

GROUP TRIP • GUARANTEED DEPARTURE

COSTA RICA

Nosara — Casa Kismet

September 20-26, 2026 • 7 days / 6 nights • Direct flight Montreal-Liberia



A week in a private property, in a small group, on a ridge above Playa Pelada — to slow down, move, create and reconnect. Between the Pacific and living jungle, with wildlife and greenery all around. Nosara sits on the Nicoya Peninsula, one of the world's five Blue Zones, where people live longer and in better health. Health, wellbeing and longevity are a daily way of life here. Everything is arranged: there is nothing to decide on site.

A private room for every guest — no single supplement.

ONE OF THE WORLD'S FIVE BLUE ZONES. The Nicoya Peninsula, where Nosara sits, is one of only five regions on earth where people live markedly longer and in better health. You are not visiting a wellness destination: you are spending a week where longevity is simply ordinary life.

DAY BY DAY



Day 1 — Sunday, September 20 — Montreal > Nosara

Meet at the airport. Direct flight to Liberia, transfer to Nosara. Arrival at Casa Kismet, on a quiet ridge in Playa Pelada, a ten-minute walk from the beach. Check-in, then a welcome dinner prepared by the house chef.

Days 2, 3 and 4 — Monday 21 to Wednesday 23

Three full days at Casa Kismet:

- **Daily movement** — morning practice facing the ocean, yoga, walking.
- **Creative workshops** — painting with Maxime Viellard, and a *sound journey*.
- **One surf outing included** — a circle on the sand, then time in the water, guided by Dani of Mindful Waves.
- **Meditation** — sessions offered daily, should you wish to join.
- **Group time and free time** — pool, beach, fitness room, open-air shala.

Breakfast, lunch and dinner included — plated, never buffet, prepared on site by the house chef with fresh, local, vitality-rich ingredients. A granola, yogurt and fruit bar is open from 6:30 to 7:30 a.m. for those who prefer something before morning practice.

Day 5 — Thursday, September 24

Regular programme during the day. In the evening, an outing to the village of Nosara for dinner out (transport and bill at guests' own expense).

Day 6 — Friday, September 25

Last full day — programme and free time. Closing gathering in the evening.

Day 7 — Saturday, September 26 — Nosara > Montreal

Breakfast, transfer to Liberia airport, return flight to Montreal.

PRICE PER PERSON

\$4,900 CAD — private room

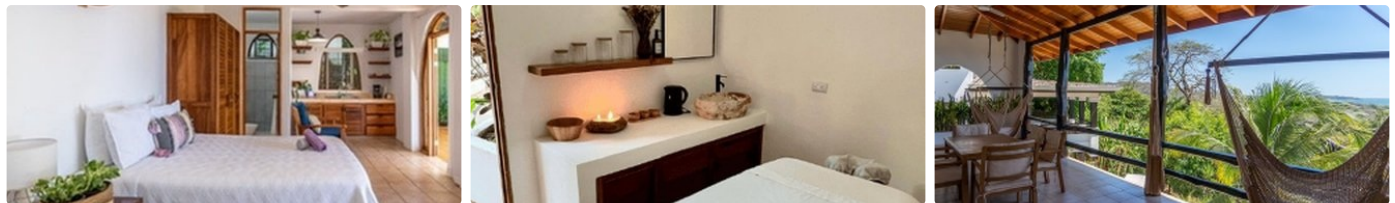
No single supplement.

Travelling as a pair and happy to share a room? The second guest receives a reduced rate — contact us.

Triple occupancy available on request.

Rooms	One king bed or two single beds, depending on the room (on request)
Bathroom	Private in every room. One exception: in the Karma Penthouse, a spacious three-bedroom apartment with large balconies and shared common areas, two bedrooms share a bathroom and the third has its own.
View	Ocean view for most rooms

ON THE PROPERTY



- **Open-air yoga deck** facing the Pacific — mats, blocks, props and sound system provided. No need to bring your mat.
- **Spa** — massage, facials and body treatments
- **Pool and cold plunge**
- **Fully equipped gym** — mats, weights, space for boxing, jiu-jitsu and circuit training
- **The Hidey Hole** — covered lounge with daybed swings, for reading, games, or doing nothing at all
- **Small shop** featuring local artisans and designers
- Gated property, reserved for the group

360° virtual tour of the property — guided by the owners: youtu.be/kafhzeB1mg8

Small group — limited places.



WHAT'S INCLUDED

- 7 days / 6 nights at Casa Kismet, private room, a 10-minute walk from the beach
- All meals (except Thursday dinner, in the village), prepared on site by the house chef
- Full programme: daily movement, meditation, creative workshops, one surf outing, group activities
- Workshop materials
- Liberia airport – Nosara transfers, both ways
- Access to the property's pool and fitness room

WHAT'S NOT INCLUDED

- Airfare Montreal – Liberia
- Travel and medical insurance (mandatory — proof required before departure)
- Thursday evening dinner in the village (transport and bill)
- Additional surf outings (\$120 USD per person, on site)
- Massage and spa treatments on the property (booked on site)
- Personal expenses and optional activities arranged on site

YOUR HOST



Karine Hamel — founder of Global Renaissance Exchange, certified yoga teacher, paddleboard yoga and Pilates Reformer instructor, and longtime meditation practitioner. She spent over three months in Nosara last year, following nine trips to Costa Rica over two years.

She knows the village, its artists and its practitioners — that is what makes this week possible. She welcomes you in Nosara.

GUARANTEED DEPARTURE — no minimum number of participants required. This trip will happen.

Nicole Voyage — Vaudreuil

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