



Costa Rica

THE GROUND WITHIN

A 7 day **Women's Journey**
through Costa Rica and into yourself

NOVEMBER 13TH – 19TH, 2026

*You kept showing up for everything.
Now show up for yourself*

Created by Catalina Calvo @catalunah
Powered by Sylvia Chaves @joycostaricajourneys

What this journey offers



For women who kept moving forward — and somewhere along the way, lost the thread back to themselves.

Life kept asking things of you — and you kept showing up. Until something real — something yours — started pushing through. And you realized you couldn't remember the last time you had shown up for yourself.

The Ground Within is a **seven-day journey** through **Costa Rica** for **women** who are ready to **deepen their relationship with themselves.**

Over seven days, you will move through some of the most alive landscapes on earth — volcanic wilderness, jungle, and ocean.

A journey through Costa Rica and through yourself.



You will explore Costa Rica with time to breathe it in, touch it, taste it. Not as a spectator — as part of it. There will be depth — and there will be joy and pleasure. Because both are how we find our way back to ourselves.

Every **experience in the land** is woven together with an **inner practice** — rooted in **feminine wisdom** and held by tools such as astrology, lunar cycles, intuitive writing, breath and ritual. Practices that invite you back to your body, to the present, and to a deeper truth about yourself.

That is how you find your ground within and from that ground — joy becomes inevitable.

The best journey is always the one inward. **This one happens to take you through Costa Rica too.**

Seven days to move slowly. To eat well. To sit in a hammock and actually read. To walk through a forest without checking your phone. To share a meal and stay at the table — in the company of women living the same experience. And to come back to yourself in the process.

Nature experiences

Hiking, waterfalls, natural hot springs, catamaran, zipline, blue zone experience, relaxing at the beach



Connection experiences

Women's circles, guided conversations, shared meals, silence held together, bonfire



Reflective practices

Self discovery through tools such as intuitive writing, movement and body awareness, meditation, rituals, creativity, astrology, lunar cycles, tarot.



Every experience is a thread — woven together into this journey.

Nature and Blue Zone Experiences

We don't just visit these places. We enter into relationship with them. The forest, the waterfall, the ocean — they perceive us as much as we perceive them. And in that exchange, something in us remembers what we are made of.



Waterfall Hike: Forest Immersion

It's a soft walk through the forest. Trees, birds, water show themselves, and then, around a bend, the waterfall appears. Walking here is not just sightseeing — it's a reminder that you, too, are part of this.



Mud and Thermal Waters

Before the thermal pools, there is the mud: volcanic, mineral-rich, 100% natural. We apply it slowly, let it dry, let it work. A full sensory experience. Then the thermal waters. Warm, mineral, alive. Water that asks nothing of you except to be still.





Jump into the void: Zipline

High above the forest, with the volcano as witness, we jump. Together. Each woman at her own moment — and the group holding the space. A chance to release into open air, to see the world from a new perspective



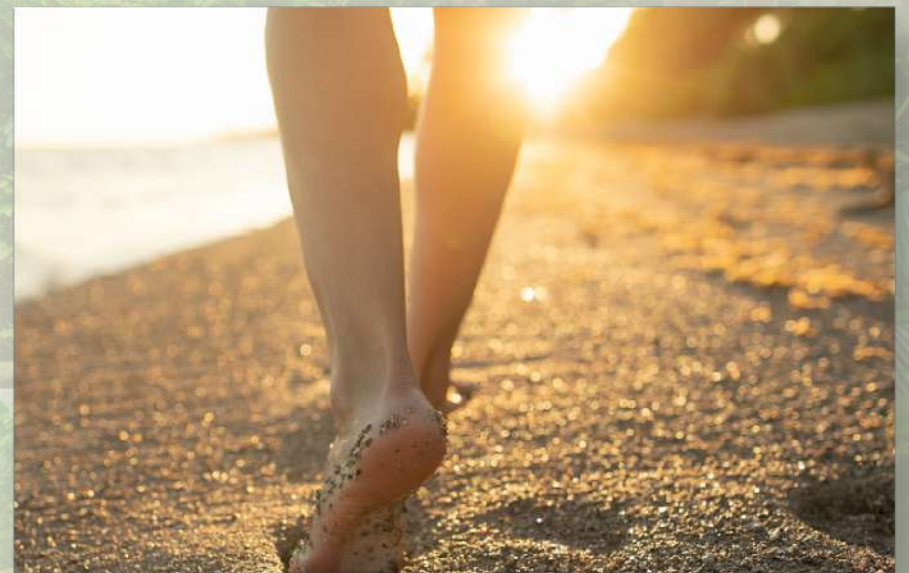
Catamaran: The Ocean Holds Us

The ocean receives us. To enjoy, connect, and have fun — like a shared vacation with friends. Because that, too, is part of how we find our way back.



Blue Zone experience

We will have a Blue Zone kitchen class brought to us — learning to cook the way Nicoya has eaten for generations. Simple ingredients, real food, the flavors of a place that knows how to live.



Relaxing time at the beach

The ocean is always there — its sound, its rhythm, its presence. This is unstructured time: walk the shore, feel the sand, read in a hammock, or simply sit with the water.

Each landscape holds a different moment.

The Inner Journey

Catalina has designed each session as a thread in the larger journey — so that what you live in the land opens something in you, and what you discover in yourself makes the land more alive.

*The journey moves through two landscapes — **volcano and ocean** — each holding a different moment of the process.*



- *In the **volcanic** wilderness, we go inward: we look, we remember, we release.*
- *At the **ocean**, we open: we listen, we ask, we receive.*

Breath, movement, meditation and body awareness

Each session begins with **breath**. **Movement** to shake loose what the mind is holding. **Meditation** to create space. Each day we also work with a **feminine quality** — an energy to embody, not just understand. Doorways we walk through to arrive more fully at what comes next.



Women Circle and gatherings

Every day we gather in circle. Just to be together — a question, a sharing, a moment of presence. Where you hear yourself in another woman's words and see yourself reflected in another woman's eyes. And that, by itself, is soothing.





Your Emotional Map: Your Moon

Your birth chart is not a prediction — it is a map. In this session we explore the moon in your natal chart: what it reveals about your emotional patterns, your needs, and your inner rhythms. To recognize what you have been feeling but perhaps not naming — and understand yourself with more tenderness and less judgment.



Feminine energy and the body

This session works with feminine creative energy — breath, movement, and the wisdom of your cycles. Not as dogma. As a remembering. For women who know how to give — and are ready to learn how to receive.



Intuition and inner knowing

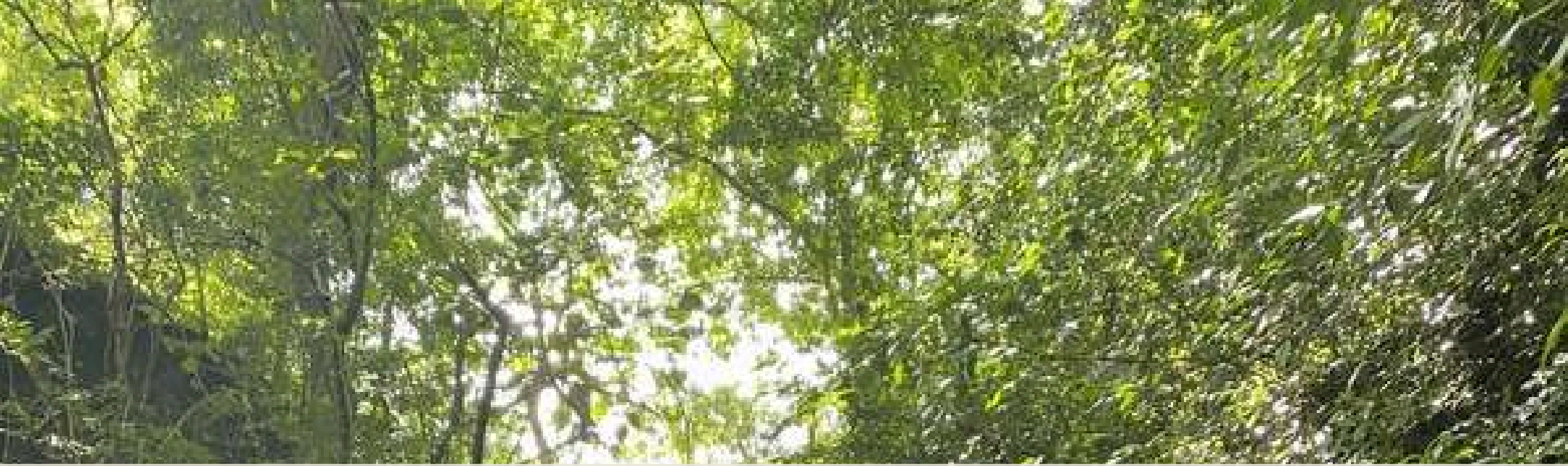
You already know more than you think. Through symbolic and intuitive exercises — including tarot, not from meanings but from what arises in you — we practice accessing the part of yourself that knows before the mind intervenes. What surfaces is yours, it was always yours.



Moon Cycle manifesting workshop/ritual

The moon doesn't ask you to believe in it. It simply moves, and your body moves with it. In this workshop we work with the lunar cycle as a practical tool for intention — and close with a ritual, an act of commitment to what wants to be born.

While you are moving through Costa Rica, you are also moving through yourself.



Day 1-Opening

Welcome. Cross the threshold. Set your intention.

Day 2-Remember

Your emotional map.
Your deepest needs.

Day 3-Release

What no longer belongs to you.

Day 4-Shift

From volcano to ocean. From one self to another.

Day 5-Rest

Learn what the Blue Zone has known for centuries. A pause with purpose.

Day 6-Receive

Call in what wants to be born.

Day 7-Return

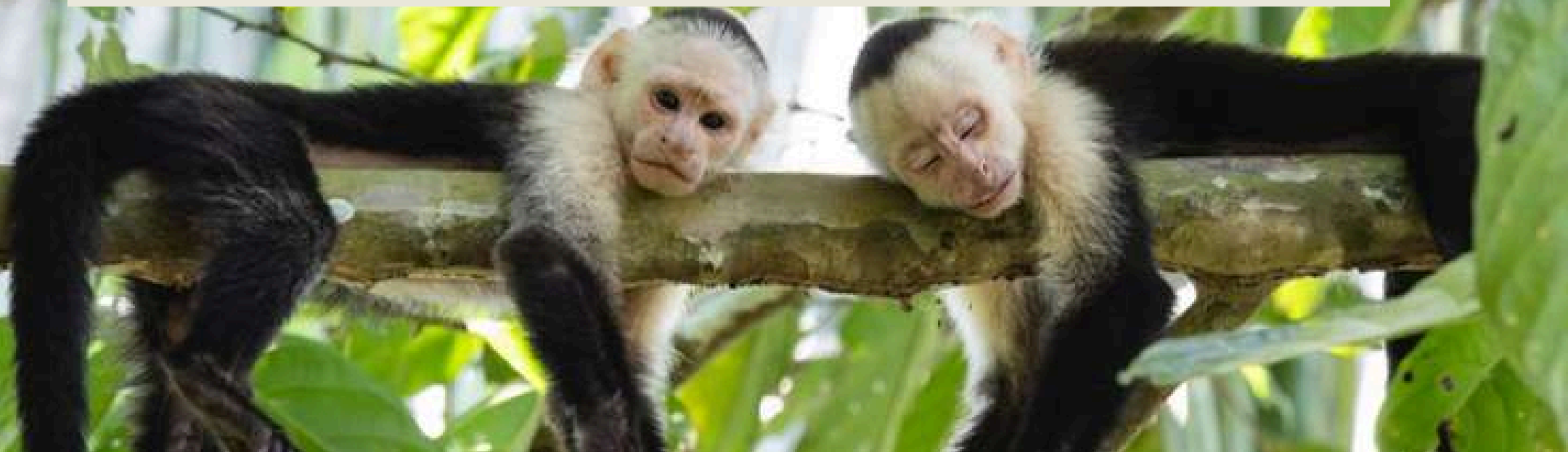
The weaving reveals itself. We say goodbye and carry it with us.

The Ground Within 7 day Woman Journey

You will come back carrying something quieter underneath: a clarity that is grounded, a peace that is yours to keep. Not left behind with the landscape. Rooted in you.



Costa Rica: The Territory



THE FOREST: RINCÓN DE LA VIEJA VOLCANO

Our journey begins at the edge of a **volcano**, surrounded by the powerful energy of nature. Here, in the sacred lands of Rincón de la Vieja Volcano, we reconnect with Mother Earth and rediscover the gifts, intuition, and inner strength that already live within us.

Borinquen Thermal Resort is an authentic Costa Rican experience where comfort, adventure, and nature exist in perfect harmony.

Rincón de la Vieja is known for its ancient forests, healing thermal waters, waterfalls, and volcanic earth — a place that naturally invites grounding, renewal, and spiritual connection. The energy of the volcano reminds us of the power of transformation and the beauty of beginning again.



Costa Rica: The Territory

THE BEACH: PLAYA AZUL

For the second part of the Ground Within retreat, we travel to a hidden gem on the Pacific coast — a peaceful beach sanctuary located in the world-renowned Blue Zone of the Nicoya Peninsula.



We chose this location not only for its beauty, but because it lies within one of the world's recognized Blue Zones — regions known for longevity, wellbeing, and a slower, more intentional way of living. In the Nicoya Peninsula, life moves with simplicity and connection: nourishing food, mindful living, strong community, and daily moments in nature.

During our time by the sea, we invite you to release what no longer serves you and return to the essentials of life — rest, presence, nourishment, and joy. To allow the ocean to carry away your worries, while your body and soul are replenished through conscious meals, meaningful experiences, and moments of stillness.



Accommodations

Joy Costa Rica has curated each location in this journey with intention, to reflect the same values that guide the experience itself: intimacy, authenticity, and a deep connection to the natural world.



BORINQUEN TERMAL RESORT

Surrounded by lush nature, the resort offers cozy accommodations, thermal waters, spa experiences, and delicious Costa Rican and international cuisine. The comfortable Hacienda style rooms, with beautiful recycled local wood awaits for you, with lots of space and wide windows for Mother nature to greet you every morning!



Accommodations



AZUL RETREAT HOTEL

Azul Retreat is a beachfront oasis where the rhythm of the ocean invites you to slow down, breathe deeply, and allow your nervous system to return to balance. Here, nature becomes part of the healing process.

Every space at the retreat has been thoughtfully designed for rest, nourishment, and tranquility.

With a beautiful minimalist style and extra puffy bed and pillows, the rooms encourage deep relaxation while the sound of the waves and the surrounding beauty create the perfect environment to simply be present.



The Women Behind This Journey



Sylvia Chaves
www.joycostarica.com
IG: @joycostaricajourneys

For more than 20 years, I have worked in the tourism industry, creating unforgettable experiences for travelers from all over the world. Throughout the years, tourism became more than a job for me, it became a way to connect people with nature, beauty, adventure, and meaningful moments.

But life also took me through my own healing journey. After going through a divorce, I found myself searching for answers, for purpose, and for a deeper understanding of who I truly was. That path led me into the world of wellness, self-discovery, spirituality, and holistic healing.

Joy Costa Rica was born from that transformation.

A desire to create experiences, beyond vacations, that help people reconnect with themselves, heal, breathe, slow down, and remember the joy of simply being alive.

I love learning to play the handpan, hiking to hidden waterfalls, traveling, connecting with nature, and exploring new holistic and wellness experiences that nourish the soul.

Today, my purpose is to share this path with others who may also be searching for healing, balance, meaning, or simply a deeper connection with themselves and the world around them.



I design and curate unique holistic experiences for my guests and I make sure every detail is taken care of to guarantee a safe and caring space for each person to have a smooth and loving process.

The Women Behind This Journey



Catalina Calvo
www.catalunah.com
IG: @catalunah



“To guide women back to themselves , through the body, the symbol, the land, and each other.”

Catalina Calvo is a Costa Rican astrologer, performing artist, tarot reader, yogi and women's journey facilitator. For years, she has guided women through spaces of reflection, astrology, emotional inquiry and creative exploration — helping them reconnect with clarity, self-trust and a deeper relationship with themselves. She knows this territory from the inside.

After twelve years living in Barcelona, Catalina returned to Costa Rica with her health fragile and something in her that needed to come home. What she found was that the land itself was part of the healing — the green, the rain, the aliveness of this country. Not as metaphor. As fact.

The Ground Within is the journey she would design for her closest friends: to show them her country, and to do the inner work she has never stopped doing — not because anything is broken, **but because staying present to yourself is a practice, not a destination.**



Her work is grounded, intuitive and deeply human. Women often describe her presence as calming, honest and emotionally safe, someone capable of bringing the sky down to earth.

Reflections from women who has worked with Catalina

Anna Gou

Gozo Poderoso Program Participant

"The way you ground the spiritual and your non-judgmental presence... you brought the sky down to earth, but from the earth itself. What we did gave me back sovereignty, discernment. And that is where true personal power lives."

María Mogollón

Gozo Poderoso Program Participant

"Just the act of giving yourself that time, of listening to yourself and writing about yourself, is already something very important. Through this work of sitting down to write about who I am and what I'm going through, I have a clearer sense of where I want to direct my life. Seeing that it all makes sense, that you are not alone, brings so much peace. You realize you are not the only one — and that, far from diminishing you, is a relief."

Alba

Astrology Session Participant

"Your accompaniment is organic, gentle, respectful, loving and full of wisdom. This process has led me to a sense of connection with the whole — and to feel that I am dancing to the rhythm of that whole."



Reflections from women who has worked with Joy Costa Rica

Melissa Garcia **USA**

Sylvia put together a wonderful trip for me and my husband, she included the right number of activities and holistic experiences, we visited amazing places and met wonderful people, I definitely recommend to blend adventure with personal healing.

Courtney F. **USA**

I travelled to Costa Rica with a big family group (16 adults/6 children). We had a really fun week packed with adventures and experiences for everyone. Sylvia, from Joy Costa Rica was able to make all of us happy, and we were a difficult bunch (he,he,he). She organized forest bath therapy, boat tours, zip line, massages, sound therapy at the villa, dance classes, cooking classes, snorkeling, baby sitters, you named, we needed.

We are so grateful to have found www.joycostarica.com and to followed her advice in regards to the holistic experiences, what a trip! we enjoyed everything she planned, and the way she handle it.

Mike and Lisa

Our symbolic wedding ceremony was more that we expected, Sylvia, from Joy Costa Rica, help us writing the words and the vows from our hearts, her voice is suiting and she is so sweet, it made our wedding day very easy and smooth, we were very happy with her services.



Details and Booking

Investment

Full price: USD \$2,888
(double room)

Early bird price: Save
USD\$200

*For early bird price booking
before July 31*

What's included

- Six nights in hotel room (double occupancy)
- Meals as per itinerary
- Private air-conditioned transport between accommodations and from and to Liberia Airport*.
- All holistic experiences
- Nature and blue zone activities

**Airport transfers (Liberia) are included in scheduled group windows. Individual transfers are available at an extra fee.*

Acommodations options

Double occupancy (shared room):
included in base price.

Single supplement (private room):
+USD \$997

Garden Room upgrade: +USD 70
per person

Not included

- International flights
- Travel insurance
- Personal expenses

To reserve your place or to ask anything, just send us a message.

info@joycostarica.com
whatsapp: (506) 8333 9000



You'll probably find a reason to wait. There's never a perfect moment — and the truth is that it will never be. Women are rarely taught to put themselves first. But this journey exists precisely for that. The first step is simply deciding to come. For everything else, we've got you.