

LET TRAVEL CHANGE YOU



HEATHER HODES
TRAVEL

APRIL 18TH - 22ND, 2026 | 5 DAYS / 4 NIGHTS AT NANTIPA

From Striving to Thriving: A Women's Wellness Retreat *Where Wellness Lasts*

This is more than a wellness retreat—it's a thoughtfully curated experience for accomplished women starting a new chapter. Set in Costa Rica's Nicoya Peninsula—where wellness and longevity practices are a way of life—this 5-day, 4-night retreat helps you step away from the all the “shoulds” in the roles you've lived, realign with your purpose and values, and return with a clear, personalized wellness plan for how to live with more presence, connection, and ease in this new chapter.

This is not a granola retreat.
It's elevated, refined, and
deeply resonant.

*FROM \$3,200 PER PERSON,
BASED ON DOUBLE OCCUPANCY

*1,250 Per Person Single Supplement.

\$550 Non-Refundable Materials and Registration Fee.



Designed Exclusively for Clients of Anissa Paddock

Led by a **Board-Certified Health and Wellness Coach** and **Certified Blue Zones Advocate**, this retreat gently blends modern coaching with timeless principles of long-life living—offering sustainable well being practices, not temporary escape.

Contact Heather Hodes for Booking & More Information

HEATHER@HEATHERHODESTRAVEL.COM | (512) 468-1669



What's Included:

- 5 Days / 4 Nights at Nantipa, a luxury beachfront resort in the Nicoya Peninsula
- Daily coaching workshops rooted in the 3 core pillars: Purpose, Intention, Connection and tapping into the region's wellness and longevity practices
- Morning yoga, movement, and mindfulness sessions
- Signature experiences: Cabo Blanco Guided Meditation Hike, Bioluminescence Tour, Cooking for Longevity Class, Elixir Mixology Workshop
- Daily a la carte breakfast, 4 lunches, and 3 dinners
- Firepit evening with s'mores and storytelling
- Round-trip flights (SJO-Cobano) and private ground transfers
- Welcome amenity upon arrival
- 2 post-retreat private life coaching sessions to help integrate what you've discovered into real life

Ideal for Women *Navigating Transition*

Our group is designed for **high-functioning, thoughtful women** between the ages of 42 and 68 who are navigating significant life transitions such as empty nesting, career changes, or relationship shifts, or who are simply contemplating "what's next?" We are ideal for those ready to slow down, live with greater presence, clarity, and joy, and **who are seeking meaningful community, personal realignment, and actionable inspiration** rather than superficial solutions.

You'll leave not just refreshed, but realigned—with a new sense of direction, deeper connection, and clarity that carries into your everyday life.



Scan the QR Code to Visit Our Website

OR CONTACT HEATHER HODES DIRECTLY FOR BOOKING AND INFORMATION

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PAYMENT TERMS: A 50% deposit is required upon registration to secure each participant's spot. The remaining 50% is due by December 15th, 2025. Cancellations are allowed until January 18th, 2026 (90 days prior to the retreat start date). After that date, all payments are non-refundable. Guests who wish to have a private room (single occupancy) will incur a single supplement of \$1,250.

RESERVATION POLICIES: Payment links will be sent to each of the participants to complete the payment process. Unused services are not refundable, transferable or changeable for any other services. A la carte breakfast is included for all guests in our restaurant Manzú. Check in time is 03:00 PM for suites and bungalows. Check out time is 12:00 for suites and bungalows. Rooming List, copies of passports and flights: It should be sent by January 8th, 2026. Name changes that do not require an increase or decrease in the number of rooms, may be sent with 15 days anticipation. The reduction in the number of rooms once the group is confirmed is subject to penalties. According to the Law 9028 Smoke Free Environment of Costa Rica; smoking in all public places be it indoors or outdoors is strictly prohibited. This legislation includes the hotel, resort and spa area. This contract is valid only for Anissa Paddock Group; it doesn't apply for other groups or reservations.

CANCELLATION & POLICIES: Penalty for cancellations: No penalties apply for reservations cancelled 90 or more days in advance of the guests' arrival date. Reservations cancelled 89 days or less prior to scheduled arrival will incur in 50% penalty. Reservations cancelled 44 days or less prior to scheduled arrival will incur in 100% penalty. No shows will incur a 100% penalty of the entire stay reserved. Anticipated departures will incur in 100% penalty.