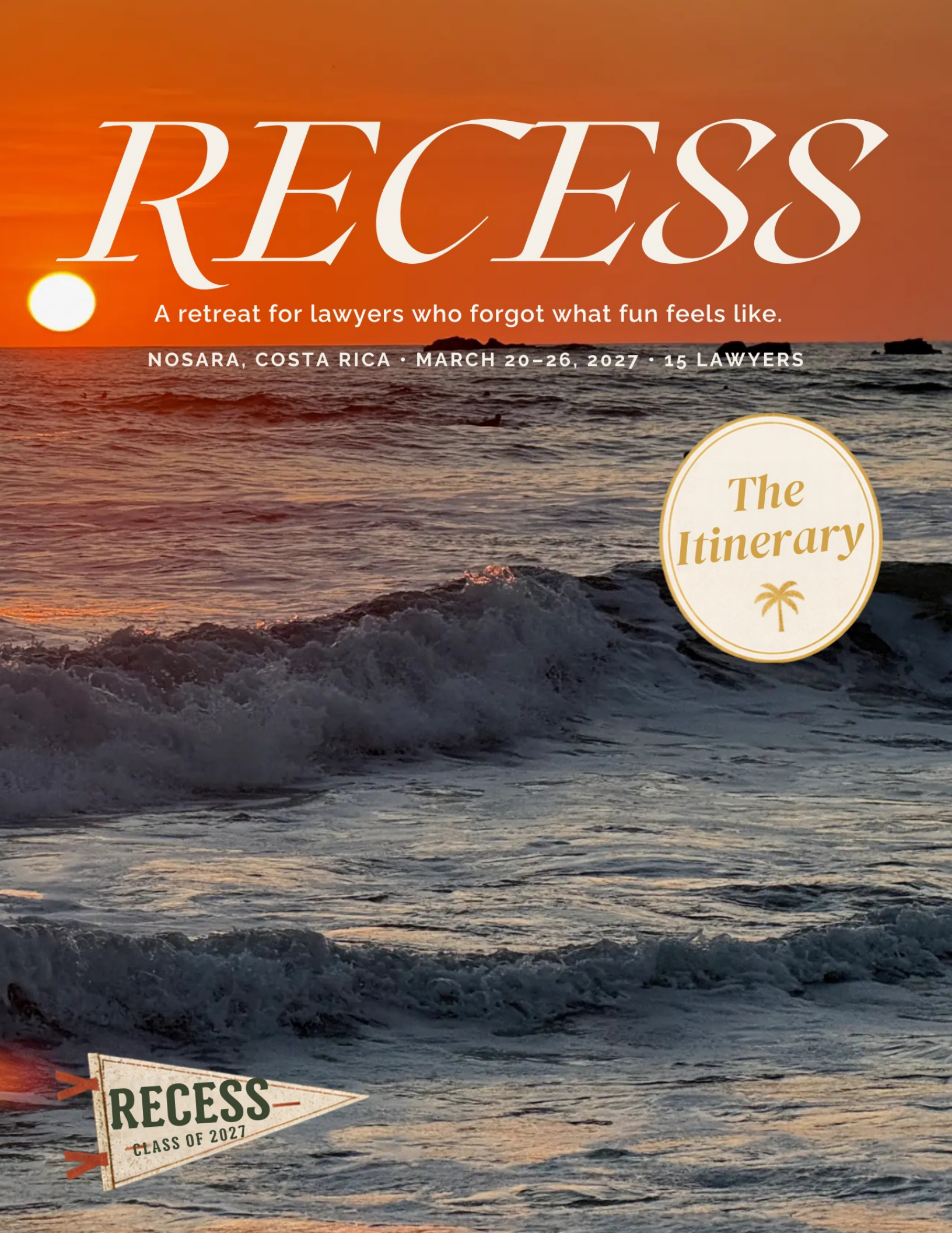
RECESS

A retreat for lawyers who forgot what fun feels like.

NOSARA, COSTA RICA · MARCH 20–26, 2027 · 15 LAWYERS



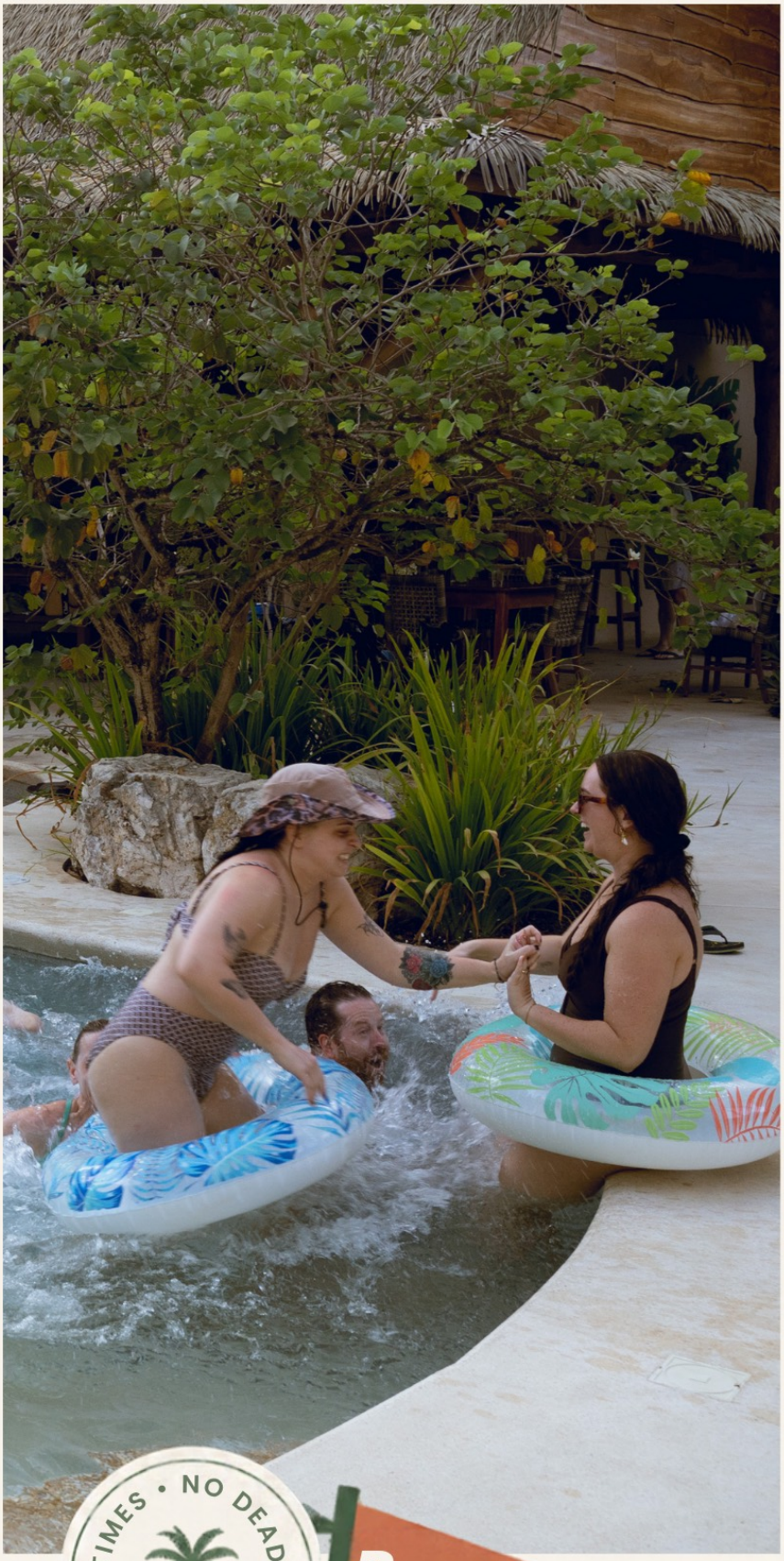
Somewhere around year four of 2,000 billable hours, something went missing.

Not your competence. (You're better than ever at your job.) Not your ambition. What disappeared was the version of you that did things for no reason other than they sounded fun.

Recess is not a wellness retreat. No panels on "managing stress." Nobody asks you to journal about your feelings unless you want to.

Instead: surfing, making things with your hands, summer-camp games played with alarming competitiveness, a jungle, and laughing until your face hurts.

> *You don't fix burnout by talking about burnout. You fix it by playing like you did before it started.*



THE WEEK AT A GLANCE

DAY	DATE	THE DAY
Day 1	Sat Mar 20	*Arrive & Exhale* Welcome dinner · The Draft · team flags
Day 2	Sun Mar 21	*Get in the Water* Surf lesson · beach bonfire · Cup Round 1
Day 3	Mon Mar 22	*Make Something* Creative workshop · Team Cook-Off
Day 4	Tue Mar 23	*Go Deeper* Waterfall hike · "The conversation" · dinner in town
Day 5	Wed Mar 24	*Game Day* Recess Cup Field Day · sunset horseback ride
Day 6	Thu Mar 25	*Bring It Home* Design session · Cup Final · last dinner
Day 7	Fri Mar 26	*Depart* Breakfast together · airport transfers



DAYS 1 & 2

DAY 1

SAT MAR 20 · ARRIVE & EXHALE

AFTERNOON
Land in Nosara (transfers arranged). Check in and drop your bags.

AND THEN
Do absolutely nothing for a while. Walk the property. Find the pool. Stare at a tree.

EVENING
Welcome dinner + The Draft. Four teams, a chant, a flag you paint together. First Cup points awarded.

SUN MAR 21 · GET IN THE WATER

MORNING
Surf lesson at Playa Guiones. Beginners expected. Yoga if you'd rather stay on land.

AFTERNOON
Unstructured. Explore town, get a smoothie, nap, read a book that has nothing to do with the law.

EVENING
Beach bonfire + Recess Cup Round 1: flip cup, trivia and a (true) storytelling contest.





RECESS
NOSARA, COSTA RICA

DAYS 3 & 4

LIMITED TO 15 · BUILT FOR GOOD COMPANY · LIMITED TO 15

MON MAR 22 · MAKE SOMETHING

MORNING
Sunrise yoga or a second surf session. Your body is starting to remember it exists for more than sitting at a desk.

AFTERNOON
Creative workshop with a Nosara artisan: pottery, woodworking or a local craft. You work with words all year. Today, material.

EVENING
Recess Cup: Team Cook-Off. Same Costa Rican ingredients, a local chef as guide. Alex and the chef judge. Losers do dishes. (Not really.)



TUE MAR 23 · GO DEEPER

MORNING
Jungle hike to a waterfall with a local naturalist. Monkeys, birds, and a swim when you get there.

AFTERNOON
"The conversation." A guided small-group session: not therapy, not coaching. Honest talk with people who get the work.

EVENING
Dinner out in town at one of Nosara's best restaurants. The afternoon's conversation keeps going. Let it.



DAY 5 · WED MAR 24

GAME DAY

MORNING

Your choice: surf, yoga, or sleep in. By day five you've found your rhythm. Rest up. You'll need it.

AFTERNOON

Recess Cup Field Day. Pool relays, Red Light Green Light, slip-and-slide kickball, tug of war, capture the flag. Dignity optional.

EVENING

Sunset horseback ride along the beach, then dinner. Standings announced over dessert. Appeals will be filed.



PLAY HARD
STAY FRIENDS

DAYS 6 & 7

THU MAR 25 · BRING IT HOME

MORNING
Final surf or yoga session. You'll be measurably better than you were on Sunday.

AFTERNOON
"The design session." Sketch a week you actually want to live, with specifics, then share it with a small group who'll hold you to it.

EVENING
Recess Cup Final (game revealed that morning). Trophy awarded; appeals summarily denied. Then the last long-table dinner.

FRI MAR 26 · DEPART

MORNING
Breakfast together, then transfers to the airport.

AND THEN
You leave Nosara lighter than you arrived. You were never broken. You'd just forgotten how to play.



NOSARA
COSTA RICA

RECESS 2027 NOSARA

THE RECESS CUP

Objection.

We're here to win.

Four teams. Hand-painted flags. Points all week. Appeals summarily denied.

TEAM 1	TEAM 2	TEAM 3	TEAM 4

ROUND 1 · SUN BONFIRE
Flip Cup & Trivia

ROUND 2 · MON KITCHEN
Team Cook-Off

ROUND 3 · WED POOL & FIELD
Field Day

THE FINAL · THU NIGHT
Trophy Night









RECESS CUP

YOUR HOME IN NOSARA

Home base is Paradise Villas. Everyone gets a private room with their own bathroom (couples who come together share one). Meals happen at one long table, the Recess Cup's pool events are a few steps from your door, and there are enough quiet corners to disappear into with a book when you've had your fill of humans.

Paradise Villas



HOME BASE, FROM ABOVE



THE POOL AT DUSK



WHERE EVERY MEAL HAPPENS



YOUR ROOM. YES, YOUR OWN.

THE PEOPLE



ALEX LITTLE

Founder of Litson PLLC, a Nashville federal litigation firm. Former Carter Center diplomat, CIA analyst and federal prosecutor. Mediocre (but enthusiastic) surfer. He built the week he wished someone had given him ten years ago.

15 LAWYERS

Fifteen spots, max. Expect a mix: litigators and deal lawyers, associates through partners, solo attendees and couples (who end up on different teams).

This is for the lawyer who is very good at their job… and quietly exhausted by it.

We tested it on ourselves first: we took our entire firm to Nosara. Thirty people, one week, zero regrets. Every client survived. Most didn't notice.



> "…a breath of fresh air watching everyone slow down, relax, and have fun competing intensely against each other."
> — Alicia, Lawyer, Litson PLLC

> "A magic wand wouldn't have made this trip any better."
> — Shannen S.

> "Truly an amazing week!"
> — Caitlin G.

WHAT'S INCLUDED

- Six nights at Paradise Villas, private room
- All meals, wine and drinks all week
- Surf lessons, board rental & daily yoga
- All workshops, activities and excursions
- Up to 12 hours of CLE credit (optional)
- Airport transfers (Liberia or Nosara)
- A cohort you'll know for your whole career



$8,900

per person

All-inclusive · about $1,270 a day

Not included: flights, travel insurance (required), visa fees if needed. Many attendees use CLE or professional-development budgets.

HOW TO BOOK

1. A $500 deposit holds your spot
2. Balance in two installments, the last by Dec 20, 2026
3. Fully refundable until Dec 20, 2026; transferable to another attorney after

Come play.

Fifteen lawyers. One week. Zero billable hours.



RESERVE YOUR SPOT

takerecess.co