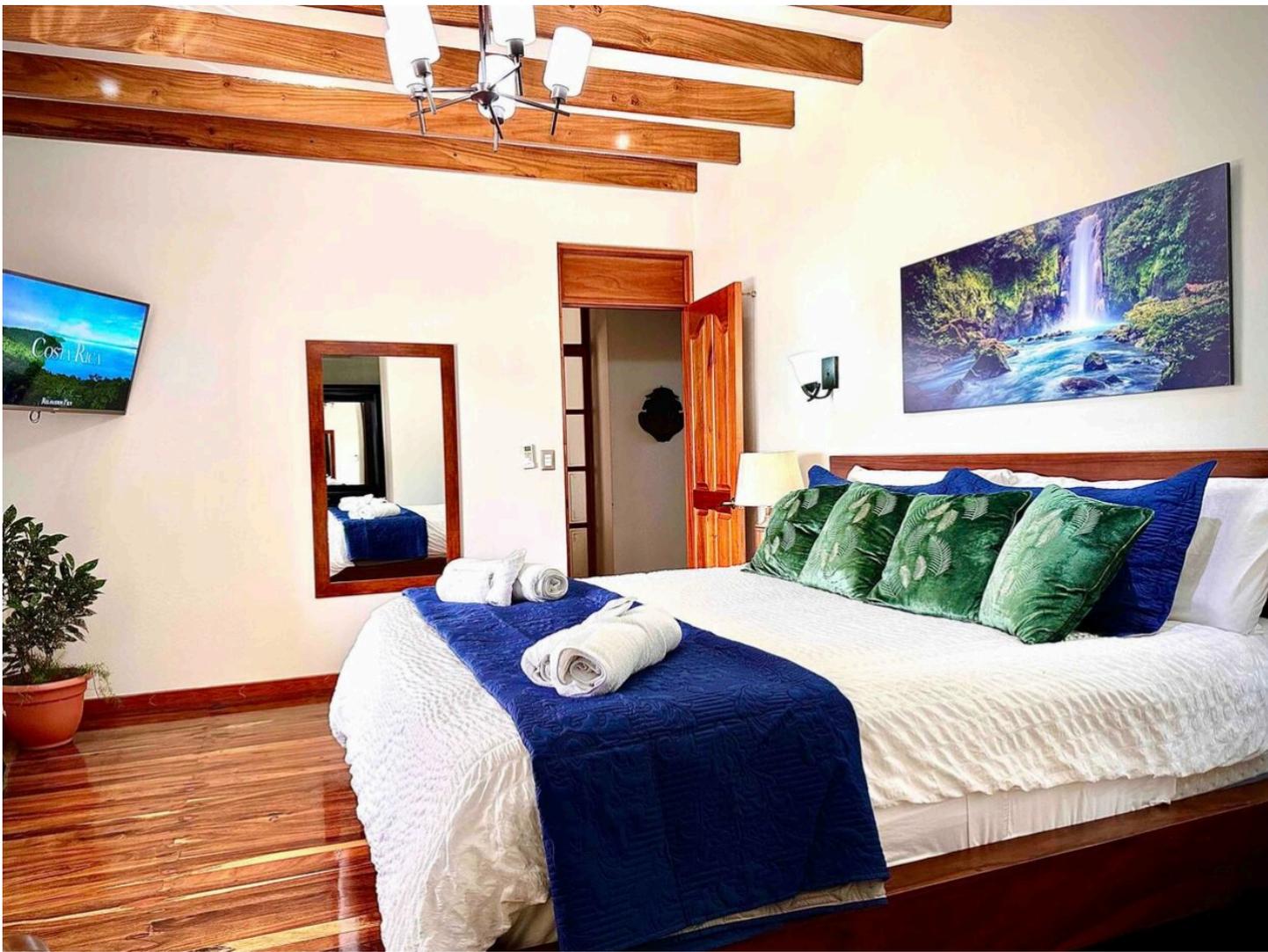
- Pricing varies based on sleep accommodations
- MAIN HOUSE — 5 bedrooms and 3 full baths; adjacent infinity pool
- GUEST HOUSE — 3 bedrooms and 2 full baths; volcano hot tub located right outside guest house
- TREE HOUSE — 1 bedroom and 1 full bath; beautiful and unique lodging experience



**MAIN HOUSE #1 - King Bed and Office Space
Single Occupancy only - \$2900**



**MAIN HOUSE #2 - Queen Bed
Single Occupancy only - \$2700**



MAIN HOUSE #3 - King Bed w/ ****Private Bathroom**** (jacuzzi tub and shower)

Single Occupancy - \$3100

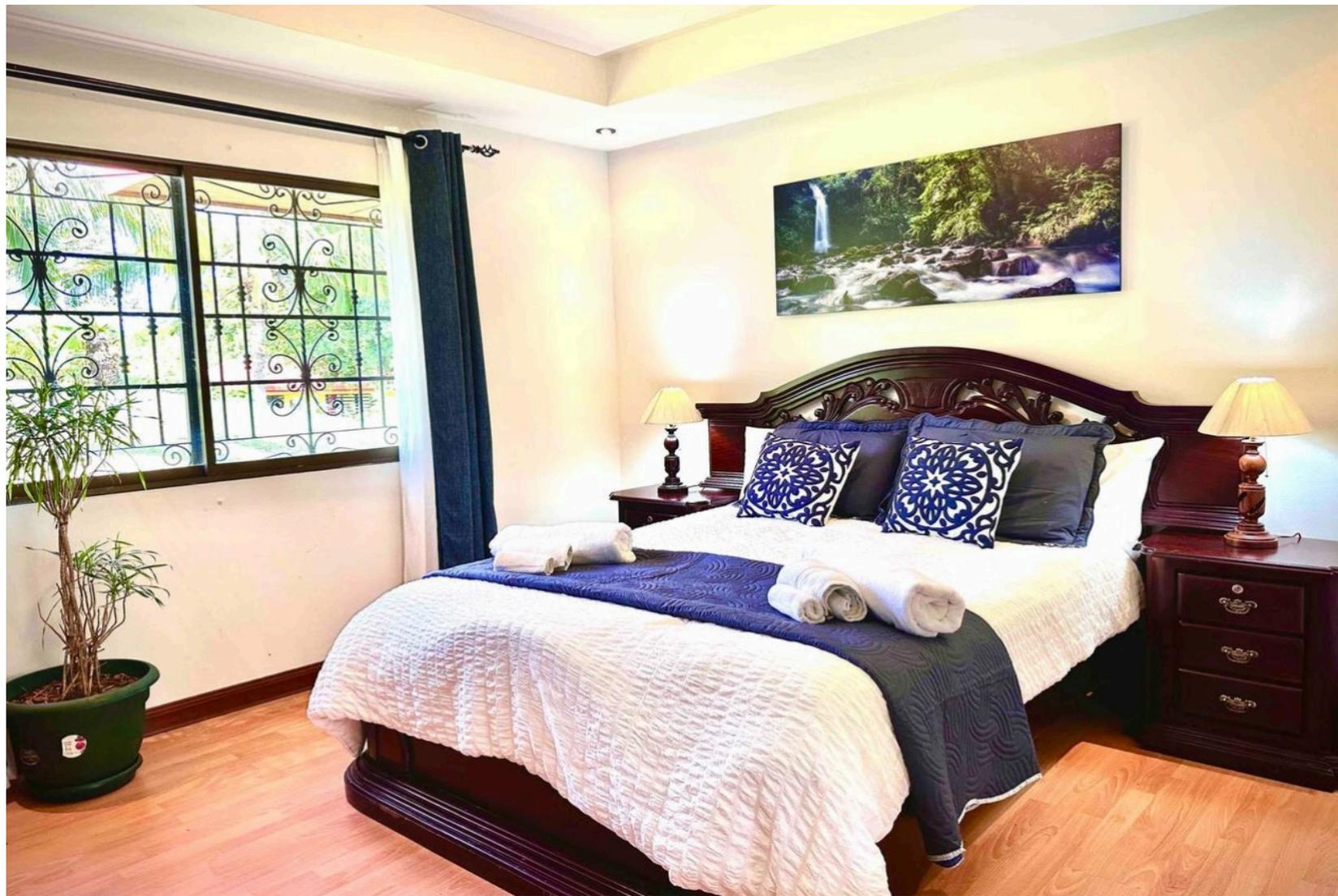
Double Occupancy - \$2300 each (sharing bed)



MAIN HOUSE #4- Queen Bed and Bunk Bed
Single occupancy - \$2800
Double occupancy - queen bed (\$2600); bunk (\$2300)



MAIN HOUSE #5 - Bunk Beds
Double Occupancy only - \$2200 each



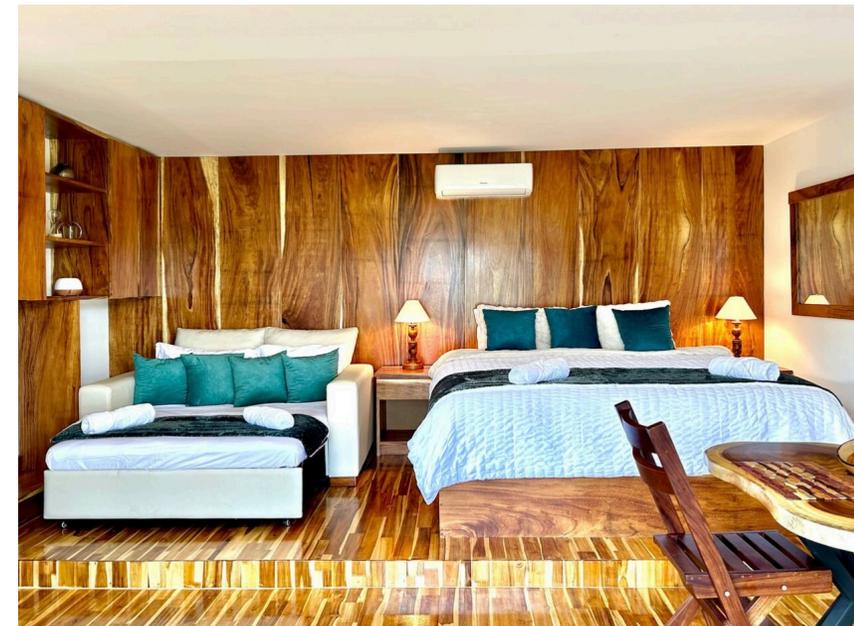
**GUEST HOUSE #1 - Queen Bed
Single Occupancy only - \$2600**



**GUEST HOUSE #2 - Queen Bed
Single Occupancy only - \$2600**



GUEST HOUSE #3 - Bunk Beds
Double Occupancy only - \$2200 each



TREE HOUSE - King Bed and Sleeper Sofa w/ Private Bathroom
Single Occupancy - \$3450
Double Occupancy - \$3100 (King Bed) and \$2700 (Sleeper
Sofa)



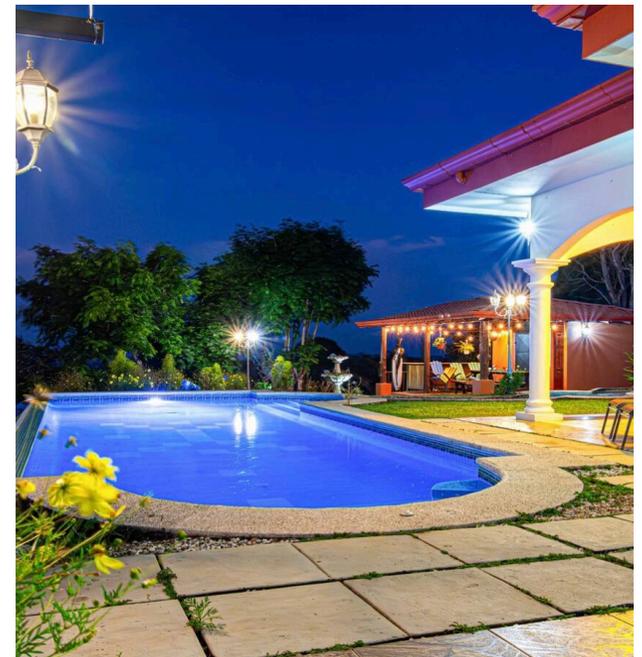
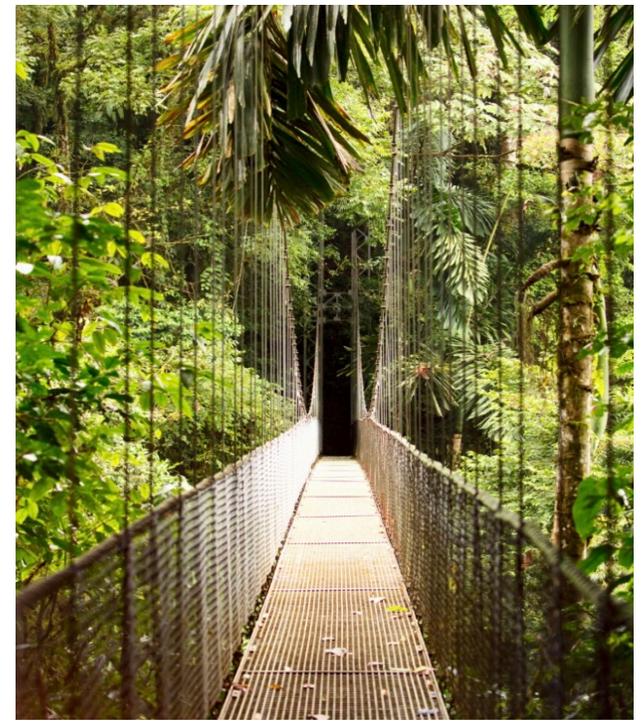
Miscellaneous

- Tips are NOT included; it is recommended to bring approximately \$100-\$130 in cash to be distributed among the house staff, tour guides, drivers, etc.
- Dietary restrictions can be honored - for example, if you are vegan - for approximately \$5 per meal at the home.
- There is a small market within walking distance of the house and a larger grocery store is a short drive away - guests can feel free to stock the home with any specialty or comfort foods they desire.
- Alcohol is not included in the all-inclusive price — feel free to bring your favorite tonics from home or stop buy the duty free shop at the airport.
- Massages are available and run approximately \$60-\$80 (plus tip) - bring extra cash for this.



Miscellaneous

- WiFi, towels, extra sheets, and a WASHER and DRYER are also found on-site
- Deposit is 50% of price; last 50% due April 1 – other arrangements can be made on a case by case basis
- **Flights generally run between \$350-\$600 ROUND TRIP**
- Group Size will be 8-12; bring your friends!
- **With FOUR pickleball courts available groups will be divided by skill level for instructional clinics and open plays**
- All activities are FULLY OPTIONAL – you do not ever have to participate in something you are not comfortable with or simply do not care to do – no questions asked.
- **DATES: May 11 - 17, 2026**



Ready to book? Questions?

- Email: goodvibespickleball13@gmail.com
- Phone: 305.926.2552
- More info available on website:
goodvibesPBR.com
- **Deposit is 50% of total; last 50% due by April 1**
- *SUMMARY OF ROOMS AND AVAILABILITY ON NEXT SLIDES*



Main House - 5 bedrooms, 3 bathrooms

- **Room #1** - King Bed w/ Office Space; Single Occupancy only (\$2900) - **open**
- **Room #2** - Queen Bed; Single Occupancy only (\$2700) - **open**
- **Room #3** - King Bed with Private Bathroom - **open**
 - Single Occupancy (\$3100)
 - Double Occupancy - sharing bed - (\$2300 each)
- **Room #4** - Queen Bed and Bunk Bed - **open**
 - Single Occupancy (\$2800)
 - Double Occupancy - Queen Bed (\$2600); Bunk Bed (\$2300)
- **Room #5** - Bunk Beds; Double Occupancy only (\$2200 each) - **open (x2)**



Guest House - 3 bedrooms, 2 bathrooms

- **Room #1** - Queen Bed; Single Occupancy only (\$2600) - **open**
- **Room #2** - Queen Bed; Single Occupancy only (\$2600) - **open**
- **Room #3** - Bunk Beds; Double Occupancy only (\$2200 each) - **open (x2)**



Tree House - 1 bedroom, 1 bathroom

- **Room #1** - King Bed - Single Occupancy (\$3450) - **open**
- Double Occupancy: King Bed (\$3100); Sleeper Sofa (\$2700) - **open (x2)**

