



Inspire Immersion

International- 2025 - Costa Rica

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There is a reason we continue to host and grow
our immersion experiences...

Because they are a safe and nourishing place for you to explore the edges of your comfort,
healing, and authenticity.

Together we are going to learn about... through and integrate it through rest, relaxation,
and PLAY



March 2nd - March 9th, 2025

Inspire Co. + Tiskita Jungle Lodge

Tiskita Jungle Lodge is a small-scale, family-run eco-lodge and a private biological reserve sitting upon 800 acres of land. We chose this location for many reasons, the primary being that Tiskita operates in alignment with Inspire Co values on sustainability, connection to the earth, health, and community. At Tiskita all of your meals are freshly made and as locally sourced as possible. Fresh Costa Rican coffee is served throughout the day. They have many onsite amenities that we cannot wait to share with you! Reach out with questions if you have them or check out their website

Travel

Getting to Tiskita: You get yourself to Costa Rica and we'll get you the rest of the way!

- **You are responsible for the cost of your airfare to San Jose. The rest is included in the cost of your immersion.**
 - Please arrive at **SJO NO LATER than 2pm local time on Sunday, March 2nd** so we can make the charter plane as a group on time.
- A charter flight will leave from San Jose to Golfito on Sunday, March 2nd
- A taxi will take you the rest of the way to Tiskita

Getting Home: Straight home or an integration night in San Jose

- We will all take cars/taxis back to Golfito as a group
- A chartered flight will be booked to San Jose.
 - Our Flight will arrive in San Jose in the afternoon of Saturday, March 8th.
- The immersion cost covers a one-night stay and a final dinner in San Jose on Saturday, March 8th and transportation to the airport on Sunday, March 9th.
 - Note: If you want to and are able to find a flight home on the 8th, book it! If you choose to do this, please note that no deduction can be made to your overall costs due to booking reasons.

****MAKE SURE YOUR PASSPORT IS UP TO DATE!**

The Eco lodge

The shala is spacious and lets you truly feel integrated into the natural space around you. It is where many of our activities will be hosted!

Rooms: you will have a private or shared room based on your choice that is housed in a lodge! Each room has its own bathroom.

ALL food is included, locally sourced and nourishing! Menus, although fixed, offer many options and are easily adapted to suit dietary preferences.

What to expect

Immersing through education, experience, and play

We have a plan for how the immersion will run and we ask that you be as present as possible; however, healing can be heavy work and everyone integrates at their own speed.

- On-Site Activities/Excursions: Nature Walks, Horseback rides, Surfing, Waterfall and Stream Pools, Beach time, Chocolate making - Our team will be in contact with you as the immersion gets closer to book excursions of your choice on our integration days
- Content: Teachings from the Inspire Co. Team
- Entrainments/BodyWork: Dr. Mel and Dr. Aryn will provide daily entrainments to help your body, mind and spirit integrate the learning & play

General Schedule

**SUBJECT TO CHANGE*

Sunday, March 2nd - Travel & arrival day

Monday - Content Day

Tuesday - Content Day

Wednesday - Content Half Day + Integration/Completion of Content

Thursday - Content Half Day + Integration/Completion of Content

Friday - Full Integration Day

Saturday - Travel back to San Jose + Community Integration Dinner

Sunday, March 9th - Travel home

Other Logistics & Details

Your Total Investment:

EARLY BIRD

Single Ticket - \$4999

Double Ticket (Shared room with friend/partner) - \$5999

Please visit academy.inspirecomn.com/costarica to complete your initial or final payments. All payments for your immersion must be complete by March 9th, 2025. If you need another payment plan other than what's listed on the site, please email our team at hello@inspirecomn.com or call the team at 651-756-1218.

FAQs

Room Setup

Room accommodations can be set up according to your ticket (single, single shared, couple, etc) given the adaptable nature of the lodge. While there is NO AC in the rooms, there are large ceiling fans along with open, screened-in windows that receive a cool ocean breeze throughout the day/night. Floor fans are also available upon request.

Travel Insurance

While travel insurance is not required, it is strongly recommended for a trip of this nature.

Dietary Preferences

As the trip gets closer, we will be contacting all participants via email about their specific dietary needs and requests.

Dietary Preferences

Costa Rica is warm and slightly drier this time of year (Feb/March can get up to 85 degrees F). We are in the jungle on the ocean after all :) Given Tiskita's geographical location, it can rain in the later afternoons or early evenings. Make sure you pack comfortably and accordingly!

[Check out weather details and more FAQs here.](#)

***NOTE: Due to the nature of this healing work and the lodges we partner with being non-profit centers, **all sales on Inspire Immersions are final.** If you need to cancel, you may apply your credit to other offerings from Inspire Co., future immersions, courses, workshops, and/or donate to ARC Retreat Center and/or Tiskita Lodge itself.*