

Tamarindo, Costa Rica

February 5–8, 2027 | Retreat itinerary & guest agreement

ARRIVAL

Friday, February 5

Villa check-in begins at 4:00 pm. Please do not arrive early.

DEPARTURE

Monday, February 8

Check-out follows the final morning class and breakfast; exact villa check-out time will be confirmed.

The itinerary

Times are local and may shift for weather, transportation, or the group's needs. Included activities and meals are outlined below.

FRIDAY • FEBRUARY 5 | WELCOME

- 4:00 pm** Villa check-in and welcome tour.
- 5:00 pm** Sunset Restore + Core class.
- 7:30 pm** Welcome chef dinner at the villa.

SATURDAY • FEBRUARY 6 | VOLCANO & HOT SPRINGS

- 6:30 am** Depart with Native's Way for the Rincón de la Vieja excursion: guided volcanic hike, Oropéndola Waterfall and swim opportunity, a Costa Rican buffet lunch, and Río Negro hot springs and volcanic mud bath.
- Evening** Return to the villa; evening yoga with Yury before dinner. Timing will depend on the excursion return.
- 8:00 pm** Chef dinner and wine at the villa.

SUNDAY • FEBRUARY 7 | SURF & WELLNESS

- 8:00 am** TRAVELFIT Total Body class.
- 9:00 am** Breakfast at the villa.
- 10:30 am** Group surf lesson on Tamarindo Beach.
- 1:00 pm** Group beachfront lunch.
- 3:30 pm** Nutrition seminar with Laura; optional one-to-one coaching may be arranged separately.
- 5:00 pm** TRAVELFIT Long + Lean class.
- 7:30 pm** Farewell chef dinner at the villa.

MONDAY • FEBRUARY 8 | FAREWELL

- 6:00–7:00 am** Final TRAVELFIT HIIT class; exact start time to be confirmed.
- 8:00 am** Breakfast, followed by check-out.

THE DETAILS

What your stay includes

- Three nights / four days at the private villa in Tamarindo.
- Scheduled TRAVELFIT classes, Saturday evening yoga with Yury, and Laura's nutrition seminar.
- Group surf lesson and the scheduled Rincón de la Vieja excursion, including the guided hike, Oropéndola Waterfall, Costa Rican buffet lunch, and Río Negro hot springs.
- Scheduled chef-prepared villa meals, the Sunday beachfront lunch, and wine served with villa dinners.
- TRAVELFIT welcome gift bag and merchandise.

Your arrangements

- Flights, airport transfers and taxis are the guest's responsibility. Liberia (LIR) is the suggested airport; allow approximately 1.5 hours to Tamarindo.
- Meals outside the scheduled itinerary; alcohol outside villa dinners; personal purchases; optional one-to-one coaching with Laura; and activities or excursions not listed above are not included.
- Travel insurance is optional. You may purchase it if you would like coverage for travel, medical costs, cancellation, or other concerns.

Rooms & pricing | USD only

Accommodation	Price per guest
Shared queen or king bed	\$2,600
Private room	\$3,000

Three-part payments

A \$500 non-refundable deposit secures your place. The remaining balance may be divided into two additional payments, for three payments total, even if you book closer to the retreat. We will agree on the two remaining due dates at booking. The balance must be paid in full before the retreat begins. Send USD payments by Venmo to @Kayley Stevens Lake (confirm the recipient before sending).

If a payment is missed, TRAVELFIT may release and resell the place after written notice. Payments already made are subject to the cancellation terms below.

Cancellations & changes

The deposit is non-refundable. If you cancel, notify TRAVELFIT in writing. Payments for a place that cannot be resold are non-refundable, and any balance already agreed and due remains payable. If the place is resold, no further balance is due; any refund of amounts beyond the deposit will depend on funds recovered from the replacement booking. There is no refund for unused classes, meals, excursions, or missed retreat days.

TRAVELFIT may adjust the schedule, change a provider, postpone, relocate, or cancel when safety, weather, transportation, enrollment, or circumstances beyond its control require it. If TRAVELFIT cancels the retreat, guests may request a refund of retreat payments minus documented, unrecoverable costs, or transfer those payments to a future retreat within 12 months. Flights and separate bookings remain the guest's responsibility.

Health, risk & responsibility

Health & participation

Disclose relevant health conditions, injuries, allergies, pregnancy, and dietary needs before the retreat. You are responsible for deciding whether travel and each activity is suitable for you and for obtaining medical advice or clearance when appropriate. Participation is voluntary; stop if you feel pain, dizziness, or unwell. Follow instructor and excursion-guide directions. Activities may involve physical exertion, surf and water, uneven terrain, heat, wildlife, and travel by road.

Acknowledgment of risk & release

By signing below, you understand and voluntarily assume the inherent and foreseeable risks of the retreat, including fitness classes, yoga, surfing, hiking, waterfall and hot-spring visits, transportation, and other scheduled activities. You accept responsibility for your own participation, medical care, personal belongings, and costs arising from an injury or illness.

To the fullest extent permitted by applicable law, you release and hold harmless TRAVELFIT by Kayley LLC, Kayley Lake, and their instructors, staff, and contractors from claims for injury, illness, death, or property loss arising from your participation, including claims based on their ordinary negligence. This release does not waive rights that cannot lawfully be waived.

Travel, conduct & other terms

Guests must be at least 18 and able to participate independently. The villa and excursions may not be accessible for all mobility needs. TRAVELFIT is not responsible for delayed or cancelled flights, missed transfers, or lost or damaged personal property. Guests are expected to treat others respectfully; unsafe or disruptive behavior may result in removal without refund.

Photographs and videos may be taken during the retreat for TRAVELFIT promotion. Please tell Kayley in writing before the retreat if you do not wish to appear in promotional content. Personal booking and health information will be used for retreat administration and shared with providers only as needed to arrange your participation.

This agreement is governed by Florida law, subject to any mandatory law that applies. If a provision is unenforceable, the remaining provisions continue to apply.

Signature

I have read the itinerary and terms, understand the risks and payment terms, and agree to this guest agreement.

Guest name: _____

Signature: _____

Date: _____

Room selection: _____