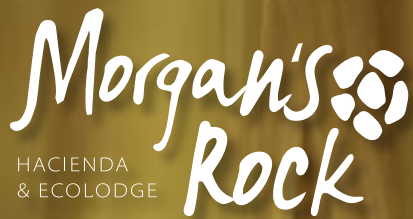


# The Signature Wellness Experience at Morgan's Rock Hacienda & Eco-Lodge

## Return Home to Yourself with the Nurture of Nature



Just north of Costa Rica, where land meets sea along the pristine shores of the southern Pacific coast of Nicaragua, one can escape to a sanctuary of sustainable luxury like no other. Nestled into the forested hills of an expansive private preserve resides a unique property – one that is in communion with nature. Here, tropical dry forest, fertile farmlands, wildlife, watercolor sunsets, serene shores and so much more awaits you. Awe at the wonders of the natural world and explore the wonders within your own inner landscape at Morgan's Rock Hacienda & Eco Lodge.

With our signature wellness experience, we invite you to turn inward and turn to the nurture of nature to find peace, clarity, and inspiration to live life to its fullest. Without the distractions of everyday life and with the one-on-one guidance of a dedicated wellness practitioner, you can delve deep to reawaken through self-inquiry, self-care, and self-love. You can lean in to the elements, energies, and healing powers of nature. Here at this hillside haven, you can reunite with yourself and with the Earth.

Embark on an enchanting journey to rediscover your authentic nature and realize the interconnectivity that exists in the natural world. Ignite your spirit and come alive at Morgan's Rock Hacienda & Eco-Lodge.



## Day One

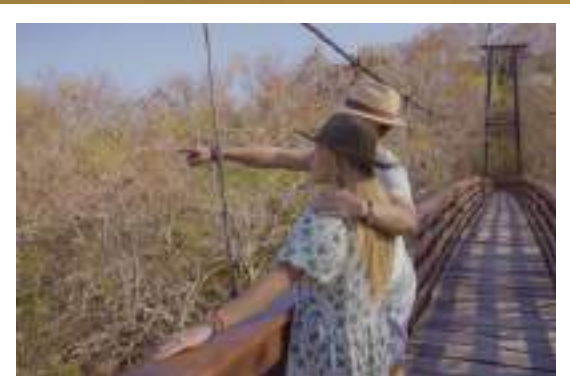
Upon arrival at Reserva Silvestre El Aguacate, one enters into a world of wonder. A brief scenic drive takes you through peaceful primary and secondary forests to your destination. At the end of the path, an incredible oasis overlooking the Pacific Ocean awaits you.



As you take in your surroundings, you'll notice the structures of the boutique hotel and hacienda are intricately interlaced within the natural landscape. Every dwelling beautifully blends in with the environment and is in harmony with nature by design. From conception, the hotel was carefully constructed to have as little environmental impact as possible.



Each structure is built using tropical hardwoods and reclaimed materials from the premises, local reforestation projects, and environmentally conscious businesses. The eco-lodge is almost entirely self-sustained by solar power and onsite agriculture. All throughout, artistic elements made by local artisans adorn each abode and amenity, offering an authentic elegance unique to this remarkable region. The land, wildlife, and local community are at the heart of this family-run hotel and hacienda – and it shows. Environmental conservation and cultural preservation are the essence of its existence, as you'll discover during your stay.

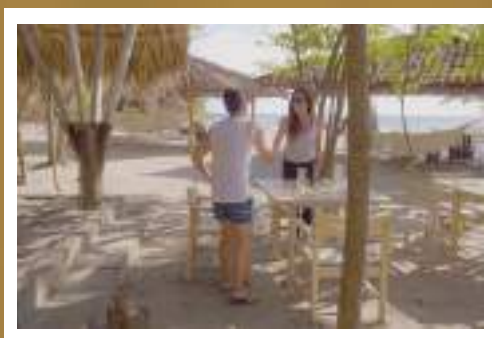




After checking in, you'll be escorted across a stunning suspension bridge to your private luxury bungalow or villa. Each spacious unit includes a plush king bed, a queen sofa bed, a private outdoor shower, and a terrace featuring a hanging daybed and in some cases a plunge pool. Perched above the forest floor like treehouses, both bungalows and villas boast breathtaking views of the wide-open sea and white sand shores of Playa Ocotal. All are open-air living spaces, allowing you to be at one with the natural world while sheltered from the elements. Invite the sea breeze in to keep you comfortable and let the calming calls of the wild soothe your soul. Find serenity in seclusion while immersed in nature. Welcome to Morgan's Rock Hacienda & Eco-Lodge.



After you settle in and unravel from your travels, head to the beach to meet your personal wellness practitioner. As the sun sets over the warm waters of the private beach, get acquainted and share your hopes and wishes for your wellness experience at Morgan's Rock. Together, preview the ways in which you'll care for your mind, body, and spirit throughout this journey. Your guide will gift you with a delicate thread bracelet to decorate your wrist as a symbol of your devotion to yourself, as well as a journal to jot down intentions, insights, and inspiration along the way.



Once you've set the tone for your unique wellness journey, enjoy a delicious indoor-outdoor dining experience at the al fresco restaurant featuring phenomenal views of the vast seascape. At Morgan's Rock, a good amount of the menu ingredients are harvested from the plentiful organic gardens and working farms on the premises. A rotating menu features fresh seasonal fruits, vegetables, and herbs as well as responsibly raised poultry, meat, and seafood obtained onsite or nearby. The exquisite culinary program offers a fusion of quintessential Central American dishes and international flavors for your dining delight.



Retreat to your bungalow, marvel at the star-filled sky, and gaze upon the moonlit ocean from the casual comfort of your balcony before sliding into the silky sheets of your bed for a restful night of sleep.



## Day Two

Rise with the sun, blink open your eyes, and scan spectacular views from the perch of your balcony. Adopt the relaxed pace of nature and ease into the day. When you're ready to eat, enjoy a wholesome breakfast with a hot cup of locally-grown coffee in hand.



Afterward, make your way to a very special space dedicated to holistic health, self-exploration, and mindful movement. The yoga platform at Morgan's Rock is the largest in all of Nicaragua. Similar to many of the structures on property, the yoga deck embodies an open-air concept, allowing the indoors and outdoors to synthesize. This sacred shala (Sanskrit for "home" or "abode") expands more than 4,300 sq ft and offers majestic views of the tropical dry forest and ocean tides. Its palm-thatched roof provides protection from the sun and rain while the blissful sea breeze breathes life and inspiration into the space. The word yoga itself means "union," and here one unites with oneself, with others, and with nature. In this instance, you'll unite with your wellness practitioner for a private yoga session.



Whether you're new to yoga or a seasoned yogi, this experience will be built for your body, customized to your comfort, and tailored to your growth. Strengthen and lengthen the body as you link movement to breath, build stamina, and cultivate resilience. Move through a combination of gentle stretches, balancing postures, and active asanas (poses) during this one-on-one session designed just for you. Yoga is a graceful practice with many benefits, one of which is being able to quiet the mind in order to truly listen to the body and awaken to the wisdom within.

Next, enjoy an energy healing therapy intended to free the body of any blockages or imbalances to the flow of energy within the inner landscape. Gain clarity and liberation through a combination of reiki and crystal healing and develop a deeper understanding of the experience through the expertise of your practitioner.



As your session comes to a close, you'll sit together for a guided meditation and then expand upon your personal wellness journey. Though it has only just begun, you may have already had new experiences and insights. You may feel more in tune with nature. You might even feel more in tune with yourself. Take a moment to reflect and then enjoy the remainder of the morning and afternoon as you wish.

There are many onsite activities and opportunities for entertainment and enjoyment, but there's no rush to experience them all right away. Since the property is so expansive, one can always enjoy peace and quiet without crowds – even when the lodge is at full capacity. The preserve is practically yours to enjoy and explore intimately.





Perhaps you decide to take it easy today and treat yourself to a peaceful afternoon by the pool. If you prefer to unwind by the beach, cozy cabanas line the sandy shores and a beachfront bar is equipped to quench your thirst. You'll find hammocks and swings scattered throughout the premises, providing plenty of idyllic escapes. Laze under the shade of a tree or umbrella and feel the sand between your toes while you bask in barefoot luxury. Be sure to stop in for lunch when you're ready to refuel.



A soothing sunset massage is in store for you this evening at the picturesque Palsama Oasis spa, located just steps away from the beach. The design of Palsama Oasis is inspired by Olive Ridley sea turtles, or "tortugas Palsamas" in Spanish. Olive Ridelys are one of the vulnerable sea turtle species that visit this remote refuge year after year, and this serene sanctuary resembles and honors these precious creatures. Allow the soft splashes of the ocean waves to serve as a soundtrack to your nourishing full-body spa treatment and slip into sweet surrender.



Afterwards, you're welcome to enjoy the beach after the sun sets, as it remains illuminated until 10pm for your pleasure.



Return to the restaurant for another amazing meal sure to satisfy your cravings and treat your taste buds. Then, turn in and turn down for a tranquil night in your dreamy dwelling.

### Day Three

Awaken to the sweet songs of tropical birds. Stretch your limbs and look out upon your stunning surroundings, then begin the day with a cultural culinary experience – Breakfast at the Farm.



Accompanied by the friendly folks who care for the property and its inhabitants, spend the morning learning about life on the farm. If you're an animal lover, visit with the cows, horses, ducks, and chickens that call this hacienda home. Learn how to make fresh tortillas by hand and collect eggs to prepare and enjoy alongside gallo pinto – a traditional favorite. Gallo pinto is a Central American classic with a rice and black bean base flavored with fresh vegetables and herbs harvested from the onsite organic gardens. The Breakfast at the Farm experience is a true farm-to-table treat and a highlight for many guests, as it offers a unique opportunity to connect with the local culture through cooking and sharing an authentic meal together.



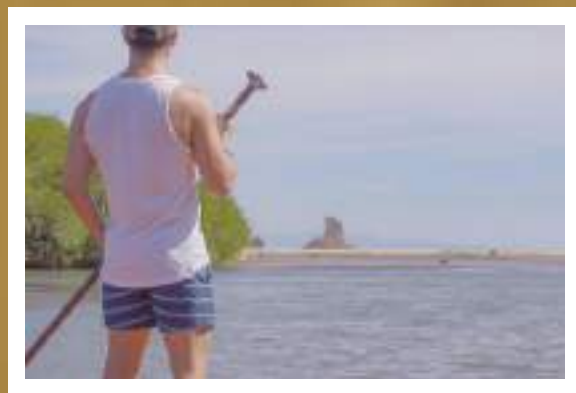
**Note: Please let us know in advance if you have any dietary restrictions or food allergies so that we can be sure to honor your requests.**



**Afterwards, peruse the property with an inclusive activity of your choice. Saddle up for a horseback ride through the hacienda, roam the woods on two wheels with a jungle bike ride, or hit the trails for an accessible hike to a vista point with panoramic views of the Pacific.**



**Pause to replenish with a healthy lunch and then enjoy the afternoon at your leisure. There are endless options to entertain your curiosities and interests at Morgan's Rock. If the ocean is calling to you, take to the sea to snorkel, surf, kayak, or paddle board.**



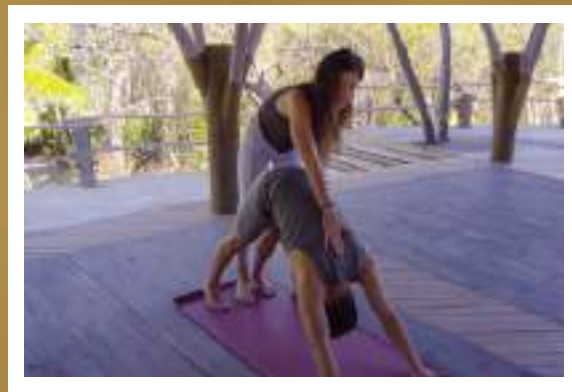


If you'd rather linger on land, enjoy a guided nature tour to get acquainted with the native flora and fauna. Encounter native wildlife like monkeys, sloths, tropical birds, and the various species of sea turtles that seasonally nest and hatch their offspring at Playa Ocotal. Learn about the conservation efforts that Morgan's Rock supports to protect the sensitive habitats and creatures that inhabit the region.



If the Breakfast at the Farm experience piqued your interest about the innerworkings of the hacienda and sustainable living, immerse yourself in the local lifestyle via agro-tourism experiences to learn about organic farming, reforestation efforts, and more.

After spending the afternoon as you wish, return to the yoga deck at sundown for a therapeutic restorative yoga session. Restorative yoga is quite different from the more active yoga practices that come to mind for most and this session will be unlike the yoga you experienced the day before. In restorative yoga, each posture is supported by props such as bolsters, blankets, blocks, and straps so that the body can completely release. As tension melts away in these moments of stillness and silence, the mind is invited to settle as well. Restorative yoga is meditative in nature. In this peaceful practice, one can relax the body, refresh the mind, and restore energy effortlessly.



Savor this experience followed by a delicious dinner before tucking yourself into bed for the night.





## Day Four

Stir from your slumber at sunrise and awaken with an open mind and heart, for something truly extraordinary has been arranged for you this morning. After a nutritious breakfast, you'll travel to a location close by for an unforgettable experience.

Arrive at a quiet ranch on the outskirts of nearby San Juan del Sur, where a special stud of rescued horses resides. At this haven, these horses have been loved, cared for, and trained in intuitive animal-to-human healing practices. A plush massage bed will be set up outside the stables and your wellness practitioner, who has trained extensively with these compassionate creatures, will be by your side as she performs an intuitive energy reading with the help of the horses. These spiritual animals will gently guide your practitioner to parts of the body that may need attention, attunement, and healing. The kind-hearted souls and loving energy of these sweet beings bless this experience with magic and meaning.



With the horses and your healer working in tandem, they'll continue to work toward optimizing the energetic centers, channels, and systems throughout your body. This is a wonderful opportunity to practice trusting in the nurture of nature and opening up to the abundance of the universe.

*Note: If the thought of being in close proximity with horses makes you uneasy, rest assured that we will customize the experience so that it is most comfortable for you.*



Following this once-in-a-lifetime affair, you'll make your way back to Morgan's Rock where you can spend the remainder of the day as you please. Meditate in the shade, soak in some vitamin-sea, or be pampered at the Palsama Oasis spa.



Find relief in knowing that there is nowhere you need to be, nothing you need to do, and nobody you need to tend to other than yourself in this time and space. Allow yourself to find peace in the present moment. Relish in the beauty of being – right here, right now, just as you are.



Ease into the evening and enjoy a fresh, organic meal before climbing in between the sheets of your cozy bed. Melt into your mattress as you drift off to sleep.



## Day Five

Rise refreshed for the final full day of your unique wellness experience. Wander to the yoga shala once more for an all-encompassing morning yoga practice infused with pranayama (yogic breathwork) and guided meditation. Exercise the body, the breath, and the mind to find your center and experience the potency of these ancient practices.



Next, enjoy a fresh, nutritious breakfast before venturing to San Juan del Sur for a second visit. This time, you'll travel by boat and have the opportunity to explore this colorful and quaint coastal destination by foot. Board one of the eco-lodge's sea vessels and glide by the rock formation that gave Morgan's Rock its namesake. Cruise the coastline en route to the calm waters of the crescent-shaped bay that welcomes you to San Juan del Sur.



With a guide by your side, enjoy the beach, peruse the park, and stroll the streets to get to know the local culture. Make your way through the market, visit with the vendors and interact with the locals, shop for souvenirs, and stop at a juice bar for a freshly-squeezed refreshment. Ask your guide for recommendations based on your mood and motivations and make the most of your visit to this laid-back beach town.



After a morning of touring San Juan del Sur, hit the road for a short ride back to Morgan's Rock to enjoy a delicious lunch and a leisurely afternoon.



As the “magic hour” approaches, tread to the beach to reunite with your wellness practitioner for one last time. Here, in the quiet cove encircled by the whimsical white sands of the beach and pastel painted sky, embrace the tranquility of twilight. Watch the sun set and then gather beside the flames of a ceremonial bonfire that honors your journey to awakening.



Enjoy one last guided meditation – a mindful moment to sit and reminisce about your experience as a whole. Reflect upon the gifts you have given yourself throughout this journey. Celebrate the blessings of caring for yourself in mind, body, and spirit. Acknowledge the power of clearing the canvas within you physically, energetically, and mentally. Appreciate the abundance of the Earth and the interconnectedness of all beings.



Savor every second as the flames light up your spirit and the stars fill the night sky. Close the circle of your experience with gratitude and share a few last sentiments with your wellness practitioner.



Enjoy one last exquisite dinner, then return to your abode, crawl into bed, and let the sounds of the sea lull you to sleep.

## Day Six

Awaken to the dawning of a new day. Admire the rays of the sun as they bring the forest to life while you bite into one last breakfast at Morgan's Rock Hacienda & Eco-Lodge.

As we bid you farewell for now, we hope you look ahead with optimism and inspiration to navigate the future with fresh perspectives and insights. We hope that this experience has been impactful, meaningful, and memorable. Know that anytime you need to escape the everyday grind to reconnect with your authentic self, you can turn to the self-care techniques you've practiced throughout your stay. And of course, you are welcome to return to Morgan's Rock Hacienda & Eco-Lodge to realign with yourself and with nature at any time.



Morgan's  
Rock  
HACIENDA  
& ECOLODGE



WELLNESS  
TRAVEL COSTA RICA



## What's included in this wellness experience?

- Meet and greet at the MGA airport in Managua, Nicaragua
- Private round trip ground transfers between MGA and Morgan's Rock Hacienda & Eco-Lodge
- 5 nights/6 days of luxury accommodations
- Welcome cocktail
- 3 nutritious and delicious meals per day
- A professional holistic wellness practitioner dedicated to your unique wellness journey
- 3 private yoga lessons and guided meditations
- 1 energy healing therapy featuring reiki and crystal healing
- 1 90 minute full body sunset massage at the Palsama Oasis Spa
- 1 Breakfast at the Farm culinary experience
- 1 intuitive horse energy reading and therapy (offsite)
- 1 scenic boat tour to San Juan del Sur and a guided visit of the town (offsite)
- 1 ceremonial beach bonfire and guided meditation
- Multiple inclusive activities and amenities to enjoy onsite

Alcoholic drinks and gratuities are not included. Double occupancy is based on two people sharing a room. All government taxes are included.

<b>Type of room</b>	<b>NOV 15 to DEC 14 &amp; JAN 6 to APR 30</b>	<b>MAY 1 to NOV 14</b>
Ocean view with plunge pool	Single \$7,402 Double \$8,819	Single \$6,743 Double \$8,160
Forest view with plunge pool Ocean view without plunge pool	Single \$6,422 Double \$7,840	Single \$5,851 Double \$7,270
Two-bedroom villa with private pool	Single \$10,994 Double 12,482	Single \$9,212 Double \$10,700

To book this Itinerary please contact our Wellness Travel Consultant: Isaac Garcia.  
Direct USA Line Toll Free **1-844-628-4982** or [info@wellnesscostaricacr.com](mailto:info@wellnesscostaricacr.com)  
**[www.wellnesscostaricacr.com](http://www.wellnesscostaricacr.com)**