

SLAY.
COSTA RICA

Itinerary Overview

Aug 13 - 17

Where wellness meets Afro-Caribbean
culture and Black queer joy



An immersive Black queer wellness and cultural experience in the Caribbean coast of Costa Rica. You will experience healing, movement, cultural immersion, nature, connection, mindfulness and celebration in one of the most beautiful regions of Costa Rica...



Limon

Day 1: Healing + Expansion

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Your journey begins the moment you land in Costa Rica. This day is all about slowing down, settling into paradise, and connecting with the energy of the retreat.

Airport Pickups

Guests will be welcomed with arranged transportation to the retreat location, allowing everyone to arrive stress-free and fully present for the experience ahead.

Welcome & Check-In

Take time to settle into your accommodations, explore the property, breathe in the Caribbean air and meet fellow attendees.

Opening Dinner

A beautiful communal dinner featuring nourishing flavors inspired by Afro-Caribbean culture. This is a moment to connect, laugh and begin building community together.



Day 2: Healing + Expansion



This day is centered around reconnecting with the body, unlocking energy, and embracing wellness through movement, breath, mindfulness, and self-discovery.

Morning Yoga

Start the day with a restorative yoga session designed to awaken the body, calm the nervous system and align the mind and spirit.

Herbal Aphrodisiac Workshop

Explore the power of herbs, natural medicines and Afro-Caribbean healing traditions focused on energy, sensuality, vitality and emotional wellness. Guests will learn about herbal blends and ingredients traditionally used to support connection and confidence.

Sensual Movement Class

A guided movement experience designed to help participants reconnect with their bodies through confidence-building exercises, rhythm, flow and self-expression in a safe and affirming environment.

Vortex Breath Meditation

A powerful guided breathwork and meditation experience focused on releasing emotional blockages and opening the heart chakra. This session encourages emotional clarity, self-love, inner peace and energetic alignment.

Mindset Mastery Session

We'll conclude the evening with a transformational conversation and guided workshop centered on mindset, personal growth, manifestation and stepping fully into your highest self.

Day 3: Adventure + Liberation



This day is all about reconnecting with nature, embracing freedom, local food tasting and experiencing the healing energy of Costa Rica's Caribbean landscape.

Jungle Excursion

Step into the lush tropical rainforest for an immersive nature experience surrounded by vibrant greenery, exotic wildlife and the grounding energy of the jungle. This excursion is designed to help guests disconnect from stress and reconnect with themselves through nature and exploration.

Waterfall Visit

Experience the beauty and serenity of a breathtaking Caribbean waterfall. Guests will have time to swim, relax, take photos, meditate or simply enjoy the calming sounds and healing energy of the water.

Guided Hike

Enjoy a scenic hike through Costa Rica's tropical landscape while learning about local plants, wildlife and the natural environment. This experience encourages mindfulness, movement, and connection with the earth.

Beach Relaxation

After the adventure, unwind with intentional rest and relaxation along the Caribbean coast. Guests can swim, sunbathe, connect with others or simply enjoy the peaceful atmosphere and ocean breeze.

Day 4: Culture + Celebration



This day is dedicated to fully immersing ourselves in the vibrant spirit, history, and celebration of Afro-Caribbean culture in Costa Rica.

Grand Caribbean Parade 2026 – Cahuita

Guests will experience the energy and excitement of the Annual *Grand Parade Caribe 2026* in Cahuita. A powerful cultural celebration filled with music, dance, fashion, community pride and Caribbean tradition.

This unforgettable experience offers attendees the opportunity to witness the beauty of Afro-Caribbean heritage through colorful costumes, live performances, local artistry and the vibrant rhythms that make Costa Rica's Caribbean coast so unique.

Cultural Immersion Experience

Throughout the day, guests will have time to explore local vendors, enjoy authentic Caribbean cuisine, connect with the community and fully embrace the spirit of the celebration.

Celebration + Connection

Day 4 is about freedom, visibility and honoring Black culture in an environment filled with love, expression and community energy. It serves as a powerful reminder of the importance of preserving and celebrating Afro-Caribbean identity and traditions.

Day 5: Culture + Celebration

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As the retreat comes to a close, guests will begin their journey back to San José carrying new memories, deeper connections and a renewed sense of self.

Morning Checkout

Guests will enjoy a slow and peaceful morning to pack, reflect and soak in the final moments of the Caribbean experience.

Ground Transportation to San José

Comfortable group transportation will be provided back to San José for departing flights.

Farewell Until Next Time

While the retreat may end, the relationships, experiences and transformation created throughout the week are designed to continue long after leaving Costa Rica.



Accommodations

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Offerings



Retreat Includes:

- Roundtrip ground transportation from San José to the Caribbean coast
- 4 night accommodations
- Welcome dinner
- Wellness programming
- Morning yoga sessions
- Herbal Aphrodisiac Workshop
- Sensual Movement Class
- Vortex Breath Meditation
- Mindset Mastery Session
- Jungle excursion
- Waterfall experience
- Guided hike
- Beach relaxation experiences
- Access to Grand Parade Caribe 2026
- Community experiences and cultural immersion

Not Included:

- International airfare
- Lunch and dinner (Except for welcoming evening)
- Personal shopping
- Optional nightlife or additional excursions
- Travel insurance



Meet your host

Born in Brooklyn, New York, Sean Torrington was raised on a rhythm of Caribbean music, big dreams, and the bold energy that only Brooklyn can bring. But beneath the fast pace of city life, there was always a deeper calling, a pull toward something ancestral, rooted and real.



That calling led him to Limón, Costa Rica, the birthplace of his parents, his family's homeland and the foundation of so much of his identity. What began as a journey became a return. A reclamation of culture, heritage and connection to the Afro-Caribbean roots that are too often overlooked in mainstream travel experiences.

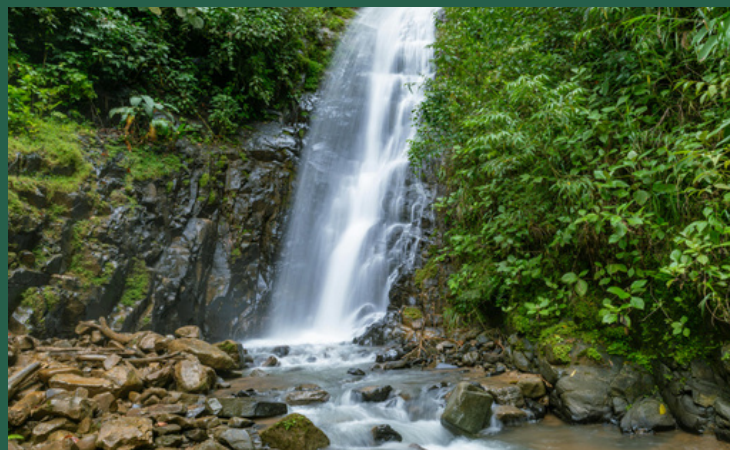
The SLAY Costa Rica Retreat was created from that personal journey.

This experience is more than a vacation. It is a space intentionally designed for healing, joy, freedom, cultural connection and community for Black queer travelers seeking something deeper than tourism. Through wellness, nature, mindfulness, celebration and Afro-Caribbean cultural immersion, guests are invited to reconnect with themselves while experiencing the soul of Costa Rica.

Sean's mission is rooted in amplifying Afro-Caribbean voices, traditions and communities while creating experiences that directly support local Black-owned businesses, healers, creatives and cultural practitioners throughout Costa Rica's Caribbean coast.

From black sand beaches and waterfalls to herbal traditions, music, food and community connection, every detail of this retreat is designed to create meaningful experiences that feel authentic and unforgettable.

Whether you are coming to rest, heal, celebrate, explore, reconnect or simply feel something real, welcome to the experience.



Reserve your spot

Reservation Details

- Total Investment: **\$1,850 Shared Room** or **\$1,980 Private Room**
- \$300 non-refundable deposit required to secure your spot
- Flexible payment plans available
- Final balance due 30 days before retreat
- Limited spaces available to maintain an intimate experience

Payment Options

- Pay in full
- Monthly installment plan available upon request

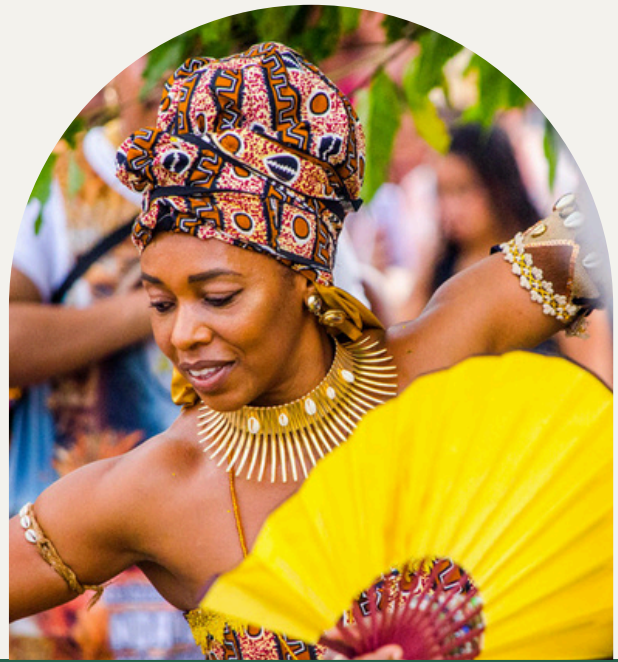
Deposits are non-refundable. No refunds within 45 days of the retreat start date.

Reservation Deadline: June 30, 2026

This retreat is intentionally curated to maintain intimacy, connection, and personalized attention. Spaces are limited.

Where wellness
meets Afro
Caribbean
culture and
black with joy

[Apply to join](#)



Thank You



Contact

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[Schedule a discovery call](#)