

SALTY GODDESS WOMENS WEEK COSTA RICA

AUG 29 - SEPT 4 2026

ENCANTA LA VIDA
ECO LODGE

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JOIN US FOR OUR 2ND ANNUAL COSTA RICA SALTY GODDESS!

AUGUST 29 TO SEPTEMBER 4

***"Salty Goddess
is not your typical women's retreat"***

You will be immersed in the rainforest, nature and ocean - invited to let go, open your heart and challenge yourself in ways you've never imagined. You will begin to see beyond the surface and discover a deep connection with a circle of women - who will remain your sisters forever.

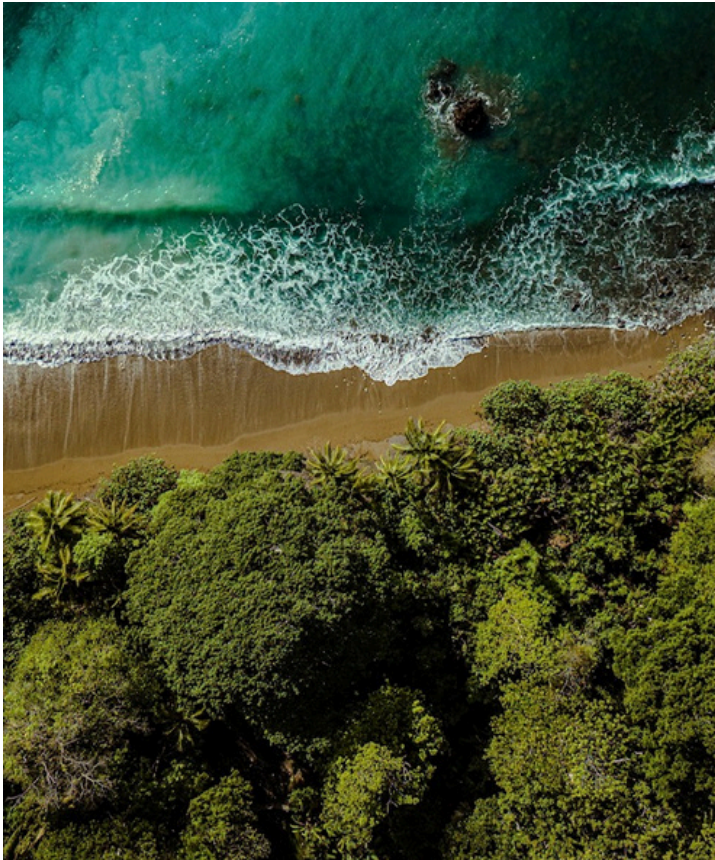
Our first Salty Goddess 2025 Costa Rica was a dream! We are now offering them in Fiji and in Costa Rica. We personally feel changed after each Salty Goddess retreat having connected with such incredible diverse women and shared in laughter, tears, bravery, healing and many hugs. We are filled with gratitude to share and be a part of these women's circles that keep growing and rippling out to the world.

Come join this beautiful powerful wave of women

x Brisa and Katie Hennessy

WHAT IS INCLUDED:

- Sacred Indigenous Welcome Ceremony
- Surf tips + lessons from professional guides & water women .
- Unlimited use from a variety of standard surfboards.
- Daily Yoga.
- A variety of wellness activities meditation, breath work, sound baths with special facilitators
- Somatic breath ceremony journey.
- Tree climb repelling + waterfall hike with local biologists and naturalists.
- Professional photography + photo memory package gift
- 3 daily 5 star meals + coffee & Tea
- Ground transportation to and from Puerto Jimenez.
- Taxes





RATE: \$3850
Double Occupancy.
Per person
taxes and ground transportation included

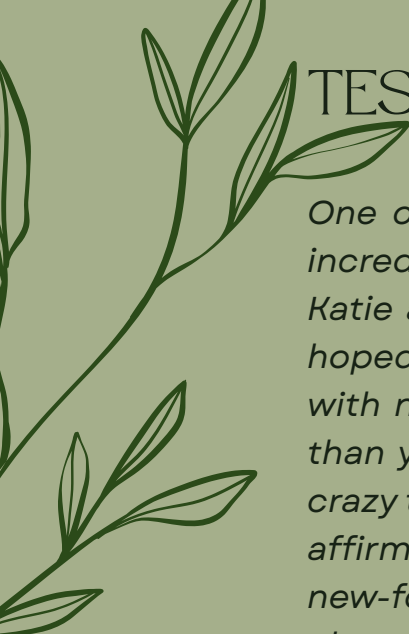


Not included:
tips, flights and bar



Email:
Katie@encantalavida.com
for more information





TESTIMONIALS FROM SALTY GODDESS 2025

One of the most transformational weeks of my life! The Osa and the incredible people here are enough reason to come, but the experiences Katie and Brisa pulled together for us was beyond anything I could have hoped for. A perfect combination of relaxation and pampering, coupled with new and challenging experiences that push you to be and do more than you ever thought you could! I was able to face my fears not only in crazy treeclimbing and surfing for the first time, but within myself and find affirmation of my life's purpose. We arrived as strangers, but left with a new-found sisterhood of the most amazing group of women. Truly a life changing experience that I will cherish always.

Cat Strickland, Hawaii-Oregon

I've been to quite a few retreats-I love meeting new people and exploring new places-but Salty Goddess was truly beyond my expectations. So much love, beauty and joy gathered in one place...my heart could hardly hold it all. To meet so many wonderful souls and fall in love again and again felt like living inside the most magical dream - one I'll cherish forever. Thank you Katie and Brisa for weaving your magic and bringing us together in a way that turned a dream into reality. My heart is overflowing and I'll carry the smiles, laughter and sweetness of our time at Encanta La Vida deep within me. Because of all of you, I walk away a happier, healthier and more courageous Wave Goddess - grateful beyond words. Can't wait for next year!

Ciara Romson, Costa Rica and California

I just returned from the most transformative week at the Salty Goddess in Costa Rica, where the jungle meets the ocean. Hosted by Brisa and Katie Hennessy at their beautiful lodge, the experience brought together a diverse group of women, ranging in age from 82 to 22 plus the hosts, staff and incredible facilitators.

The week was a total immersion in one of the most biodiverse places on the planet. Days were packed with activities designed to nourish body and spirit; from yoga, meditation & breathing exercises to thrilling jungle hikes, climbing waterfalls, and even scaling a very tall tree. We embraced the ocean with surfing lessons followed by well-earned massages to soothe muscles we had forgotten we had and every day was punctuated by the most incredible meals. The most meaningful takeaway, however, was the profound connection forged, as we arrived strangers and left as Sisters. The experience exceeded my wildest expectations, and I am already looking forward to next year - when at 83 years young, I plan to be back on that surfboard!

Dona Holmes, Washington