



THE

GYPSY YOGI

NOSARA RETREAT

Nomadic Hotel

JANUARY 29 – FEBRUARY 3, 2027

FEEL HAPPY. FEEL WHOLE.
FEEL YOU.



A 5-NIGHT IMMERSIVE RETREAT IN
ONE OF THE WORLD'S BLUE ZONES

[BOOK NOW](#)



THIS IS YOUR
RESET

— THE GYPSY YOGI WAY —

*You don't come here to check-out.
You come here to reconnect.*



To move your
body with
intention.



To build strength that
actually carries into
your life.



To breathe deeper
than you have in a
long time.

*This isn't about being perfect.
It's about showing up - fully.*

You'll move. You'll sweat. You'll laugh.

HAPPY. WHOLE. YOU.

WHAT'S INCLUDED

- Daily yoga sessions in a beautiful open air shala
- Organic, farm-to-table breakfast each morning
- 2 chef-inspired dinners at Nomadic (excluding alcoholic beverages)
- Guided sound journey to fully unwind with a Nosara practitioner
- Pranayama session led by a Nosara-based practitioner to regulate stress and sharpen focus
- Luxury accommodations at Nomadic Hotel
- Transportation to and from the airport



PLUS TIME TO

- Ride bikes to town
- Relax at the beach or pool
- Explore Nosara at your own pace
- Optional excursions are available and can be booked individually.

WHY NOSARA

Nosara is one of the world's rare **Blue Zones** where people live longer, healthier, more connected lives.

But what makes it different isn't just the science -

it's the feeling.

Here, life slows down in the best way. You wake up with the sun, move your body, breathe deeper, and actually feel present again.

Happy. Whole. You.



Morning
movement



Afternoons
that feel unhurried



Evenings

Centered around sunset,
conversation, and connection.

This is where we come together the way we're meant to -
supportive, grounded, and real.



MEET YOUR GUIDE



Stephanie Disbrow

Founder of The Gypsy Yogi

I'm the founder of The Gypsy Yogi, a Raleigh-based yoga community known for outdoor, strong, athletic flows with a grounded approach to movement, mindset and the study of simple, real-life teachings from the yoga sutras.

With over 17 years of consistent training, I teach outdoor yoga as exactly that- a practice not a performance- focusing on building strength, mobility, and mental clarity.

I've traveled to 37 countries and 43 states, and I know firsthand how powerful it is to get out of your normal environment and into one that actually supports how you want to feel.

The retreat at Nomadic is intentional. Every detail is designed to help you reset, move your body, and get clear again.

I'm excited for us to travel together to Nosara!
Let's step out of our routine and back into ourselves.

This isn't something you just attend-it's something you'll carry with you long after you leave.

ACCOMMODATIONS

AT NOMADIC

Designed with natural materials, clean lines, and a calm, grounded aesthetic, every space invites you to unwind.

Feel Happy. Feel Whole. Feel You.



DUAL QUEEN ROOM

2 Teak Queen Beds | Private En Suite Bathroom | Fan | Private Courtyard | Poolside Deck | AC | WIFI

2 guests: \$2,600 per person
3-4 guests: \$2,200 per person



QUEEN ROOM

2 Teak Queen Beds | Private En Suite Bathroom | Fan | Private Courtyard | Poolside Deck | AC | WIFI

Double: \$2,400 per person
Single Occupancy: \$3,700



KING ROOM

Teak King Bed | Private En Suite Bathroom | Fan | Private Courtyard | Poolside Deck | AC | WIFI

Double Occupancy: \$2,600 per person
Single Occupancy: \$3,950



BUNK ROOM

4,2-Person Teak XL Twin Beds | 2- Private En Suite Bathroom | Fan | Personal Charging Station | Personal Locker | AC | WIFI

\$1,950 per person



Feel well cared for, with daily housekeeping and *thoughtful attention to detail.*





RESERVE YOUR SPOT



\$500 non-refundable deposit.



January 28 – February 3, 2027

• **SPOTS ARE LIMITED!** •

You, the environment, and a soulful experience -
intentionally brought together for us.

[**BOOK NOW**](#)



\$500 IS NON-REFUNDABLE AND NON-TRANSFERABLE .



PAYMENT PLAN

Payment plans can be set up for the remaining cost.

Please email stephanie@thegypsyogi.com to set up a plan for you or if you have any questions.



CANCELLATION POLICY:

No refunds or credits will be granted for failure to attend, arriving late or leaving early.



IF THESE DATES DON'T ALIGN, I ALSO OFFER

PRIVATE GYPSY YOGI RETREATS

CUSTOMIZED FOR YOU AND YOUR CREW.



EMAIL:
stephanie@thegypsyogi.com



PHONE: [919-522-1205](tel:919-522-1205)