

A woman in a white dress stands in a lush, tropical jungle. She is positioned in the center, facing slightly to the right. Her hair is long and light-colored, flowing down her back. She is wearing a simple, flowing white dress. The background is filled with dense green foliage, including large leaves and a waterfall cascading down a rocky cliff to the right. The overall atmosphere is serene and natural.

UNTMD

Retreat

UNTMD RETREAT

A JOURNEY BACK TO YOUR BODY-
PORTAL

TO YOUR ESSENTIAL AND WILD NATURE

MAY 8 – 14, 2026

EL TUMBO DE LAS OLAS

OSA PENINSULA, COSTA RICA

WWW.TUMBORESORT.COM

Investment & Payment Options

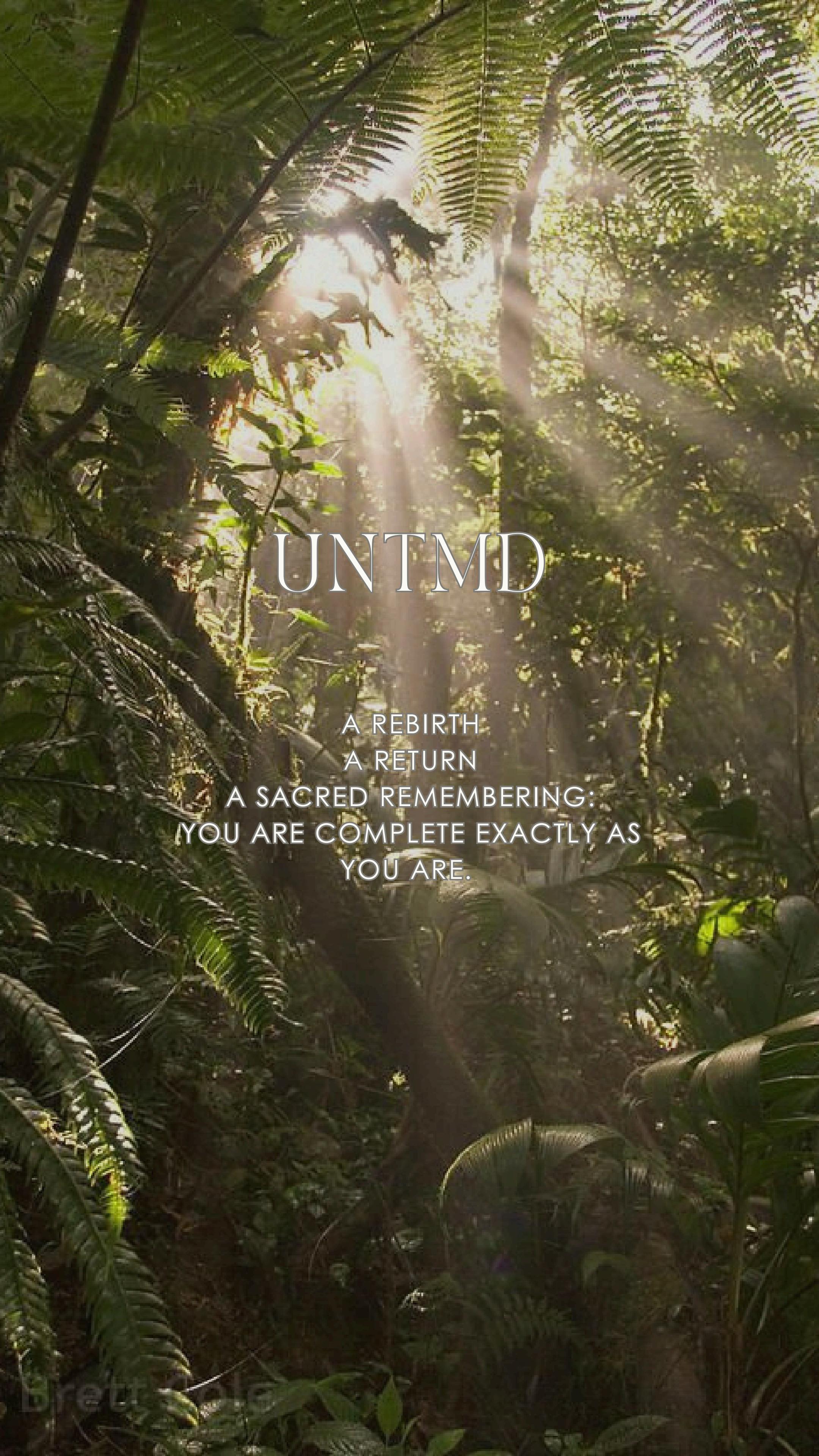
An invitation to invest in yourself and in your return to your sacred nature

Total Retreat Investment

Accommodation	Price
Private Room (shared bathroom)	\$3,630 USD
Double Room (shared bathroom)	\$3,390 USD
Shared Dorm(4 beds, shared bathroom)	\$3,160 USD

What's Included

- 7 days and 6 nights by the ocean
- Alchemical ceremonies guided by the five elements
- Deep somatic practices
- Tea and singing ceremonies
- Conscious nourishment
- Journaling and introspective writing practices
- Personal photo session
- Oceanfront accommodation
- Transfers from Puerto Jiménez

A dense, sun-dappled jungle scene. A path or clearing is visible in the center, surrounded by large fern fronds and other tropical foliage. Sunlight filters through the canopy, creating bright highlights and shadows.

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A REBIRTH
A RETURN
A SACRED REMEMBERING:
YOU ARE COMPLETE EXACTLY AS
YOU ARE.

PAYMENT OPTIONS

Pricing by Booking Date

 Early Bird
(January 15 – February 15, 2026)

Accommodation	Price
Private Room	\$3,300
Double Room	\$3,085
Dorm	\$2,870

 Standard Rate
(February 16 – April 30, 2026)

Accommodation	Price
Private Room	\$3,630
Double Room	\$3,390
Dorm	\$3,160

 Late Booking
(After April 30, 2026)

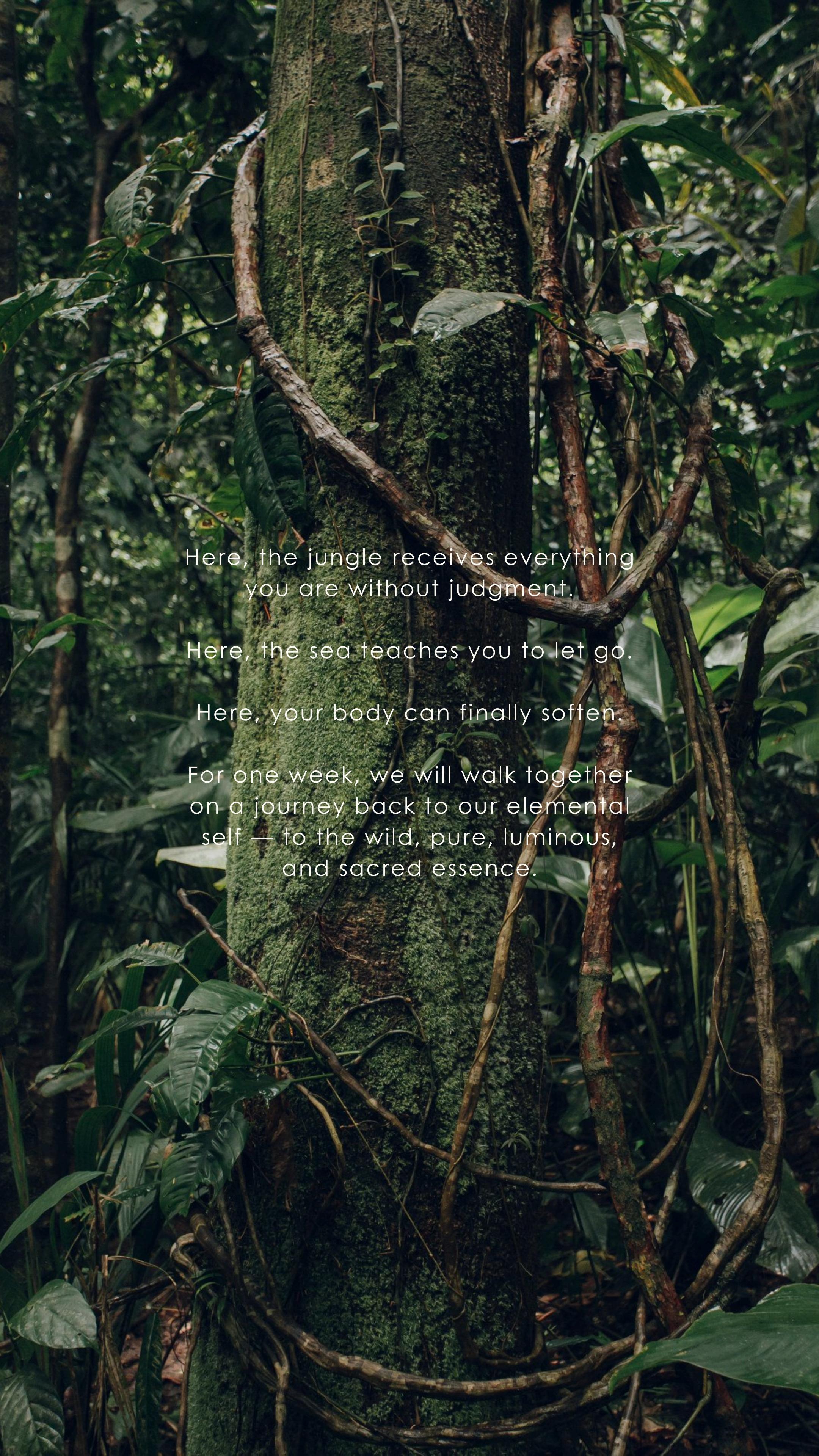
Accommodation	Price
Private Room	\$3,993
Double Room	\$3,729
Dorm	\$3,476

Payment Methods

All prices are in USD.

Payments can be made via:

- Bank transfer
- Credit card
- Recurring payments (+4.5% fee)
- PayPal (+6% fee)

A dense, lush jungle scene. In the center, a large tree trunk is heavily covered in a thick layer of green moss. Several thick, brown branches with large, broad green leaves are visible in the foreground and middle ground. The lighting is dappled, with bright spots of sunlight filtering through the canopy.

Here, the jungle receives everything
you are without judgment.

Here, the sea teaches you to let go.

Here, your body can finally soften.

For one week, we will walk together
on a journey back to our elemental
self — to the wild, pure, luminous,
and sacred essence.

PAYMENT PLANS

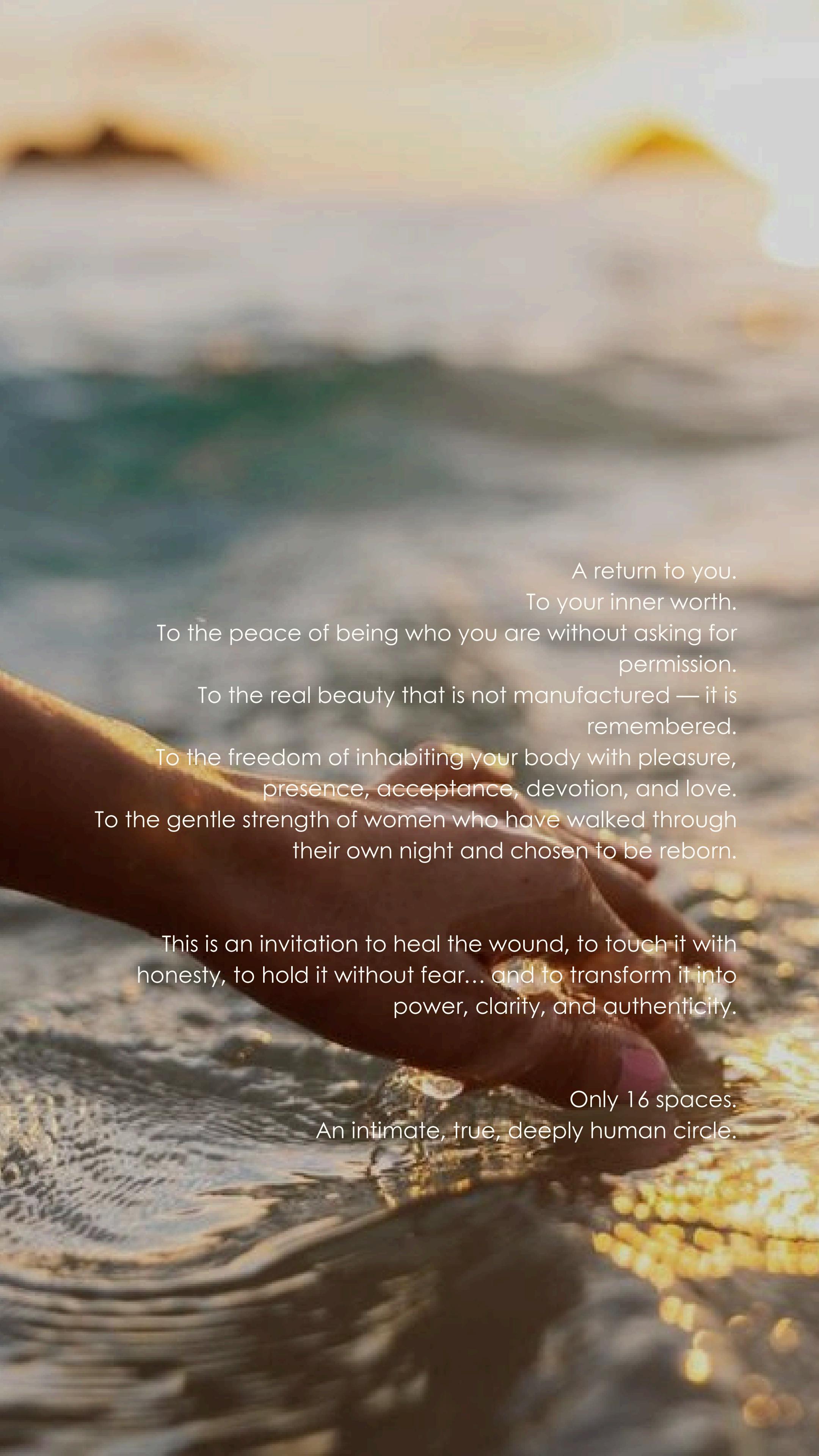
Two-Payment Plan

Accommodation	First Payment	Second Payment (by 4/30)
Privada	\$1,815	\$1,815
Doble	\$1,695	\$1,695
Dorm	\$1,580	\$1,580

Three-Payment Plan

Accommodation	Reservation	15 marzo	30 abril
Privada	\$1,331	\$1,331	\$1,331
Doble	\$1,243	\$1,243	\$1,243
Dorm	\$1,159	\$1,159	\$1,159

Your place is secured with the first payment.
All payments must be completed by April 30, 2026.



A return to you.
To your inner worth.
To the peace of being who you are without asking for
permission.
To the real beauty that is not manufactured — it is
remembered.
To the freedom of inhabiting your body with pleasure,
presence, acceptance, devotion, and love.
To the gentle strength of women who have walked through
their own night and chosen to be reborn.

This is an invitation to heal the wound, to touch it with
honesty, to hold it without fear... and to transform it into
power, clarity, and authenticity.

Only 16 spaces.
An intimate, true, deeply human circle.

CANCELLATION POLICY

- Up to 90 days before → 80% refund
- 89 to 60 days before → 50% refund
- Less than 60 days → no refund
- Name changes allowed up to 45 days before

If the retreat is canceled for operational or force majeure reasons, 100% will be refunded.

HOW TO RESERVE

Send us the following information:

- Full name
- Country
- Preferred language
- Date of birth
- Dietary restrictions
- Physical or mobility restrictions

Choose your room type, payment plan, and payment method. You will receive a confirmation email with all payment details.

maganomada@gmail.com
+502 4149 7217

FAQ

Can I pay from outside Costa Rica or Guatemala?

Yes — international payments are accepted.

Are meals included?

Yes — all conscious meals are included.

Do I need to arrive at a specific time?

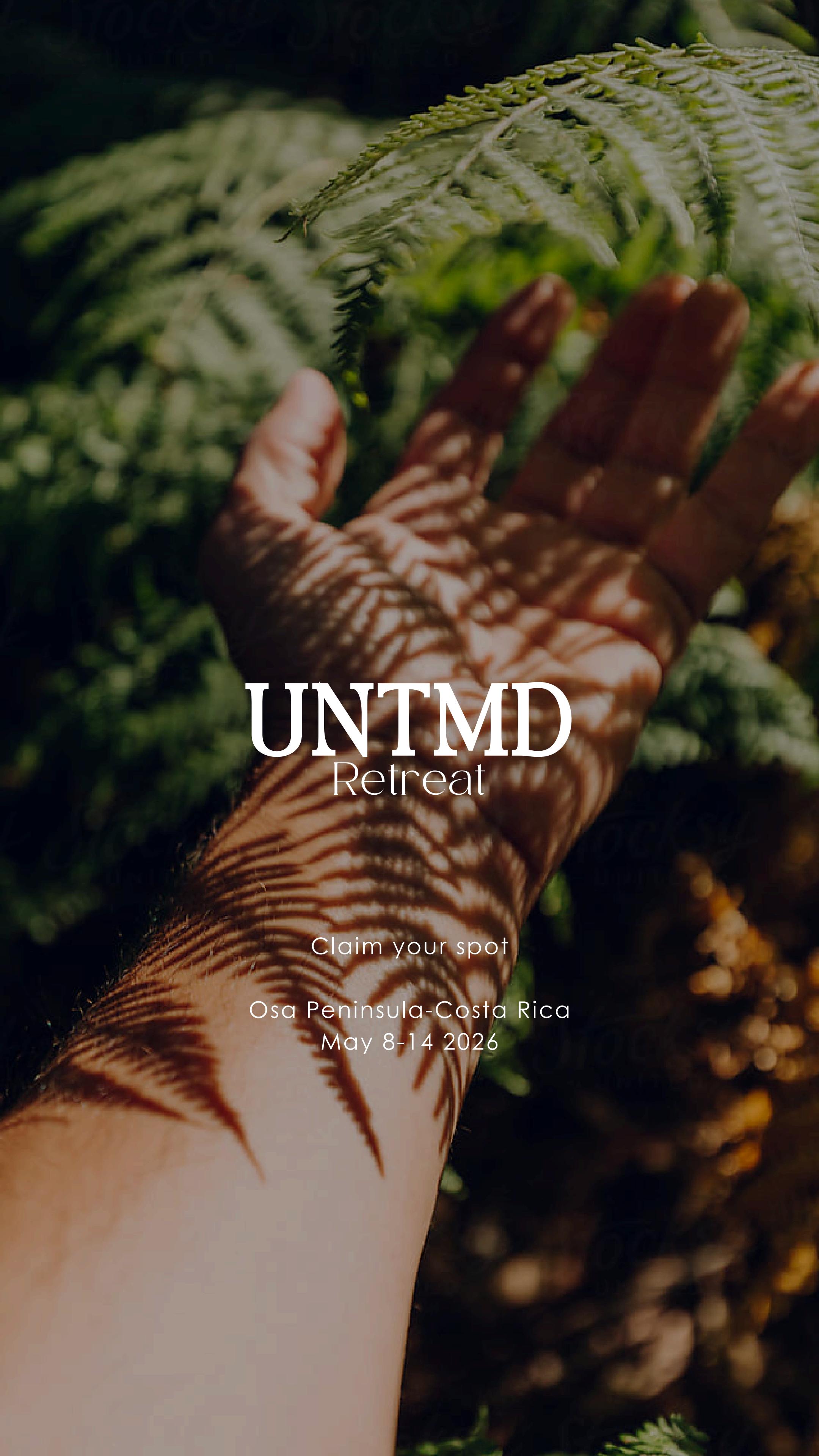
Yes. All participants must arrive in Puerto Jiménez on May 8 for the group transfer.

Are private rooms available?

Yes — there are only two private rooms (shared bathroom). Please check availability.

Who are the facilitators?

- Giglia Canessa is a writer and a somatic and energetic guide of ancestral lineage who integrates dance, yoga, kinesiology, and awareness practices to support deep processes of healing and reconnection with the body and purpose. With more than three decades of spiritual and formative experience, she creates safe, ritual spaces where the subtle, emotional, and physical align, inviting each person to remember their innate power of self-healing and their essential nature.
- Angélica Arauz is an intuitive chef, creator, and writer who understands cooking as a sacred language of care, pleasure, and presence. With nearly two decades of experience cooking between jungle and sea, her art is born from fire, living ingredients, and deep listening to the body. Her spiritual path and her words weave into her cuisine to create experiences where flavor, texture, aroma, and beauty awaken an intimate connection with life.
- Mariel Orellana is an artist, photographer, and Cha Dao tea facilitator in Guatemala. Through tea, imagery, and song, she creates rituals of presence where beauty, listening, and the pulse of nature become a living experience. Her sensitive gaze reveals the essence of people and moments, transforming the everyday into an act of love and deep connection.



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Retreat

Claim your spot

Osa Peninsula-Costa Rica
May 8-14 2026