

BECOMING WATER

A YOGA & WELLNESS RETREAT

BETWEEN THE SKY
& THE SEA

GOLFITO - PUERTO JIMENEZ
COSTA RICA

MAY 28-31, 2026

KONTIKI



**WHEN BECOMING WATER, WE
REMEMBER THAT FREEDOM IS A
CONSCIOUS FLOW...**

When we become water, freedom turns into conscious flow. The ocean invites us to move, to listen, to choose our direction with awareness.

Flowing is all about awakening and surrendering, a return to inner freedom, where movement, presence, and connection merge into one gentle current of becoming.





ABOUT BECOMING WATER

This is not just four days of yoga.
It's a threshold into flow, awareness,
and the art of **becoming water**.

Through movement, breath, and
oceanic presence, we learn to move
as the water does: fluid, purposeful,
and free.

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ABOUT THE RETREAT

We curated a voyage through Costa Rica's southern coast, where ocean and land meet in constant rhythm.

Each day blends yoga, meditation, and ocean adventures — including kayaking, snorkeling, surfing, and hiking — to invite presence and renewal.



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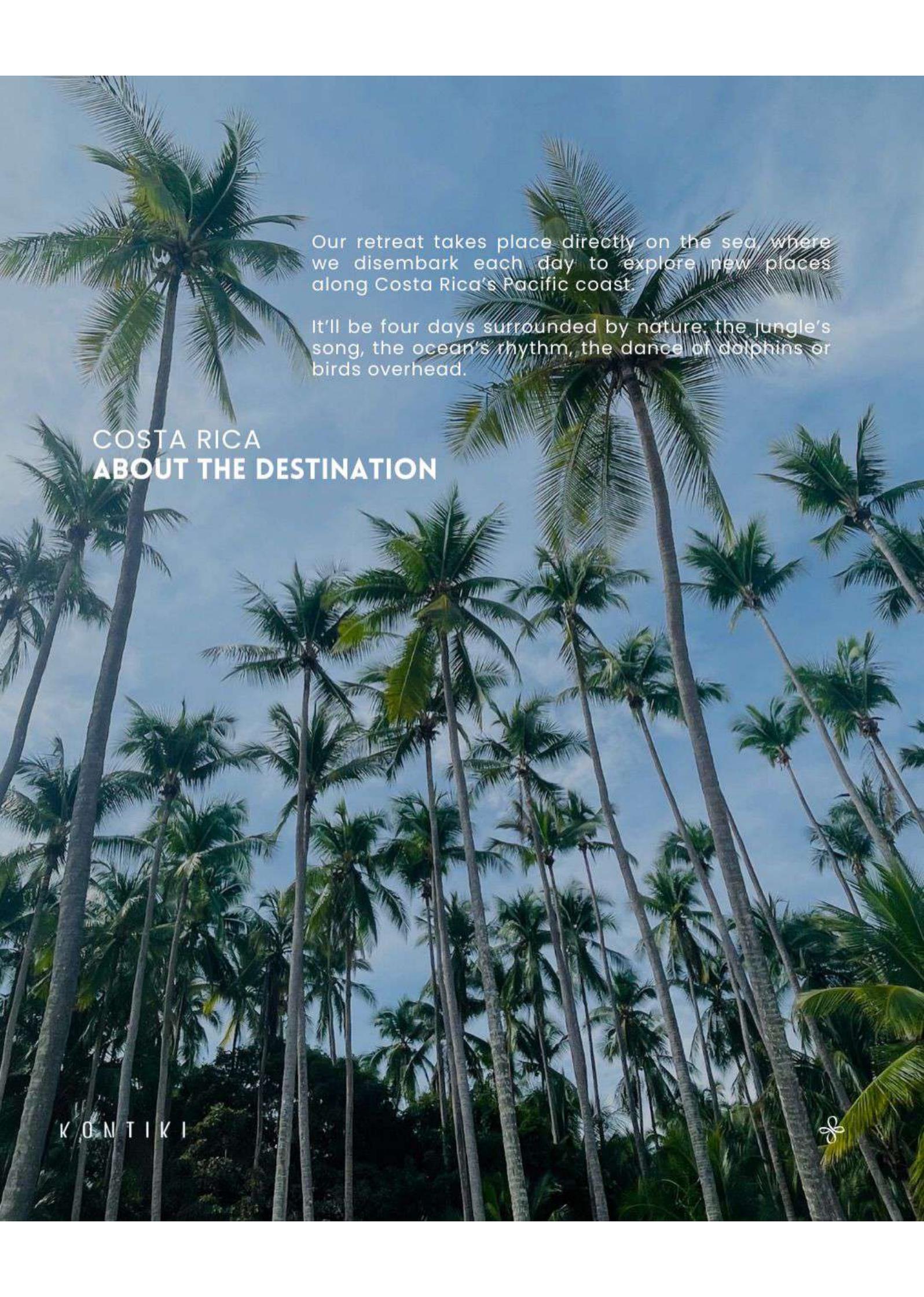
Born and raised in Venezuela, Annie is a Miami-based movement facilitator, Alo Yoga trainer, celebrity trainer, and now founder of Moves by Annie, a movement & mindfulness platform launching in 2026.

Annie's ongoing quest is to make movement accessible to all, regardless of skill level or background, as she invites everyone to step outside of their comfort zone to find a deeper connection within themselves.

ANNIE ABOUT YOUR HOST

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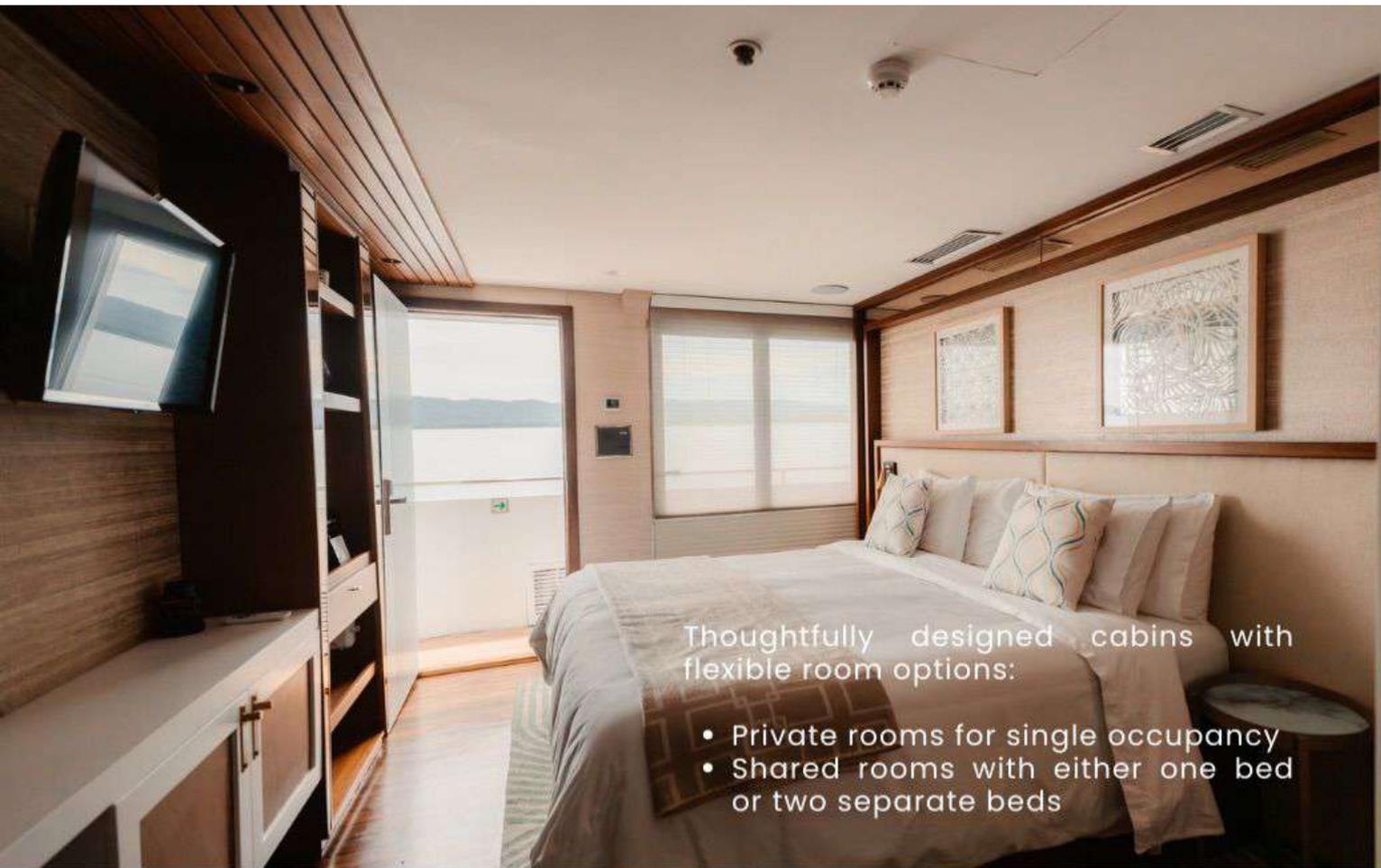
Our retreat takes place directly on the sea, where we disembark each day to explore new places along Costa Rica's Pacific coast.

It'll be four days surrounded by nature: the jungle's song, the ocean's rhythm, the dance of dolphins or birds overhead.

COSTA RICA ABOUT THE DESTINATION

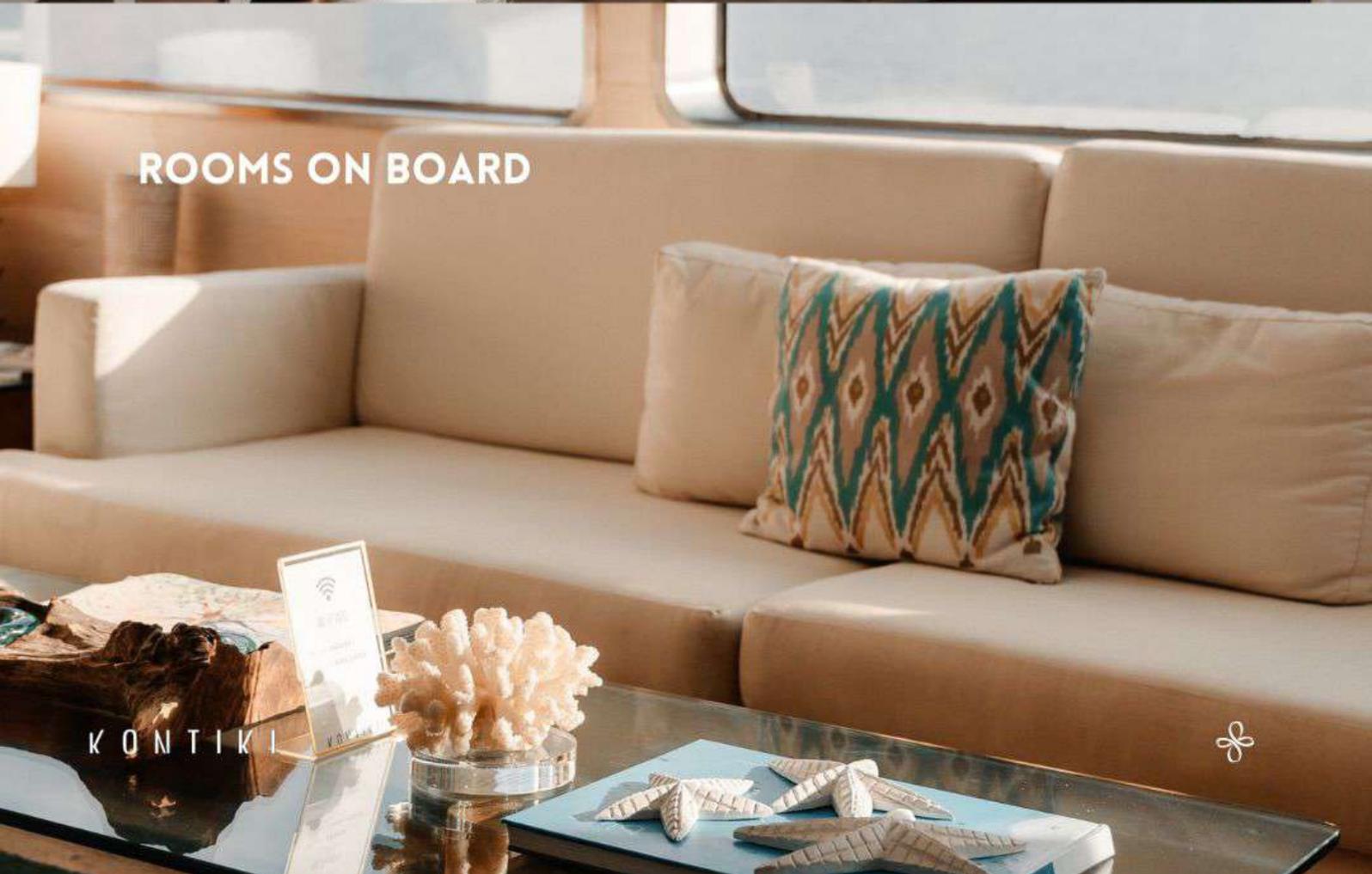
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Thoughtfully designed cabins with flexible room options:

- Private rooms for single occupancy
- Shared rooms with either one bed or two separate beds



ROOMS ON BOARD

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PRICE INCLUSION

- **Full stay** of 4 days and 3 nights on board.
- **One-night stay** at the Hilton Garden Inn Santa Ana San Jose on May 27th, before the early charter flight on the 28th.
- All **meals** and snacks during the retreat.
- All **activities** during the retreat: kayaking, surfing, snorkeling, hiking, yoga & so much more.
- Access to **onboard facilities**, including gym, jacuzzi, water sports equipment, seabobs, ocean pool, green area, and floating dock.
- A highly curated **goodie bag** from Annie's favorite top brands.
- **Internal flight:**
 - May 28th: from San Jose's Airport (Juan Santamaría International Airport) to Golfito's Airport (Golfito International Airport).
 - May 31st: from Puerto Jimenez Airport to San Jose's Airport (Juan Santamaría International Airport).
- **Transport** from the airport to the ship.



BOOK YOUR STAY

For reservations and more information,
please contact:

scalderon@kontikiexpeditions.com

Annie's team at
paula@anniemovesyoga.com

Or send us a DM :)

CANCELLATION POLICY: NON-REFUNDABLE

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SEE YOU OFF SHORE!

CURATED BY
anniemoves

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