



LEEF HOUSE

NOSARA, COSTA RICA

JANUARY 30 - FEBRUARY 6, 2027

Seven nights. One immersive week. A new way of working.

THE EXPERIENCE

More than a workshop

LEEF House is an immersive residential training experience for bodyworkers and massage therapists who want to learn the LEEF Method from the ground up.



Over seven nights in Costa Rica, you will live, learn and practice alongside the LEEF team and a small group of fellow participants. You will develop your technique, deepen your understanding of intentional touch and learn how to create the distinctive flow, connection and experience that define LEEF Massage.

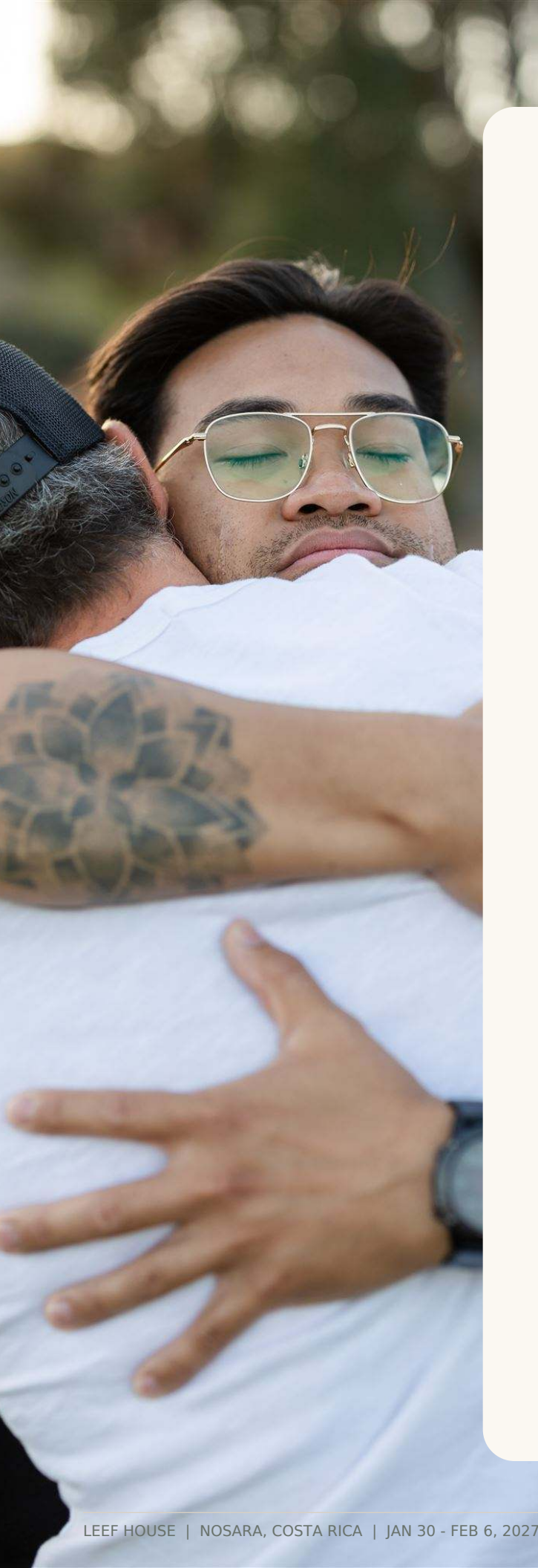
16

PARTICIPANTS

Personally selected

Small by design. Personal by nature.

With only 16 places, the experience allows for extensive hands-on instruction, individual feedback and meaningful time to practice.



THE PERSON BEHIND THE WORK

Who we are looking for

LEEF Massage is about much more than learning a sequence of techniques.

Good hands, natural movement and a strong sense of flow are important - but the person delivering the experience matters even more.

- Empathy and compassion
- Intuitiveness and emotional awareness
- Genuine care for others
- Clear, open communication
- The ability to listen and make others feel heard
- Respect for personal boundaries
- A natural ability to create trust and safety
- Openness to feedback and continued growth

Technique can be taught, practiced and refined. The ability to connect with another person in a thoughtful, caring and intuitive way must come from somewhere deeper.

It is not simply something you perform.
IT IS AN EXPERIENCE YOU CREATE.

Chosen with intention

Everyone is welcome to apply. Every applicant will meet with LEEF founder Jason Allen and LEEF partner Paul Munroe by video call.

01

APPLY

Tell us about your experience, intentions and why LEEF speaks to you.

02

MEET

Join Jason and Paul for a personal video interview.

03

SELECT

Sixteen participants will be chosen for fit, character and potential.

04

CONFIRM

Accepted applicants select and confirm their accommodation.



Certification must be earned.

Acceptance, payment and attendance do not guarantee certification. Participants must engage fully, remain receptive to coaching and demonstrate the required understanding, technique and performance throughout the week.

Jason and Paul will personally select the applicants they believe are the strongest match for the LEEF Method, the training environment and the experience we want to create together.

Professional experience matters, but selection is not based on technique alone. Character, empathy, communication, intuition and the ability to make others feel safe and cared for are equally important.

THE DESTINATION

Your week in paradise

LEEF House will take place at Paradise Villas in Nosara, Costa Rica - a private tropical property located as close to the ocean as Costa Rican regulations allow.



A private pathway leads directly to the beach. Between training sessions, participants can enjoy the communal pool, gather in the open-air rancho, relax among the tropical gardens or spend time by the ocean.

Training takes place in the beautiful open-air shala, surrounded by the sights and sounds of the Costa Rican jungle.

This is not simply where you will stay. The entire property becomes part of the LEEF House experience.



WEBSITE



360 TOUR

What is included

- Seven nights at Paradise Villas
- Three freshly prepared meals each day
- Complimentary access to the LEEF Massage Online Course, to be completed before arrival
- One full week of immersive LEEF Massage training
- Hands-on instruction, guided practice and individual feedback
- The opportunity to earn LEEF Massage certification
- Training materials and use of massage equipment
- Group transportation from Liberia Airport or a designated nearby hotel
- Return group transportation to Liberia Airport
- Access to the beach, pool, shala, rancho and shared spaces



Immersed in nature

Paradise Villas sits within a lush tropical environment. The bedrooms are clean, comfortable, air-conditioned and screened, but this is still the Costa Rican jungle.

Participants should be comfortable with the possibility of encountering insects, birds, geckos and other local wildlife around the property. This natural environment is part of what makes Paradise Villas so beautiful and unique.

Comfort, nature and community - all in one place.

YOUR STAY

Two accommodation options

Sixteen participants. Ten completely private villas. Six places in shared villas.



Private Villa

\$5,000 USD

10 villas | One participant per villa

- Complete privacy and single occupancy
- Private bathroom
- Air conditioning and screened windows
- A personal place to rest and recharge



Shared Villa

\$4,500 USD

2 villas | Three participants per villa

- Three single beds
- One bathroom shared by three participants
- Air conditioning and screened windows
- Share the villa with two roommates

ACCOMMODATION PREFERENCE

Applicants may indicate their preferred option when applying. A private villa is confirmed only after acceptance and formal accommodation confirmation.

Getting to LEEF House

Participants are responsible for arranging and paying for travel to and from Daniel Oduber Quirós International Airport in Liberia, Costa Rica (LIR).

FRIDAY, JANUARY 29

Recommended arrival

Arrive one day early and stay near Liberia Airport at your own expense. This protects against delays and missed connections.

SATURDAY, JANUARY 30

Shuttle to Paradise

Group shuttles are expected to leave the airport area at approximately 12:00 p.m. Pickup will be available from LIR or designated nearby hotels.

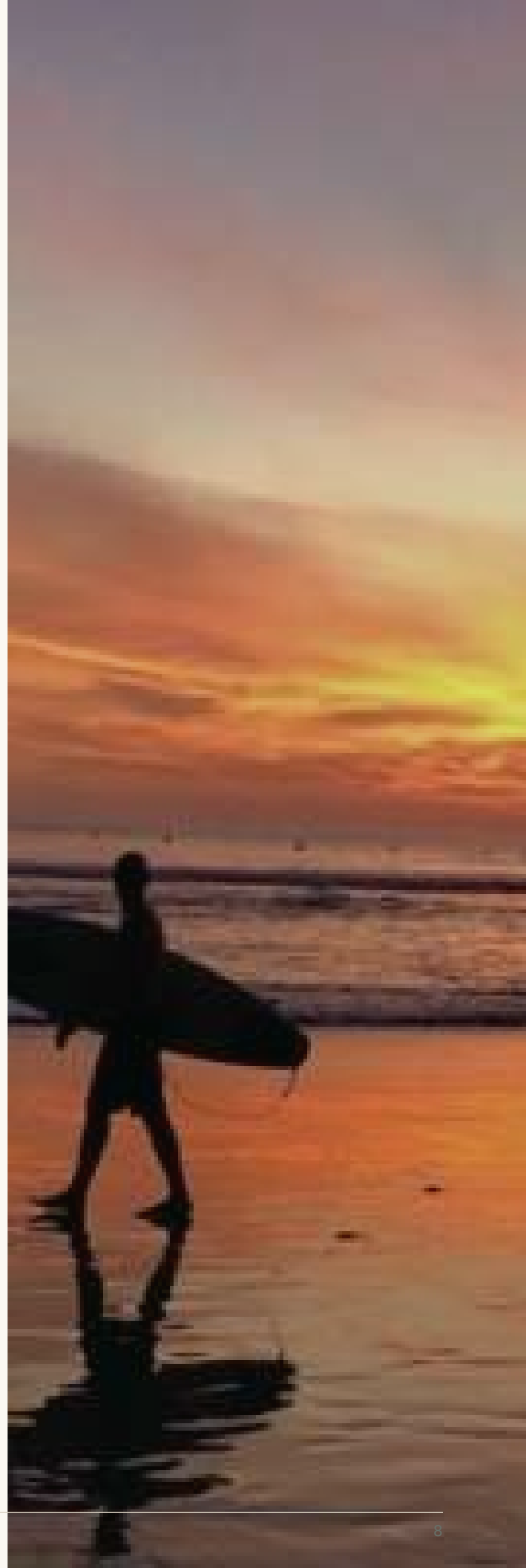
SATURDAY, FEBRUARY 6

Return to Liberia

Shuttles are expected to leave Paradise Villas between 7:00 a.m. and 10:00 a.m. Allow for the approximately 2.5-hour drive when booking your flight.

NOT INCLUDED

Flights | Extra hotel nights | Transportation outside scheduled shuttles | Optional excursions or spa services | Personal expenses | Travel and medical insurance



What you can take home

- A strong foundation in the principles and sequences of the LEEF Method
- Extensive hands-on practice
- Direct instruction and individual feedback
- Greater confidence, flow and intention in your work
- Meaningful relationships within the LEEF community
- LEEF Massage certification - when the required standard is earned
- A certificate recognizing your achievement



Certification is the beginning.

Certification and membership in the LEEF Collective are separate. The Collective is an invitation-only group for certified practitioners who continue developing their work and demonstrate an exceptional understanding, performance and presentation of the LEEF Method.

MORE THAN BEING CERTIFIED. BEING RECOGNIZED BY LEEF.

LEEF HOUSE COSTA RICA

Come for the training. Leave with a new way of working.

JANUARY 30 - FEBRUARY 6, 2027

PARADISE VILLAS | NOSARA, COSTA RICA

Only 16 participants will be selected.

PRIVATE VILLA \$5,000 USD | **SHARED VILLA \$4,500 USD**

Everyone is welcome to apply. Every applicant will be interviewed by Jason and Paul, and the final group will be personally selected for alignment with the LEEF Method and community.

LEEF MESSAGE | IMMERSIVE TRAINING | EARNED CERTIFICATION