



POSADA NATURA

COSTA RICA





Unique Programs

Posada Natura programs are interdisciplinary experiences rooted in the healing power of nature. Our programs include traditional plant medicine therapy led by experienced facilitators, advised by mental health professionals. Our comprehensive integration protocol includes diverse tools for long term care.





Offerings

Entheogenic plant medicine therapy

Comprehensive integration

Professional counseling

Connection to nature

Indigenous medicine

Addiction recovery

Trauma recovery

Mental health

Mindfulness

Meditation

Ayurveda

Yoga





Rainforest Conservation

We are partners with Eco Era, a non-profit organization that conserves thousands of acres of rainforest just behind Posada Natura in the Cerro Nara Watershed of Costa Rica. Our profits directly support Eco Era and our programs incorporate immersive experiences in Eco Era's reserve. We believe healing happens by connecting to and protecting nature.



Social Reciprocity

Our center engages in reciprocity to indigenous cultures, particularly the Kamensta region of Colombia from where our plant medicine practices originate.

Several of our programs are designed specifically to support veterans, first responders, and wildland firefighters.





Eco Facilities

Situated alongside an enchanting river and surrounded by rainforest is our spacious, open-air sanctuary. Yoga decks, ceremony sites, lounge and dining areas are woven into lush tropical gardens. Each group is given exclusive use of our space to maintain a harmonious container during the retreat experience.





Boutique Lodging

River-front cabañas are nestled in our lush tropical garden. Built with stone, wood, and bamboo from our very land, their design achieves a balance of rustic luxury, curating an intimate experience with nature.





Nutritious Food

We believe that food is healing. We source all of our produce from local, organic farms to create fresh, plant-based meals for every retreat. We believe in nourishing the human temple with nutrient dense, fresh ingredients cooked with love and intention.





Nature Immersion

Our lands are a tangible discovery of the pulsing magic of life, a garden of ancient trees, medicinal plants, fruit trees, flowers and animals. The song of the forest is a chorus of wildlife that creates astounding mental clarity and presence while the soothing river creates a deeper experience of healing and connection through the land.



WELCOME HOME

