



FIT^{TO} FIGHT[®]
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COSTA RICA *travel & train*

**Unplug.
Train.
Transform.**

NOVEMBER 4-8
2026

BOOK NOW

Modern Krav Maga™
SPARology™
GROUNDED™
Edge of Reality™



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Jungle's Edge is a premier all-inclusive retreat center tucked into the lush jungle just minutes from Playa Guiones in Nosara, Costa Rica. It blends high-level martial arts and fitness training—like Brazilian Jiu-Jitsu, Muay Thai, yoga, and BJJ—with vibrant wellness and surf community energy.

Covering four acres of tropical gardens, the property includes:

- An open-air dojo and yoga shalas
- Fully equipped jungle gym and seasonal infinity pool
- Recovery amenities like a cold plunge
- On-site restaurant and bar serving nutritious meals and fresh juices

A top choice for martial artists, athletes, wellness enthusiasts, and coaches, Jungle's Edge delivers immersive daily training, healthy cuisine, jungle ambiance, and easy access to surf and adventure—all in one inspiring location.

See more here:





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What's Included with Accommodations

- ✓ 4 nights
- ✓ Meals Daily (buffet-style, fresh + local)
 - Day 1: Dinner upon arrival
 - Days 2-4: 3 Meals Daily
 - Day 5: Breakfast before departure
- ✓ Open mat access
- ✓ Pool, jungle gym, cold plunge recovery
- ✓ Welcome gift
- ✓ Fiber Optic Wifi

⊘ Not Included

- Airfare (SJO recommended)
- Airport shuttle (pricing varies and can be shared with other riders)
- Gratuities
- Smoothies, bottled water, specialty coffee, alcoholic beverages
- Excursions, surf lessons, beach transfers, and massage

🧘 What's Included with Training

- Six, two hour sessions, in Modern Krav Maga™, GROUNDED™, SPARology™, and Edge of Reality™

\$350 per person before 2.28.26

\$150 non-refundable deposit

\$450 per person after 2.28.26



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Explore Nosara

Welcome to Nosara, a coastal gem tucked into Costa Rica's Nicoya Peninsula—one of the world's five Blue Zones, where people live longer, healthier, and happier.

Between sessions at Jungle's Edge, you'll experience:


 Playa Guiones – Legendary surf, golden sunsets, and endless ocean views

 Ostional Wildlife Refuge – Sea turtle nesting grounds and coastal trails

  Wellness Everywhere – Yoga, massage, and recovery steps from camp

 Cafes & Juice Bars – Fuel up local-style, jungle vibes included

 Markets & Boutiques – Shop handmade goods and surf-town gear

 Wildlife Encounters – Howler monkeys, iguanas, and pura vida energy all around
US dollars are widely accepted, cards are common, and local travel is easy by tuk-tuk, ATV, or foot. Nosara's domestic airport is just 15 minutes from the retreat center.

Who It's For

Martial artists. Coaches. Students.

Anyone ready to train hard, unplug fully, and come back better.

You don't need to be elite. You just need to show up ready.

Reserve Your Room

Email jungleedie@gmail.com to secure your room.

Rooms are limited — \$100 non-refundable deposit secures your accommodation.

This is due no later than February 28, 2026.

50% due 60 days before arrival date.

Balance due 30 days before arrival date.





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Glamping Huts

Full Bed | 2 Single Beds | Guests: Up to 4



Tucked among lush banana trees, this screened-in cabin offers a full bed and two singles—perfect for friends or budget travelers. Stay cool with ceiling fans, a reflective roof, and enjoy a small cooking area. Wake up to the sounds of birds and monkeys for an authentic jungle experience.

Glamping Shared

(2-3 people)

- triple net open air hut
- no AC or hot water
- private bath
- prices are per person

7 units available

Jungle Queen

Queen Bed | Guests: Up to 2



A cozy one-bedroom suite with a queen bed, private bathroom, A/C, fan, and fridge. Surrounded by lush greenery and just steps from the training floor and yoga studio, it's ideal for solo travelers or couples seeking comfort and convenience. Enjoy peaceful privacy while staying close to all the action. Deluxe linens and a quality mattress ensure deep, restful sleep.

Jungle Queen

(up to 2 people)

- private room
- AC & hot water
- 1 queen, private bath
- prices are per person

4 units available



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Casita

Queen Bed | 2 Single Beds | Guests: Up to 4



Surrounded by lush gardens and banana trees, our Casita is perfect for small families or friends. It features a queen bed, two single beds, A/C, and a private bathroom. Enjoy comfort and connection while waking up to the peaceful sounds of the jungle.

Casita (2-4 people)

- shared room
- AC & hot water
- 1 room suite
(1 queen & 2 singles)
- private bath
- prices are per person

3 units available

Bamboo Fam

Queen Bed | 2 Single Beds | Guests: Up to 4



Designed for comfort and connection, this two-bedroom suite features one queen bed and two single beds, all with A/C. With two private bathrooms and a fully equipped kitchen, it's perfect for families or small groups seeking space, privacy, and a shared jungle experience.

Bamboo Fam (2-4 people)

- shared room
- AC & hot water
- 2 bedroom suite
(1 queen & 2 singles or 2 queens, 2 bath)
- shared kitchen
- prices are per person

2 units available



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Lotus Grande

Queen Bed | 2 Single Beds | Guests: Up to 4



Designed for comfort and connection, this two-bedroom suite features one queen bed and two single beds, all with A/C. With two private bathrooms and a fully equipped kitchen, it's perfect for families or small groups seeking space, privacy, and a shared jungle experience.

Lotus (2-4 people)

- shared room
- AC & hot water
- 2 bedroom suite (1 queen & 2 singles or 2 queens)
- prices are per person

3 units available



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***Book your
room here!***



***Pay training
deposit here!***



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to save \$100 on training!***