

We're heading to

Costa Rica!

Autistically Inclined & Casa Leia

A Text-Based Communication Camp & Regulation Retreat

November 1–6, 2026 | Peace Retreat | Guanacaste, Costa Rica

About the Hosts



Julie Sando, Camp Lead & Programming

Autistically Inclined specializes in creating community, education, and experiences for autistic individuals and their families. With years of experience supporting text-based communicators through camps, workshops, and online programs, it brings deep expertise and genuine heart to everything they create.

Text-Based Communication · Regulation · Family Support



Tanya & Dov Yarkoni, Producers

Casa Leia is a first-of-its-kind residence, retreat, and learning center in Costa Rica—reimagining care, communication, and community for non-speaking and high-support autistic individuals and their families.

Founded by Tanya & Dov Yarkoni, Casa Leia is being built on the belief that every person deserves a life of connection, dignity, and belonging—and that families deserve a community that truly gets it.

Residence · Retreat · Learning Center · Costa Rica

More Than a Retreat

“Step into a space where you don’t have to explain anything.

*Where your family is understood.
Where you can finally exhale.”*

We believe families should not have to compromise their dreams of adventure, beauty, and rest simply because they are caring for a loved one with special needs.

For many, the world has quietly become smaller. This experience is about opening it back up—with professional support, guided practice, and a setting that helps families build the conditions for communication, participation, and growth.

Join 8 families for a first-of-its-kind retreat in lush Costa Rica, guided by experienced professionals who truly get it.

The Experience



Community

8 families who truly understand — small, intentional, and deeply connected



Regulation

Guided sessions for co-regulation, nervous system support, and calm



AAC / Text-Based

Support for non-speaking or emerging communicators — all levels welcome



Nature Immersion

Beach, jungle, and open space for sensory-friendly exploration & wonder



Family Activities

Thoughtfully adapted for text-based communicators & siblings



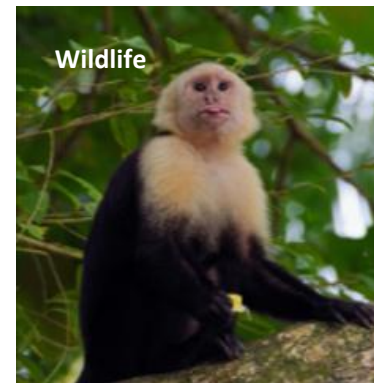
Rest & Restore

Spacious time to reset, rejuvenate, and enjoy being together

Why Costa Rica?

*A destination chosen with
your family in mind.*

- Safe, welcoming & politically stable
- Direct flights from US, Canada & EU to Liberia LIR
- Biodiversity & ocean energy for nervous system regulation
- Wellness culture — yoga, eco-living, holistic mindsets
- Warm tropical climate year-round
- Beach, wildlife, waterfalls & adventure



What's Included



5 Nights Accommodation — bungalows, cabins, or family rooms



3 Daily Nourishing Meals + arrival dinner + departure breakfast + morning coffee & tea



Pool Access & Chill-Out Spaces throughout your stay



Daily Activities — yoga, dance, breathwork led by our team



Sound Healing sessions & evening fire pit gatherings



Regulation & Communication Sessions by experienced staff



Excursions: Zipline, Turtle Sanctuary, Nature walks & Beaches



Complimentary Group Airport Shuttles — roundtrip from Liberia LIR



Weather & Activities: Most activities run rain or shine — a little tropical rain is part of the adventure! In the rare case of severe weather such as lightning or unsafe conditions, we reserve the right to modify, reschedule, or substitute activities to ensure everyone's safety. We'll always find a great alternative.

Peace Retreat Take Over!

Wellness Centre & Spa · Playa Negra, Guanacaste, Costa Rica

Inspired by the surrounding jungle and built as a sanctuary for restoration and connection, Peace Retreat offers a deeply immersive environment for both structured retreat work and personal renewal.

Tucked into lush tropical landscape just a 25-minute walk from Playa Negra beach, the property creates a natural rhythm between focused sessions, quiet reflection, and shared community moments — all within an intimate, contained setting. Every element of the space is intentional, allowing participants to move seamlessly between guided programming and spacious personal downtime.



Location

Guanacaste, < 1 mile from Playa Negra. 1.5–2 hrs from Liberia LIR.



Pool & Grounds

Pool, open-air chill spaces, yoga shala & jungle surroundings.



Open-Air Dining

Farm-to-table meals in a stunning open-air restaurant.



Jungle Setting

Wildlife, howler monkeys, birdsong & tropical beauty all around.

Accommodations



Bungalows - 2 Available

\$2,300

2 people · 5 nights · meals incl.

Private bungalows nestled in the jungle with their own porch. Ideal for 2-3 person families.

A/C
Private Bathroom
2-3 Singles



Cabinas - 2 Available

\$2,000–\$2,300

2-4 people · 5 nights · meals incl.

Charming private cabinas with cozy wooden interiors. Great value, fully private, surrounded by greenery.

Fan
Shared / Private Bathroom



Family Rooms - FULL

\$3,500

3 people · 5 nights · meals incl.

Spacious rooms ideal for larger families. Comfortable and accessible with room for multiple beds.

Queen + Single (Can be Bunk Bed)
2nd Floor (20 steps)
A/C
Private Bathroom

Nourishment

Food as Medicine

- Fresh, locally sourced from Costa Rica's vibrant markets and farms
- Every meal crafted with care, color, and nutritional intention
- Full dietary accommodations: GF, DF, vegan
- Open-air dining in a nature setting
- Morning coffee & tea station, fresh tropical fruits daily



Locally Sourced Fresh Meals



Fresh Juices & Smoothies

Pricing Overview

Programming Fee

\$3,990

Per family · All programming & facilitation

Accommodations + Meals

\$2,000–\$2,500

2 people · 5 nights + all meals included

Additional Participants

+\$1,000

Per person beyond first two

Total for 2 Participants: \$5,990–\$6,490

Not including flights, travel insurance, private transportation, SPA treatments

ESA and ABLE account funds may be applicable toward retreat costs — many families use these to cover expenses. Ask us how!

Payment & Policies

Everything you need to know before you register.

\$1,000

Non-Refundable Deposit

Secures your spot

Questions?

Billing: Kerilyn@AutisticallyInclined.com

Logistics: yarkonitanya@gmail.com

Phone: (413) 329-6200

Payment Options

Credit card, Venmo (recommended), or PayPal · \$1,000 deposit due at registration · Full invoice sent within 5 business days of completing your intake form · Balance due within 5 business days of receiving invoice · Deposit applied toward meals & lodging costs

Refund & Cancellation Policy

- All payments are non-refundable except if your spot is filled by another participant, or the organization cancels the retreat.
- A full refund will be issued via the original payment method once the replacement participant completes full payment, minus any credit card processing fees.
- All other cancellations are non-refundable, including illness, personal emergencies, or force majeure events (natural disasters, travel restrictions, pandemics).
- We strongly recommend purchasing travel & cancellation insurance before completing payment.

Important to Know

● Intake Form & Waiver

Sent after deposit. Complete on same day as paying — required for full enrollment.

● Spot Secured at Checkout

Your lodging choice is confirmed only when final checkout is complete and payment received.

Extend Your Stay

Arrive a little early or stay a little longer. Additional nights are available for facilitators and participants before or after the retreat, subject to availability.

All extra night rates include dinner & breakfast

Cabina

per night

Single

\$125

Double

\$170

Charming private cabins nestled in the jungle. Cozy, simple & surrounded by nature.

Room

per night

Single

\$165

Double

\$210

Comfortable rooms in the main building with easy access to the pool, dining hall & library.

Bungalow

per night

Single

\$195

Double

\$240

Private bungalows with their own porch, A/C & ensuite bathroom. The most spacious option.

To book extra nights: request via your participant intake form or email yarkonitanya@gmail.com · Subject to availability

What's Included & Not Included

✓ Included

- 5 nights accommodation
- Full-board meals — arrival dinner through departure breakfast
- Guided sessions & group experiences
- Excursions: Zipline, Turtle Sanctuary, Nature walks, Beaches
- Two complimentary group shuttles from and to Liberia Airport (Nov 1/6)
- Access to all retreat spaces (pool, yoga shala, grounds)

✗ Not Included

- Flights to Costa Rica
- Spa treatments
- Café snacks & drinks
- Excursions beyond the scheduled retreat agenda
- Private airport transfers outside scheduled shuttle times

Cancellation policy: All payments are non-refundable unless your spot is filled by another participant. The \$1,000 deposit is always non-refundable.

Travel, Supported

We know this is a big step. Traveling internationally with your loved one requires trust, energy, and planning. We've got you.

*Liberia Airport (LIR)
1.5–2 hrs to Peace Retreat*

1

Pre-Trip Guidance

We'll connect before departure with packing tips, sensory prep, and travel strategies tailored to your family.

2

Airport Pickup

Complimentary group shuttles from Liberia International Airport (LIR) — no scrambling for rides on arrival.

3

Settling-In Support

Arrival orientation and one-on-one check-ins to ensure your family feels comfortable from day one.

4

On-Site Staff

Experienced team available throughout to support communication, regulation, and enjoyment.

Good to Know Before You Go

Weather


Guanacaste · Early November

Early November marks the beginning of Costa Rica's dry season — expect warm, tropical days with plenty of sunshine and all activities running as planned.

That said, this is the tropics! Occasional afternoon showers may appear, and there's always a chance of a rainier day — which just adds to the adventure. We're fully prepared, and every session and excursion runs rain or shine.

 85–90°F / 29–32°C — hot & tropical

 Mostly sunny with gorgeous light

 Possible afternoon showers — pack a light rain jacket

 Rain makes the jungle even more alive

Travel Insurance

Required

We strongly encourage all families to purchase travel insurance before the retreat. Two types worth having:

Trip Cancellation Insurance

Protects your investment if unforeseen circumstances prevent you from attending. Given our non-refundable policy, this is especially valuable.

Travel Health Insurance

Costa Rica has excellent medical facilities, but your regular health insurance may not cover you internationally. A short-term travel health plan is affordable and provides real peace of mind.

TSA & Airport Tips

Make your journey smoother

- **TSA PreCheck & Special Assistance / Special Travel**
Highly recommended! Make sure to include in Airfare booking and on TSA website: <https://www.tsa.gov/contact-center/form/cares>
- **AAC Devices**
Always pack AAC devices in your carry-on, never checked luggage. Let TSA agents know — devices can be screened separately without needing to power on.
- **Medications**
Keep all medications in your carry-on in original labeled containers. Bring enough for the trip plus a few extra days.
- **Arrive Early**
Allow extra time at security. International flights to Liberia (LIR) — plan to be at the airport at least 2.5–3 hrs before departure.

Frequently Asked Questions

Who is this retreat for?

Families of non-speaking or unreliably speaking autistic individuals using or exploring text-based communication. All communication levels are welcome.

Is this like the AI camps in California?

Yes — same values, approach, and many of the same staff. But longer and more spacious, with added emphasis on rest, nature, and regulation.

Do I need to bring a support person — or will staff give me time off?

No — we have enough staff to support all families throughout the retreat program. However, parents are expected to be with their children for all activities. Our staff is not able to care for children independently. This means we're unable to offer parents solo downtime while we look after your child.

Is this an intensive program?

Not at all. Think supported family vacation — communication, regulation, and connection are gently encouraged through the environment and relationships around you.

Do parents and siblings participate?

Yes! This is a family-centered experience. Activities are designed for the whole family, and siblings are warmly welcome.

Do we have to participate in everything?

No. Follow your own rhythm and your family's needs. Some families engage in many activities, others rest more. Both are equally welcome.

Spa & Wellness Treatments

🌟 *Optional & Not Included — Available to book on-site. Recommended to book in advance via WhatsApp as availability is limited.*

Peace Package

90 min · \$118 · Choose 2 treatments

- **Peace Massage**
Full-body, stress-relieving & muscle-soothing
- **Coffee Body Scrub**
Invigorating natural blend of coffee, chocolate & sugar
- **Oatmeal Honey Facial**
Hydrating & anti-aging antioxidant treatment
- **Papaya Body Wrap**
Deeply hydrating — great for radiance & glow
- **Hand, Foot & Head Massage**
Reflexology-based, ideal for stress & digestive issues
- **Oats in Milk Body Mask**
Gently exfoliating, supports blood & lymph circulation

Individual Massages

90 min · Choose 1 treatment

Peace Massage · \$118

Full-body stress relief. Customized pressure & technique.

Abdominal Massage · \$158

Powerful treatment for internal organs — stimulates metabolism, digestion & hormonal balance. Non-invasive.

Womb Health at Peace

For women · Deeply integrative & transformative

Women's Ritual · \$248

2–3 hrs. Energy Relaxing Massage, Herbal Bath, Sweat & Rebozo Wrap. A deeply restorative ceremony.

Packing List

What to Bring to Peace Retreat

REQUIRED

- Cash (USD) & credit card
- Valid passport (must not expire within 6 months of return date)
- Proof of return ticket departing Costa Rica within 180 days

SUGGESTED

- Tropical & movement-friendly attire and comfortable plastic shoe.
- Shampoo, conditioner & body wash
- Beach towel (not provided at Peace)
- Swimsuit & beach attire

SUGGESTED (cont.)

- Raincoat (Early Nov can still have some showers)
- Insect repellent
- Refillable water bottle
- Medications & health aids (Advil, electrolytes, anti-nausea etc.)
- Beach bag or backpack
- Journal and pen

⚡ *Costa Rican outlets are compatible with North American (US/Canada) electronics. No converter needed!*

Travel Day

Getting to Peace Retreat

~75 min drive from Liberia (LIR)



Dov WhatsApp

+972 542-400-133

Peace Retreat WhatsApp

+506 4500-4608

Getting Around

Private taxis available if you miss the group shuttle — ask Peace Retreat to help coordinate. A retreat driver is available on the premises for special independent needs like grocery runs, pharmacy visits .

1

Customs & Immigration

Proceed to customs on arrival. Usually 20–40 min. Show passport, your Peace Retreat address, and your return ticket.

2

Baggage Claim

Collect your luggage, place it through the scanner, retrieve it on the other end, then proceed to the exit.

3

Find Your Driver

Exit through the main sliding glass doors. Look for the driver holding a Peace Retreat sign. If you can't locate them, head to the outdoor Britt Café to the left.

4

Drive to Peace Retreat

Approximately 75 minutes from the airport. Private taxis are available \$135 + tax.

Address: 200 Oeste de la Antigua Fábrica de Hielo, Los Pargos, Guanacaste, Costa Rica

Ready to Join Us?

Next Steps & Registration



Registration Opens

After Zoom



\$1,000 Deposit

*Secures your family's spot
Balance due later*



Questions?

*We'd love to hear from you
Reach out anytime*

yarkonitanya@gmail.com
autisticallyinclined.com/cr-retreat · Questions? We're here!