

## FLORESTRAL HOSTING CENTRE

Florestal is available to host your retreat or workshop!

Florestal International Hosting Center has functioned as a retreat center for the past 10 years, serving thousands of guests from around the world attending retreats held by Sol Circle as well as YTT retreats, self-empowerment retreats, functions and various holistic trainings.

Our intention is to share the beauty and abundance of this land that is tucked away in the Costa Rican jungle, to warmly host and support practitioners, retreat facilitators and their guests. We welcome retreats and workshops that support human growth and development; Such as yoga, meditation, healing modalities, sound immersion and earth healing practices.



### The Land

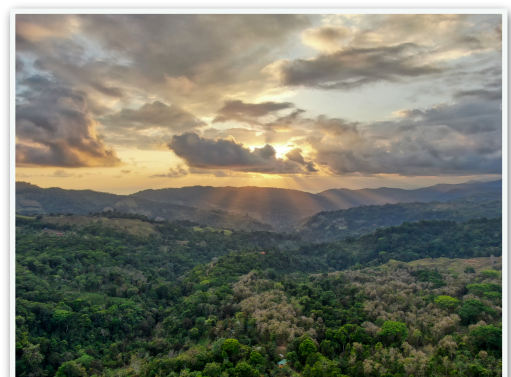
*Florestal is where the Forest touches the Astral*

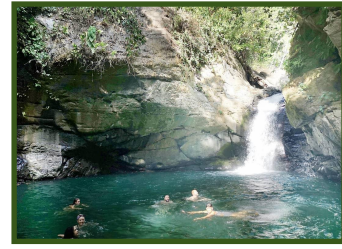
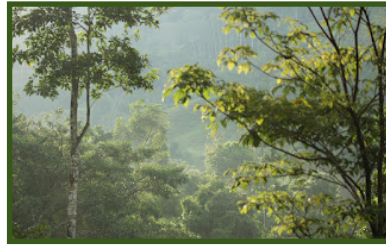
Our expansive and unique facility functions in deep connection with Mother Nature and is also the forest home of a growing eco-conscious spiritual community that is building its dream of self-sustainability, reforestation and healthy human coexistence.

We have a diverse team of staff and residents that work together to maintain the harmonious balance of life in the forest.

We are located in the lush Diamante Valley on the Pacific coast of Costa Rica.

Florestal is 40 minutes to Dominical, a renowned surfing destination with great restaurants, shopping and excursion options. We are also 30 minutes from San Isidro, a large city center with many amenities, modern medical facilities and government services.





Florestal Hosting Center is situated on several hectares of pristine rainforest. Swim in the beautiful Diamante river that runs through the property and enjoy scenic pools and waterfalls and many quiet spaces for reflection.

## Hosting Facilities

Our spacious hosting center is embraced in the quiet of nature without artificial noise, lights or disruptions, you can immerse yourself into the privacy and peacefulness of this friendly jungle.

Our facilities include:

- ✿ fully equipped open-plan kitchen
- ✿ large dining area to seat over 50 people
- ✿ lounge space for intimate gatherings
- ✿ an office space with wifi
- ✿ a shop
- ✿ temple space that can fit up to 50 people for group activities, yoga, meditation, dance etc
- ✿ fire temple for silent meditation and kirtan
- ✿ 13 cabin rooms to accommodate 30 people in a shared room set up, or to be used as 11 private rooms.
- ✿ camping spaces
- ✿ facilitators cabin
- ✿ two outdoor fire circles
- ✿ solar-heated hot water showers
- ✿ eco-friendly composting toilets
- ✿ river access with natural pool
- ✿ nature trails that lead to waterfalls
- ✿ outdoor areas

## Hosting Center Kitchen

Our spacious kitchen can accommodate small groups or large gatherings.



Bring your own chef or enjoy our in-house chefs, who prepare locally-grown, nourishing meals 3 times a day and are available to co-create the menu with retreat leaders to follow retreat programming.

Our kitchen has 2 menu options to serve different budgets, from basic to gourmet. We also offer vegan and gluten-free options as well as considering any food allergies that a particular participants may have.





## The Accommodations

We have enough indoor sleeping space at Florestral to accommodate 25-30 guests, depending on the shared or private room requirements of each retreat. The cabins are built from wood or ferro cement. Some rooms can fit up to 3 people sharing in single beds. Rooms set up as private have double bed. Rooms have shelves for clothing, some have outdoor basins. As we understand your specific retreat needs we work with you to create a room plan.



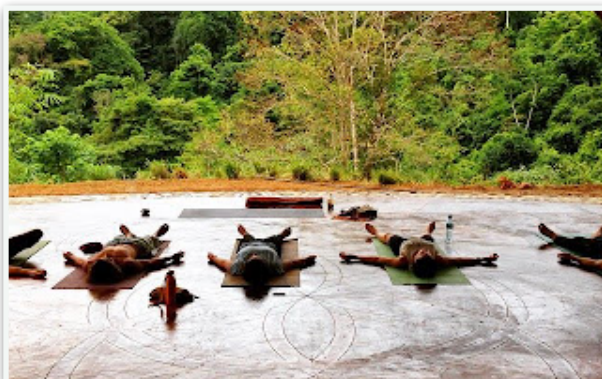
## The Daime Temple

The Daime Temple is a beautiful sacred space that holds up to 60 people.

The Temple has open views to nature, you can hear the sound of the river flowing, has electricity, yoga props, mattresses, chairs. The space of Temple can be used for Yoga Classes, Classes, Sound Healing, Energy Work, Workshops, dance and movement activities, and more.



Your guests will enjoy a breathtaking forest view from the Daime Temple.





## Optional Features for your Retreat Group



**The Fire Temple** is a beautiful lotus shaped temple with a central fire, here we hold silent meditations and Kirtan.

**The VISphere** is available for private bookings during retreats at an additional cost.

Please visit [www.VISpheres.com](http://www.VISpheres.com) for more information on this revolutionary meditation journey platform.



### **Sacred Sound Studios**

Florestal hosts a world class recording studio, the largest in Central America. Retreat leaders can rent this facility for recordings and video production. <https://www.sacredsoundstudios.org>

**The Sweat Lodge** is available for bookings for your retreat at an extra cost. We recommend setting aside an entire day in your programming for this ceremony.





## Hosting Services

We offer a variety of optional services when you host a retreat, which include:

- \* assisting with input on your retreat plan
- \* welcome service
- \* in-house chef
- \* co-creation of your retreat meal plan and menu
- \* transport from and to the airport
- \* arrangements and bookings for excursions
- \* cleaning & laundry service
- \* song circles facilitated by our crew
- \* Kirtan at the Fire Temple
- \* sweat lodge ceremonies
- \* yoga classes
- \* individual therapeutic sessions with local practitioners such as massage, reflexology & more
- \* Sound Journey sessions
- \* VISphere sessions
- \* rental and set up of audio equipment
- \* filming and video production of your retreat

Please contact us with information regarding your specific retreat, as well as the services you would like to include.

## Reservation procedure

You can discuss your retreat needs with us via email ([hostingcenter@solcircle.org](mailto:hostingcenter@solcircle.org)) or we can gladly schedule a phone call. We are here to answer any questions and then also help you with details and arrangements. It is also possible to visit our center in person and have a guided tour, so that you can see the space and feel if it's fitting for your retreat.

We will send you a rental contract that covers the details of the retreat, liabilities and payments.

Once you have decided to rent our center we will require a deposit of 30% to ensure the booking. One month before the retreat a second payment of 30% will be expected. The final payment will be made in person on the day of arrival.

Watch our walk-through video: <https://www.youtube.com/watch?v=d8EhKU2PmPA>

## PRICING

Exclusive use of the Hosting Center and accommodation in the cabins for up to 15 people is \$950 per night

\$40 additional charge for every extra person per night

For groups over 15 people, we will host 2 facilitators without charge.

The price covers the private use of the hosting center during your retreat and includes:

- \* Lodging in the cabins according to your retreat needs, as shared or private
- \* Bedding
- \* Daily cleaning service
- \* Access and use of all the hosting center facilities; the Temple, fire circles, river pool, use of the glade for outdoor activities, dining area, wifi and office space.
- \* Welcome service
- \* Our personal assistance with logistics
- \* Including your retreat on our online calendar (if desired)

***This price does not include food nor use of the kitchen.***

If you are bring your own chef, the use of the kitchen is \$100 per day.

### **Food Pricing**

We have two levels of meal plans to choose from:

#### **1. Basic vegetarian menu**

3 meals a day for up to 13 people is \$500 per day

\$35 for every extra person after that

This menu offers wholesome meals, simple and tasty.

We use as much locally sourced organic and natural produce as we are able to.

Catering for special dietary needs.

#### **2. Premium vegetarian menu**

3 meals a day for up to 13 people is \$750 per day

\$45 for every extra person after that

This menu offers a larger buffet menu with added variety, as well as deserts and speciality meals like mediterranean, pizzas and sushi to name a few

We use as much locally sourced organic and natural produce as we are able to.

Catering for special dietary needs.

**We hope to work with you and make this a special experience for you and your participants.**



**SOL Circle Florestral**

**[www.Florestral.org](http://www.Florestral.org)**

**[Facebook Florestral](#)  
[Facebook SOL Circle](#)**

**[Video library](#)**

**[hostingcenter@solcircle.org](mailto:hostingcenter@solcircle.org)**