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PLAN SOUTH AMERICA

FRONTIER JOURNEYS



Montezuma Sanctuary

A Costa Rican Retreat

16 - 21 JULY 2026

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A PRIVATE NATURE RETREAT WITH SOUL

Rest and Reconnection in Costa Rica's Wild Northern Highlands

Set on a 1000-hectare private reserve in the foothills of the Tenorio Volcano, Hacienda Montezuma is a traditional Costa Rican ranch where days still move to the tempo of the land.

This July, the hacienda opens its doors for the first in a small, seasonal series

of retreats shaped by the restorative pull of nature. Hosted by the ranch's owner, Floriana Acosta, alongside a select circle of practitioners and therapists, the programme blends yoga, meditation, forest walks, Costaphonics, breathwork, and horse-led healing - all rooted in Costa Rica's ancestral traditions.



“The earth has music
for those who listen”

—George Santayana





THE CONCEPT

Holistic Healing, Rooted in the Land

Wellness at Hacienda Montezuma draws on the volcanic terrain, fertile soils and flowing water that define this part of Costa Rica.

At the heart of the program is Ericka Sánchez, one of Costa Rica's most respected movement practitioners. With over 25 years' experience, she leads daily movement practices, breathwork and meditation, working alongside Integrative Health Practitioner and Doctor of Acupuncture Lourdes Madrigal.

Between activities, Montezuma's herbalist prepares teas attuned to each guest, and a team of therapists offer massage and sound healing through the afternoons.

Each day follows a loose theme, with experiences ranging from silent forest walks and waterfall meditation to yoga and horse healing. The pace is gentle, leaving time for reflection and time to explore the land.

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THE DESTINATION

A Living Farm



A private family farm and working cattle ranch set between the Miravalles and Turrialba volcanoes, Montezuma offers a privileged window onto life on a traditional Costa Rican hacienda.

At its heart are two farmhouses and a lakehouse, surrounded by 900 hectares of rewilded pasture. Volcanic soils nourish cacao groves and forest, crystalline springs feed the rivers. Wildlife is abundant throughout the estate, including monkeys, tapirs, anteaters, sloths, pumas, toucans, hummingbirds and butterflies.

In the kitchen, Chef Emmanuel cooks from the estate: produce from the gardens, fruit from the orchards, cacao from the groves. Each meal is shaped by the land.

Itinerary



DAY 1

—Arrival & Grounding

Guests arrive through the morning and are welcomed with herbal teas and snacks before gathering at La Casona for lunch. In the afternoon, Floriana will gather guests, introducing the spirit of Montezuma and the flow of the week.

Later, a restorative class focuses on releasing tension through breathwork and myofascial release, closing with a deep Shavasana accompanied by sound healing.

The day ends with meditation and integration practices - a chance to settle body and mind - before everyone sits down for dinner together.

DAY 2

—Healing & Energy

The day begins with guided breathwork and a warm facial treatment to gently wake the body. Then, a silent forest walk to a secluded waterfall, where you'll cleanse with volcanic mud and spring water, before settling down to a picnic by the falls.

Back at the hacienda, the afternoon returns to movement with gyrokinesis (a breath-led practice for spinal mobility and fluid strength), alongside optional therapies including massage, sound healing and cold facial treatments.





DAY 3

—Horses & Flow

Morning meditation and dance wake the body and clear the mind. This is followed by a guided Costaphonics listening walk in the forest: small sensors are attached to plants and trees, translating their natural vibrations into sound, heard through headphones as you move slowly through the landscape.

The afternoon is set aside for horse-assisted healing and therapeutic massage, before everyone gathers for dinner.

DAY 4

—Integration & Vitality

Meditation and breathwork set the tone for the morning, steadying body and mind. A strengthening barre class follows, with a focus on posture, strength and controlled movement.

In the afternoon, guests create personalised blends in a botanical oil workshop, finishing with a cold facial immersion to stimulate circulation. Later, there's an optional Vayu practice exploring gravity, suspension, and fluidity using aerial fabrics, working with the body's five vital winds (vayus) to support balance, energy flow and overall wellbeing.



DAY 5

—Closing & Giving Back

The morning begins with meditation, followed by breakfast by the lake. Then it's time for a guided conservation walk, during which each guest will plant a tree - a small, living mark left on the land.

After lunch, the afternoon turns to uplifting dance before a guided cacao ceremony, drawing on the region's long cacao-growing history. The day closes with a final shared supper.

The Farmhouses

Two farmhouses and a lakehouse hold just ten guest rooms, each shaped by Floriana Acosta's eclectic eye for craft and detail. Spaces blend traditional hacienda character with pieces collected on her travels, opening onto terraces, gardens and views across the volcanic highlands.

—La Casona



The main house, with a two-room suite (king & queen beds, adjoining bath), three double queen rooms (en-suite) and one queen room (en-suite).

SINGLES — \$10,500PP

DOUBLES — \$8,500PP

—La Casita



The cottage, with a king room (private bath) and two queen/twin rooms (shared bath).

SINGLES FROM \$8,500 — \$10,500PP

—El Establo



The lakehouse, with one king room upstairs (private bath) and another downstairs (private bath).

SINGLES — \$10,500PP

DOUBLES — \$8,500PP

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Price

- The hacienda offers nine bedrooms set across three houses, each distinct in character and design
- For two people sharing, rooms with either a king bed or two queen beds and a private bathroom are \$8,500 per person
- For those who prefer their own room, rates are \$8,500 per person with a shared bathroom, or \$10,500 per person with a private bathroom

What's Included

- Five nights' accommodation at Hacienda Montezuma
- Daily breakfast, lunch, dinner, snacks, and beverages, with an emphasis on simplicity and provenance
- Guided hikes and activities around the reserve, including waterfall cleansing, tree planting, Costaphonics listening experience
- Daily classes, including meditation, breathwork, dance, yoga, gyrokinesis, and horse healing
- One 90-minute treatment (sound healing, Thai or Swedish massage)
- Return transfers from Liberia airport

Not Included

- Additional treatments (available on request)
- International flights
- Travel insurance

Possible Extensions

—Volcanoes & Thermal Springs

21ST JULY | \$2,635PP

The day opens with a helicopter flight over Costa Rica's northern volcanic range, descending into Sensoria, a private rainforest sanctuary celebrated for its mineral-rich thermal waters. Guests are welcomed with a short ritual and contemplative walk through the rainforest to a waterfall, then time is spent in the thermal pools, with aquatic bodywork and a volcanic clay treatment.

A massage or hot-stone treatment follows, with lunch served in the gardens and a closing reflection before returning to Hacienda Montezuma.

—Tapirs & Sloths in Bijagua

22ND JULY | \$1,385PP

The morning begins at Tapir Valley, a private reserve dedicated to the protection of Baird's tapir - among Central America's most endangered mammals. After a light breakfast surrounded by tropical birdlife, a naturalist will lead a walk through the forest to observe the elusive tapir and other wildlife.

Afterwards, a local family hosts a traditional Costa Rican lunch at their casita, with time to swim at a nearby waterfall. The afternoon is spent at a nearby sloth sanctuary, where conservationists share insight into efforts to protect sloths in the wild.

—Journey Onward

BEFORE OR AFTER | PRICE ON REQUEST

For those inclined to continue their journey, restoration at Montezuma can form part of a wider itinerary across Costa Rica or across Central America - from private islands and little-visited coastlines to art-led city stays. Our specialists are on hand to help arrange your travels either side of the retreat, designed around your interests and the time you have available.



Practical Information

Dates

16 — 21 July 2026 (Sanctuary only).

Group Size

15 people.

Location

Hacienda Montezuma lies in the Guanacaste region of northern Costa Rica, near the Tenorio Volcano National Park.

Getting There

International flights arrive at Liberia International Airport (LIR). From here, guests are transferred by private vehicle on a journey of around an hour and a half to reach the hacienda. Arrivals into San José International Airport can also be arranged.

Climate

July is a green, vibrant month in northern Costa Rica. Days are warm and lush, with occasional tropical showers that pass quickly, leaving the landscape fresh and alive.

A man wearing a green wide-brimmed hat with a blue bandana, a grey polo shirt, and blue jeans is leading a line of horses on a dirt path. The horses are of various colors, including white, brown, and chestnut. The background shows a green field and trees.

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