



Qasa Program Guide

Come home to queer joy at Costa Rica's
premiere LGBTQ+ retreat, hotel and
wellness center





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WELCOME HOME!

Qasa is a queer-owned and run sanctuary nestled in the heart of the jungle. This space built with love, courage, and the belief that we all deserve to belong.

This is a place of radical welcome. A place where no part of you needs to be hidden or explained. All genders, all bodies, all ancestries, all lived experiences. You're not just allowed here, you're held here.

Some come to rest. Some come to unravel. Some come finding the joy, clarity or connection they can't quite name. However you arrive, whatever brings you, Qasa meets you where you are.



RETREATS & HOTEL STAYS

Whether you're joining a retreat or at the hotel for a flexible stay, you're invited to move at your own pace. Nourish yourself with vibrant meals.

Walk the forest trails. Swim beneath waterfalls. Join a yoga class or rest in stillness. Let the land work quietly with you. There's no right way to be here. Just your way.



MISSION

Our mission is to co-create a world where queer joy is not an indulgence, but a birthright.



THE QASA WAY

The Qasa Way is how we create unforgettable, life-shifting queer experiences - grounded in joy, safety, and belonging. While each retreat is unique, you'll find consistent values, elements, and philosophy across all of our experiences. Every retreat is queer-centered, evidence-rooted, and designed for your whole self: mind, body, heart, spirit, and nature too.





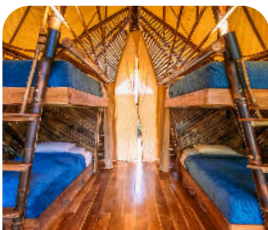
THE LAND

Qasa lives in the heart of Costa Rica's lush Diamante Valley. Cradled by jungle, mountains, rivers, and sky, this land is alive, sacred, and deeply generous.

We don't just exist on this land, we listen to it, learn from it, and care for it. Being here invites a slower rhythm, a wilder breath, a deeper remembering of our wholeness.



RETREAT CENTER & ECO-CHIC HOTEL





EVENTS

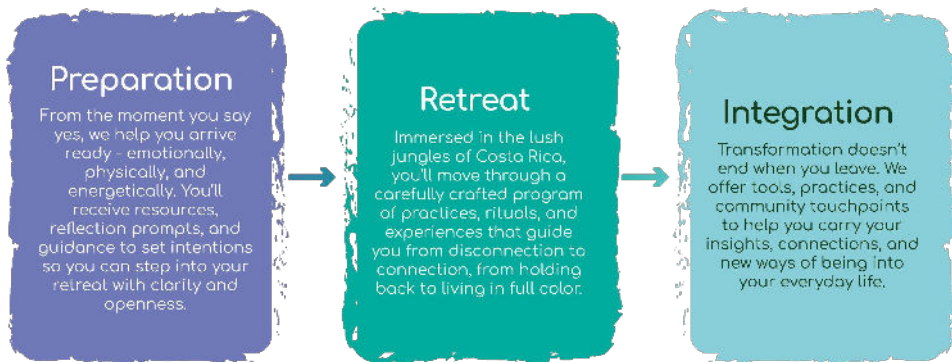


OUR RETREATS AND EXPERIENCES

Based on The Qasa Way, our retreats, adventures, and festivals guide guests from grayscale shame, fear, and disconnection to technicolor joy, embodiment, and belonging. You'll laugh until you cry, cry until you laugh, and remember what it feels like to be fully alive - in your body, in your truth, and in a community that celebrates you exactly as you are.

THE ARC OF YOUR QASA RETREAT

Every Qasa retreat is more than just time on the land- it's a journey with three powerful phases designed to support your transformation.






At Qasa, we hold the container for your whole journey - before, during, and after - so your experience isn't just memorable, it's lasting.



THE RETREATS

Every Qasa retreat is a doorway into a different kind of transformation.

Whether you're drawn to sacred ceremony, erotic embodiment, or wild adventure, each program invites gay men to reconnect with body, brotherhood, and joy in their own way, at their own pace.

Series	Essence	Core Practices	Energy / Spice	Ideal For
Awaken	Sacred plant journeys for deep inner healing	Ceremony, somatics, integration	 Gentle Profound	Gay men seeking clarity, purpose & renewal
Unleash	Erotic embodiment & communal healing	Massage, movement, consent, ritual	 High-energy Sex-positive	Gay men exploring pleasure & liberation
Explore	Adventure & nature-based brotherhood	Hiking, aerial arts, sound baths, tantra lite	 Playful Active	Gay men craving aliveness, courage & connection



All of our retreats feature:



Expert Facilitators

Skilled, trauma-informed guides create immersive, heart-opening experiences that help you grow with care and clarity.



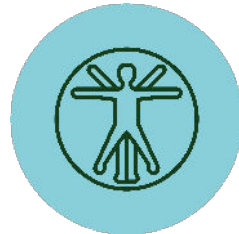
Inclusive Queer Community

Join a vibrant, loving community that honors queerness in all its forms - where you are free to be fully, joyfully you.



Exceptional Natural Setting

Hosted in the Diamante Valley of Costa Rica, one of the world's most biodiverse places, vibrant nature offers more than a backdrop - it is part of the journey.



Holistic Wellbeing

Our programs engage the full spectrum of your being - mind, body, heart, and spirit - through movement, rest, play, and connection.

OUR RETREATS: THREE PATHS TO TRANSFORMATION

Whether you're seeking deep transformation, erotic awakening, or wild adventure, our retreats guide you home to yourself in three unique ways: **Awaken, Unleash, and Explore.**

AWAKEN

Sacred Plant Journey Retreats

Mycelial Muse

Two ceremonies, breathwork, movement, sharing circles, nature immersion, gentle container

Grandmother Vine

Two ceremonies, breathwork, movement, meditation, nature immersion, integration circles

UNLEASH

Embodied Pleasure Retreats

Bodywerk

Message training, breathwork, yoga, partner stretching, optional erotic, self-touch, low intensity

Conscious Kink

DSM, tantric breathwork, erotic rituals, solo/partnered pleasure, high intensity, clothing-optional

EXPLORE

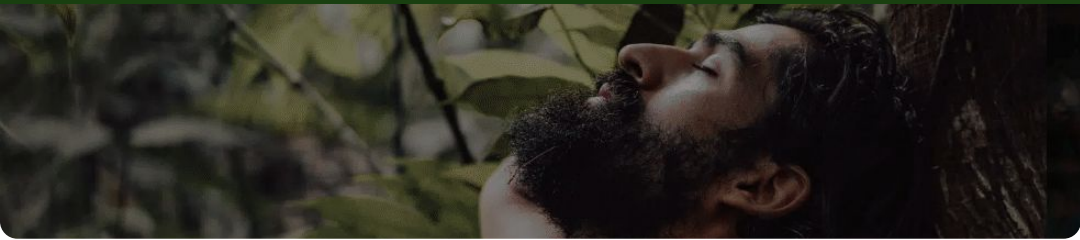
Out & Wild Adventure Retreats

Splash!

Waterfall, rappelling, wilderness survival, yoga, aerial arts, sound baths, microdosing, tantra-lite

Into the Jungle

Rafting, surfing, mangrove kayaking, wilderness skills, embodied practices, microdosing, tantra-lite



AWAKEN: SACRED PLANT JOURNEYS

Remember who you truly are.

Our Awaken retreats - *Mycelial Muse* (psilocybin) and *Grandmother Vine* (ayahuasca) - invite gay men into a safe, trauma-informed container to release old stories and reconnect to innate wholeness.

Through guided ceremonies, meditation, breath, somatic practices, waterfall adventures, and compassionate integration, you'll shed what no longer serves and rediscover your vitality and purpose.

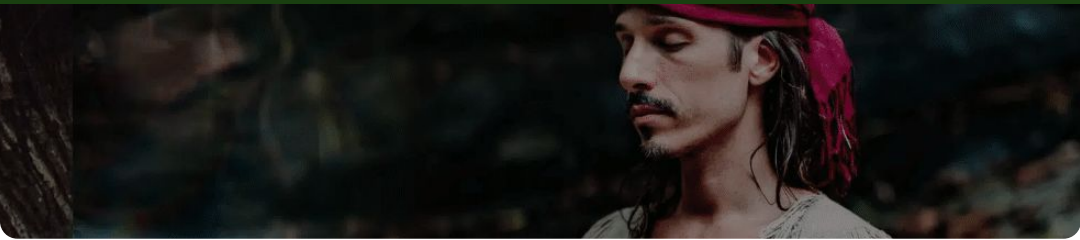
"The jungle hums, the drums rise, and your body remembers — I am here, I am free, I am whole."

Highlights:

- Two guided ceremonies with optional personal use of psilocybin or ayahuasca.
- Daily embodiment, movement, and meditation.
- Integration circles and reflection rituals.
- Thoughtful preparation + ongoing community connection.

Duration: 7 days / 6 nights | Group Size: max 20

Investment: from \$2,950



WHY PEOPLE COME

Connect with sacred plants in a safe, queer-affirming space.

Remember and embody your innate wholeness.

Step into greater clarity, purpose and self-trust.

Cultivate deeper connection to inner wisdom and the living world.

Explore embodiment practices that spark creativity, self-expression, and queer joy.

Reclaim the simple things that make life feel light, playful, and alive.



Schedule Overview

Mornings begin with intention - starting with meditation, reflection, and group sharing, followed by an embodiment practice. Late mornings bring breathwork, nature walks, or workshops designed to prepare body and mind for ceremony or deepen integration.

Afternoons flow between rest, riverside journaling, and skill-building sessions, with ceremonies held in the evenings on days 3 and 5. Between ceremonies, you'll have time for grounding practices, integration, connection with others, and quiet reflection, balancing deep inner work with joyful moments in nature.

Investment & Logistics

- **Duration:** 7 days, 6 nights
- **Group Size:** Limited to 20 participants for safety and depth of connection
- **Investment:** Starts at \$2950
- **Includes:** All ceremonies, expert facilitation, accommodations, chef-prepared meals, airport transportation, preparation and integration support, and community access
- **Privacy Level:** Fully Private - All retreat activities and meals are exclusive to your group, with no participation from hotel guests.
- **Spice Level:** This is a non-sexual sacred space held for everyone: participants, facilitators, and team alike, focused on empowerment, embodiment, and self-discovery.

THERAPEUTIC POTENTIAL OF MYCELIAL MUSE

Mental Health & Wellbeing Research of Benefits

Mood & Depression: Clinical trials at *Johns Hopkins University* and *Imperial College London* show rapid, lasting reductions in depression and anxiety after guided psilocybin sessions.

Neural Reset: Imaging studies (Carhart-Harris et al., 2012) reveal decreased activity in the *default mode network*, supporting emotional flexibility and reduced rumination.

Mindfulness & Openness: Follow-ups show lasting increases in mindfulness, empathy, and a renewed sense of connection.

Addiction & Healing: Early studies at *Johns Hopkins* and *Yale* suggest potential to help break habitual or compulsive patterns.

(Griffiths et al., 2016; Davis et al., 2020; Carhart-Harris et al., 2012; Johnson et al., 2014)

THERAPEUTIC POTENTIAL OF GRANDMOTHER VINE

Mental Health & Wellbeing Research of Benefits

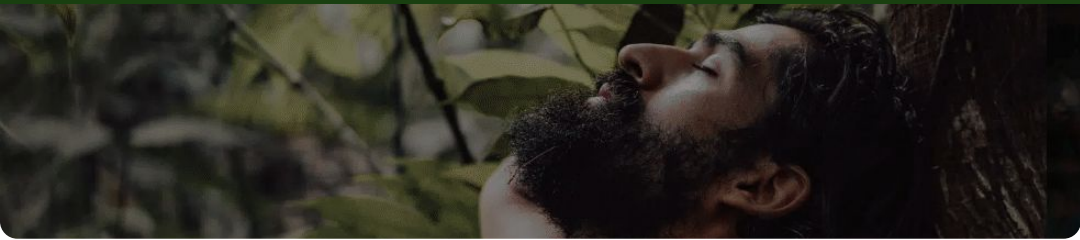
Mindfulness & Presence: Studies by the *Beckley/Sant Pau Research Programme* show increased mindfulness traits like *decentering* after ayahuasca ceremonies — the ability to observe thoughts non-judgmentally.

Mood & Trauma Relief: Research from *Universidade Federal do Rio Grande do Norte (Brazil)* found rapid antidepressant effects within days of a single session.

Neural Reset: Brain-imaging (Beckley/Sant Pau) reveals reduced activity in the *default mode network*, linked to rumination and self-criticism.

Neurogenesis Potential: Laboratory work at *Beckley/Sant Pau* shows ayahuasca compounds can stimulate new neuron growth in stem-cell cultures — a promising early pathway for brain-health research.

(Palhano-Fontes et al., 2019; Soler et al., 2016; Morales-Gómez et al., 2020)



UNLEASH: EMBODIED PLEASURE

Liberate your body. Awaken your erotic power.

Unleash retreats are immersive, heart-led journeys for gay men to explore the body as a source of pleasure, wisdom, and connection - in a judgment-free, clothing-optional environment grounded in consent and safety.

Choose between:

- **Bodywerk:** Body-positive immersion in therapeutic + sensual massage.
- **Conscious Kink:** Sacred erotic exploration through BDSM, ritual, and embodied spirituality.

"Time here is measured in touch, in laughter, in the way connection deepens without a single word."

Highlights:

- Massage, movement, and breathwork workshops.
- Somatic consent & boundaries training.
- Optional erotic embodiment practices.
- Naked nature walks, waterfall adventures, and evening rituals.

Duration: 7 days / 6 nights · *Group Size:* max 25

Investment: from \$2,700



BODYWERK

Join us on a journey of touch, breath, and movement in a judgement-free, clothing-optional environment where you can experience your body as a source of pleasure, wisdom, and connection. Bodywerk is a 7-day immersive retreat for GBTQ+ men who want to master the art of giving-and receiving-deeply satisfying full-body massage in a safe, consent-based space.

Guided by skilled facilitators, you'll explore the language of touch through therapeutic and sensual massage techniques, yoga and partner-assisted stretching, and breath-led presence. Optional erotic self-touch and pleasure practices are there for those who wish to explore, but at its heart, Bodywerk is a week devoted to skill-building, body celebration, and the joy of human connection - all in a space where desire and curiosity are met with respect, warmth, and zero shame.

WHO IT'S FOR & WHY PEOPLE COME

- Learn massage techniques to give a deeply satisfying full-body experience
- Receive quality, attentive touch in a safe and supportive space
- Deepen your presence, arousal awareness, and relaxation through guided breathwork
- Enjoy daily movement practices and yoga - including optional partner yoga - to awaken and connect your body



- Explore optional guided self-touch exercises to deepen your personal embodiment and pleasure awareness
- Be in a space where others may explore erotic energy - without any obligation for you to join
- Release body shame and step into confidence through touch and connection
- Build community with other conscious, body-positive queer men
- Take home practical tools for intimacy, consent and confident touch you can bring into all your relationships

Schedule Overview

Mornings open with breathwork, yoga, or partner movement to awaken body and presence, followed by hands-on learning in massage, stretching, and conscious touch exchanges. Between sessions, rest, swim, or join nature immersions. Evenings invite group connection and guided self-touch in a consent-based, clothing-optional space that's both playful and safe.

Investment & Logistics

- **Duration:** 7 days, 6 nights
- **Group Size:** Maximum 25 for depth, safety, and personalized attention
- **Includes:** All workshops, expert facilitation, accommodations, meals, beverages, airport transportation, preparation and integration resources, and community access
- **Investment:** Starts at \$2,700
- **Privacy Level:** Semi-Private - All retreat activities and meals are may include participation from hotel guests.
- **Spice Level:** Participants are welcome to engage in conscious, consensual connection with others, excluding facilitators and team members.



CONSCIOUS KINK

A 7-day erotic immersion for queer men ready to explore their deepest desires with curiosity, courage, and consent. Through kink-informed practices, ritual touch, and embodied spirituality, you'll discover pleasure not as a guilty indulgence, but as a sacred force for healing, connection, and liberation. Every moment is fully opt-in, grounded in safety, and designed to honor your erotic self without shame.

This is a space to explore sensual massage, solo and partnered self-pleasure, BDSM techniques, and sacred erotic rituals - not as performance, but as authentic expressions of your body's intelligence and joy, and as transformational tools to connect to your higher self and beyond.

WHO IT'S FOR & WHY PEOPLE COME

- Explore erotic embodiment and conscious kink in a fully supportive space
- Follow your erotic edge at their own pace, in full consent
- Feel comfortable in a sexual environment where others are exploring their kinks - without any obligation to participate or even remain in the space
- Integrate pleasure as a spiritual practice and a tool for liberation



- Explore power exchange, BDSM, and conscious self-pleasure in a safe, shame-free space
- Learn guided edging, bondage, impact play, and ass pleasure/fisting with expert instruction
- Connect with emotionally grounded men exploring similar edges
- Experience sacred erotic rituals blending playfulness and spiritual depth
- Reconnect with nature through naked walks, erotic waterfall excursions, and outdoor movement
- Receive comprehensive preparation, consent tools, and post-retreat integration support

Schedule Overview

Mornings open with movement and breathwork, then flow into group dialogue and practice on the day's theme. Afternoons offer hands-on workshops and partner or group exercises in a consent-rich space. Evenings slow into ritual, sensual or playful, always safe- with time for reflection, nature, and gentle erotic exploration.

Investment & Logistics:

- **Duration:** 7 days, 6 nights
- **Group Size:** Maximum 25 for depth and safety
- **Prerequisites:** Comfort with advanced erotic content and group intimacy
- **Investment:** Starts at \$2,700
- **Includes:** All workshops, expert facilitation, accommodation, delicious chef-prepared meals, tropical beverages, airport transportation, preparation and integration resources, and online Qasa community access
- **Privacy Level:** Fully Private - All retreat activities and meals are exclusive to your group, with no participation from hotel guests.
- **Spice Level:** Participants are welcome to engage in conscious, consensual connection with others, excluding facilitators and team members.



EXPLORE: OUT & WILD ADVENTURES

Adventure as liberation. Brotherhood as medicine.

The Explore series celebrates gay men in motion — blending jungle adventure, movement, and laughter into one unforgettable week.

Led by Discovery Channel's *Naked and Afraid* champion **Dan Link**, each retreat invites you to reconnect with nature, confidence, and joy through play and challenge.

Choose between:

- **Splash!** — Waterfall canyoning, aerial arts & sound baths in the Diamante Valley.
- **Into the Jungle** — Rafting, surfing, kayaking & jungle immersion through water and flow.

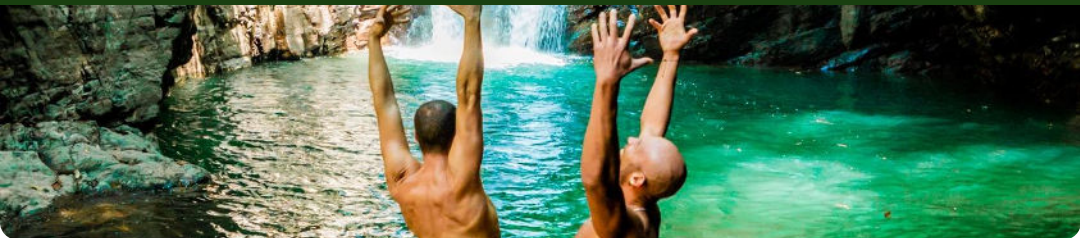
"The raft drops, the river roars, and laughter erupts — joy as natural as breathing."

Highlights:

- Guided adventure tours with expert instruction.
- Yoga, aerial arts & sound healing for recovery.
- Microdose-friendly embodiment and integration sessions.
- Evenings of connection, storytelling, and star-soaked celebration.

Duration: 7 days / 6 nights · Group Size: max 20

Investment: from \$2,700



SPLASH!

A 7-day plunge into the wilds of Costa Rica, where big adventure meets unapologetic queer joy. Guided by biologist and Discovery Channel's six-time *Naked and Afraid* champion Dan Link, you'll trek throughout the week from the towering Diamante Falls through a chain of jungle cascades all the way to the legendary Nauyaca Falls, rappelling down thundering waterfalls, and pick up primal skills that'll have you channeling your inner queer Tarzan in no time. And don't worry-this isn't survival TV. No bug dinners or sleeping on the ground. Instead, each day you'll enjoy delicious meals, cozy luxury cabins, and the kind of jungle comfort only Qasa can provide.

But this retreat is about more than adrenaline. Between your canyoning and hikes, you'll melt into yoga flows, aerial arts, and sound baths, and spend your evenings laughing with a chosen family you'll keep long after the weekends. Every adventure is optional-whether you're diving headfirst into the action or soaking it all in from a hammock with a cocktail in hand.

WHO IT'S FOR & WHY PEOPLE COME

- Tap into your inner explorer and surprise yourself with what you can do
- Dive into physical adventure - comfort with moderate hiking and basic swimming ability recommended to get the most out of the experience

- Feel the rush of challenge while wrapped in the safety net of queer community
- See jaw-dropping landscapes that'll make your old Grindr profile pics green with envy
- Break through old fears and step into confident, grounded leadership
- Laugh until your cheeks hurt around a jungle campfire
- Disconnect from screens and stress
- Remember that joy and play are as essential as food and water

Schedule Overview:

SPLASH!! days at Qasa flow between adventure and restoration - beginning with yoga or coffee in your hammock before chasing waterfalls, climbing boulders, or learning wilderness tricks from Dan, your queer Indiana Jones guide. Afternoons blend movement and play. Rappelling through mist, mastering aerial arts, or swimming in jungle pools, while evenings bring family-style meals, laughter under the stars, sound baths, and spontaneous dancing. You leave both exhilarated and deeply replenished.

Investment & Logistics:

- **Duration:** 7 days, 6 nights
- **Group Size:** Max 20 for safety and connection
- **Investment:** Starts at \$2,700
- **Includes:** All adventure tours & activities, safety equipment, expert facilitation, accommodation, chef-prepared meals and tropical beverages, ground transportation to and from airport, embodied practices (yoga, etc), integration support, and access to the online Qasa community
- **Privacy Level:** Fully Open - All retreat activities and meals are open to hotel guests and staff to join.
- **Spice Level:** Participants are welcome to engage in conscious, consensual connection with others.



INTO THE JUNGLE

A 7-day Costa Rican escape where wild adventure meets lush tropical luxury. Led by Discovery Channels Naked and Afraid: Last One Standing champion Dan Link, you'll kayak through mangrove forests teeming with monkeys and exotic birds, trek to hidden jungle waterfalls, tackle whitewater rapids, take part in a surf day at Dominical Beach, and try your hand at primal skills that reconnect you to the earth. Each day you'll also enjoy chef-prepared meals, dreamy jungle cabins, and a poolside view worth writing home about.

This retreat isn't just about chasing thrills - it's about savoring every moment. Between rafting runs and waterfall swims, you'll sink into yoga, aerial arts, and sound baths, and end your nights in the kind of laughter-filled, dance-fuelled gatherings that forge lifelong friendships. Every skill level is welcome and every adventure is yours to choose-because here, the only thing mandatory is joy.

WHO IT'S FOR & WHY PEOPLE COME

- Paddle, swim, surf, and explore Costa Rica's stunning waterscapes
- Dive into physical adventure - comfort with moderate hiking and basic swimming ability recommended to get the most out of the experience



- Experience the thrill of outdoor adventure with a queer-affirming crew
- Learn new skills and test your limits in fun, supportive ways
- Recharge your body and spirit with sun, saltwater, and movement
- Reconnect with playfulness, spontaneity, and a sense of flow-on the water and in life

Schedule Overview

Mornings start with movement - yoga, aerial arts, or a juicy embodiment practice - before breakfast and heading out to the day's adventure. Some days it's whitewater, some days surfing, and some days exploring mangroves or hiking to hidden jungle pools.

Afternoons often bring beach time, nature walks, or hammock naps, with evenings for group dinners, storytelling, and spontaneous mischief. Rainy season means everything is lush, alive, and dripping with possibility - yes, you will get wet, and yes, you will love it.

Investment & Logistics

- **Duration:** 7 days, 6 nights
- **Group Size:** Max 20 for safety and connection
- **Investment:** Starts at \$2,700
- **Includes:** All adventure tours & activities, safety equipment, expert facilitation, accommodation, chef-prepared meals and tropical beverages, ground transportation to and from airport, embodied practices (yoga, etc), integration support, and access to the online Qasa community
- **Privacy Level:** Fully Open - All retreat activities and meals are open to hotel guests and staff to join.
- **Spice Level:** Participants are welcome to engage in conscious, consensual connection with others.





TESTIMONIALS

Don't take our word for it! Check out what Qasa guests are saying:

"What's really special about being here are the people who are around you and the intentions that they bring."

- Chase, he/him

*"I didn't expect nature to just be so f*cking incredible."*

- Eduardo, he/him

"It's such a loving and warm welcoming community, tribe, and environment."

- Eric, he/him

"I feel like everybody here is being as vulnerable as they possibly can, and I find so many people here are so inspiring."

- Noah, he/him

"One of my biggest takeaways from this retreat is to dive in and jump into life."

- JJ, he/him

"Words are not enough for me to describe Qasa. I am so grateful that such a beautiful, inclusive, and healing place exists. I planned to stay one week and ended up staying almost three because I just did not want to leave."

- Agia V, they/them



PRICING OVERVIEW

Our retreats are priced by category type and lodging option. Below you'll find the full breakdown.

Awaken: Sacred Plant Journeys

- Shared 4-Bed Cabin (per person): \$2,950
- Shared Twin Cabin (per person): \$3,400
- Private King Cabin (per person): \$3,700
- Private Deluxe Cabin (per person): \$4,000

Unleash: Embodied Pleasure Retreats

- Shared 4-Bed Cabin (per person): \$2,700
- Shared Twin Cabin (per person): \$3,150
- Private King Cabin (per person): \$3,450
- Private Deluxe Cabin (per person): \$3,750

Explore: Out & Wild Adventure Retreats

- Shared 4-Bed Cabin (per person): \$2,700
- Shared Twin Cabin (per person): \$3,150
- Private King Cabin (per person): \$3,450
- Private Deluxe Cabin (per person): \$3,750

Hotel Stays

- Shared 4-Bed Cabin (per night): \$75
- Private King Cabin (per night): \$200
- Private Deluxe Cabin (per night): \$250

Please note:

- Retreat prices are for 6-night, 7-day programs and include lodging, meals, and programming
- Hotel stays are priced per night and include lodging only

Scholarships: Available to those facing financial hardship, with documentation to support their application. Email welcome@qasa.house for more information.



RETREAT CENTER MAP

Explore Qasa with our detailed retreat center map. Discover the layout of our 11 cabins, shala, kitchen, communal showers,, and other facilities, all designed to enhance your retreat experience. Use this map to navigate our beautiful and immersive environment with ease.



MAP KEY

Gayzebos	Restrooms	Firepit	Massage area
Kitchen	Communal Showers	Main road	Trail to waterfalls
Dining Area	Private Showers	Parking	Earth Temple
Shala	Camping Area	Gym	Swimming Pool

CABINS

Diamante Suite	12
Deluxe	9,10,11
King / Twin	1,2,5,7,8
Bunk	3,4,5

Accessible facilities are

SITE MAP

Our site rests on a 400-acre property, half of which is preserved as conservation land, offering serene trails, majestic waterfalls, and breathtaking natural beauty. Explore the lush landscapes and discover the natural wonders that make this place a true paradise. Come immerse yourself in the untouched splendor of the jungle.



SITE MAP

MAP KEY

-  Quasa
-  Main access road 4WD only
-  Access road 2WD
-  Road
-  Trail
-  Waterfall
-  Spring Pool
-  Parking
-  Walking Time



BAMBOO ARCHITECTURE

Designed by master builder James Wolf in 2022, our bamboo structures feel less like buildings and more like living sculptures woven seamlessly into the jungle.

Crafted with sustainability and elegance in mind, this tropical architecture echoes the curves of the valley and invites you to dwell in harmony with the land.

This is shelter as sanctuary. Structure as ceremony.





ACCOMMODATIONS

Our hand-crafted jungle cabins are open, airy, and intimately woven into the land. You'll fall asleep to the sounds of the forest and wake to the sights and sounds of wildlife.

Each cabin is fully enclosed in fine mosquito netting and thoughtfully protected from the elements, offering a gentle balance of wildness and rest. Inside, you'll find hotel-quality beds and linens, space to settle your things, a cozy floor lounge area, and a private terrace overlooking the jungle canopy.



KING JUNGLE CABIN

Our most spacious and luxurious option that feels like a floating treehouse, with room to stretch out and breathe deep. These cabins feature a king or queen-sized bed, a private sink, and plenty of space to unwind in stillness or connection.



PRIVATE DELUXE CABIN

Comfortable, quiet, and tucked into the trees, these cabins are ideal for solo travelers or couples. Each space can be arranged with either one king bed or two twin beds, offering flexibility without compromising coziness.



SHARED FOUR-BED JUNGLE CABIN

Designed for connection and spaciousness, these shared cabins feature soaring ceilings, two sturdy bunk beds, and a shared desk nook for writing, reflection, or creative play. A grounding option for those who crave community and solitude in equal measure.



SHARED TWIN JUNGLE CABIN

Inviting and airy, these shared cabins feature two comfortable twin beds and thoughtful touches that make you feel at home. You'll have one bed to yourself and share the space with another participant, creating a cozy balance of privacy and connection.

PRIVATE & COMMUNAL SHOWERS

All cabins include access to our bamboo shower areas with hot water, creating a serene, nature-immersed bathing experience. The communal shower facility features five rain showers and there are also three private stalls, offering a balance of comfort and privacy for every guest.





FACILITIES

SHALA

Our shala is a spacious, open-air bamboo sanctuary nestled among the trees, with a sweeping view of the majestic Diamante waterfall. It holds up to 30 people and offers a quiet yet powerful space for movement, stillness, and transformation.

Equipped with yoga mats and props, meditation cushions, and 3" floor mattresses for ceremony, the shala is a flexible and sacred container with everything you need for your practice.

Offerings in this space include: yoga, ecstatic dance, meditation, sound baths, breathwork, and sacred plant journeys.



THE KITCHEN

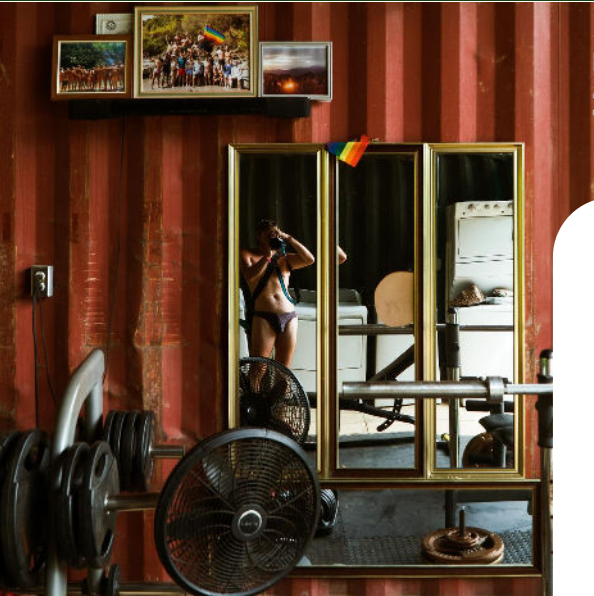
Our in-house chef prepares vibrant, nourishing meals each day. We use fresh, locally sourced, and organically grown ingredients whenever possible, honoring both body and earth with every bite.



DIETARY ACCOMMODATION

We can accommodate most dietary needs and preferences so everyone can feel nourished, respected, and well-fed.

Food is more than fuel. It's connection, pleasure, and care.



Gym

Move your body, your way. Our jungle-view gym is fully equipped for strength training and functional movement. (No cardio machines available).

Massage Room

Our tranquil, outdoor massage room is a space to soften, release, and be held. Skilled local therapists offer a range of bodywork rooted in both relaxation and therapeutic care.

Firepit

As the sun sets, the fire comes alive. Gather around our cozy fire pit for warmth, laughter, storytelling, and quiet stargazing.





Pool

Cool off in our jungle-view pool, tucked into the landscape and kissed by sunlight. It's the perfect place to commune with guests and cool off on those hot jungle days (and nights).

Nature Trails

Wander at your own rhythm through our winding jungle trails where you will discover wildlife, waterfalls, and the best that the jungle has to offer.





TRAVEL OPTIONS

Qasa is located about 200 km southwest of San Jose, the capital of Costa Rica. Juan Santamaria International Airport (SJO) is located within San Jose and is the closest international airport.

- By Car: you can drive to our retreat center. Please note that a 4WD vehicle is required (3.5-4.5 hours driving time)
- By Taxi: taxis are available for hire to bring you to our location (Price as of Nov 2026 is \$180 - subject to change).
- Domestic Flight: SJO to Quepos: a 25 minute flight to Quepos/Manuel

Antonio (XQP) then taxi or shuttle to the property (75 min). Please note this requires booking an additional flight from San Jose to Quepos using one of the domestic airlines, Sansa or Green Airways.

RETREAT SHUTTLE SERVICE

For retreat participants, we offer complimentary shuttles to and from the airport at specified times. Please check the details for your specific retreat to confirm shuttle times.

CUSTOMIZED ARRANGEMENTS

We are happy to assist with other travel arrangements based on your needs. Feel free to contact us for more information.

QUEER MEDICINE: WHERE RESEARCH MEETS STORY

The research is powerful, but the lived experience is even more profound. In July 2024, we partnered with Unlimited Sciences to create a naturalistic study on the impact of ayahuasca for LGBTQ+ communities. Alongside the data, we documented the personal journeys of thirty queer and trans individuals who came to Qasa to explore healing, connection, and joy.

Set in the heart of the Costa Rican jungle, Queer Medicine follows participants as they enter ceremony, face themselves, and rediscover what it means to belong. Guided by Dr. Matthew Lowe and the visionary team at Qasa, this documentary weaves raw storytelling with groundbreaking science — revealing how sacred plant medicine can help mend wounds shaped by stigma, shame, and disconnection.

At once poetic and data-driven, Queer Medicine is both a study and a call: to expand the conversation on psychedelics so that inclusion, safety, and queer joy are at the center.







Qasa
Welcome Home

CONTACT US & STAY IN TOUCH

For more information or to book your stay,
please contact us at:

 welcome@qasa.house

 <http://qasa.house>

