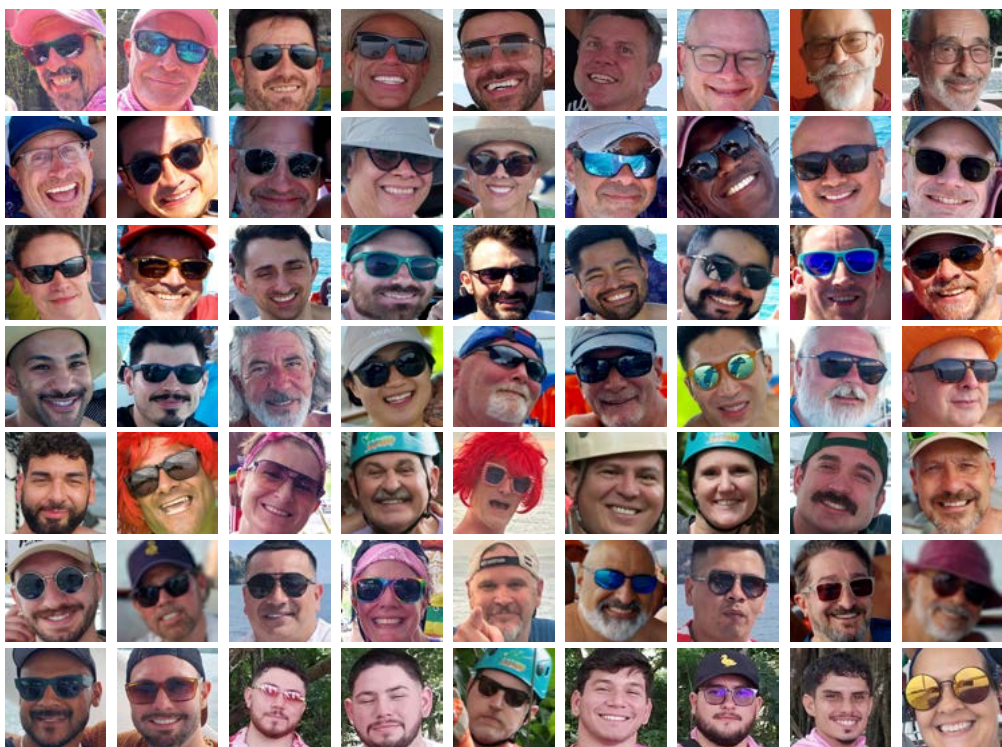


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FREE MAGAZINE

Year XXII • No. 86 • August - November 2026
Gaylife News, Comments, Activities and Information



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HOLIS

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Holis Wellness Center: A space to reconnect with your body

By Jose Chaves & Tim Dywer



While Holis Wellness Center opened its doors in Manuel Antonio in 2014, Evelina Bolognini, the owner and founder, has been a passionate practitioner of bodywork for more than 35 years. She specializes in CRANIOSACRAL THERAPY, FAMILY CONSTELLATIONS FACILITATION, GYROKINESIS® & GYROTONIC PRACTICE, and has been teaching her signature massage therapy technique, the SOMATO AWARENESS SYSTEM, for a decade.

The Holis Wellness Center philosophy rests on two concepts: Passive Movement and Active Movement.

Passive movement refers to any therapeutic technique in which your body is moved for you, without effort on your part. These are hands-on modalities performed on you, not by you. The intention is to reintegrate the body, recover from physical restrictions, and release emotional blockages by mobilizing soft tissues, resulting in tension relief, enhanced mobility, and a renewed sense of ease.

Active movement engages your body through mindful, intentional physical practices. Unlike passive work, this is movement that you initiate and control, guided by breath, awareness,

and inner connection. These modalities build strength, coordination, and resilience from the inside out.

Their multidisciplinary approach weaves together bodywork, movement, and holistic therapies — creating a space where ancient wisdom meets modern understanding. Every session, class, and moment at Holis Wellness Center is designed to help you find your way back to balance. Evelina hand-picks each member of her team to carry on her vision of treating every person with care and attention.

Holis Wellness Center offers a wide array of spa services, movement classes, and holistic therapies, here you can find more information: www.spaholis.com

Please feel free to contact them via email:
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or WhatsApp +506 8814 6760.

You are also invited to follow them on their Instagram and Facebook pages: Spaholis.

HOLIS
Wellness Center

What to do in the Green Season

By Jose Chaves & Tim Dywer



Stunning mornings and rainy afternoons have been the norm for the Green Season here in Manuel Antonio. At least that's how it used to be. With Global Climate Change and climatic phenomena like El Niño, who's to know!

Regardless, life goes ahead and we don't let a bit of rain stop us. Sometimes a bit of rain is a welcomed part of the adventures that we are taking part in.

A walk in the national park, a horse ride through the mountains, sailing on the ocean, or gliding through primary rainforest on a zipline isn't stopped by a bit of rain. And white water rafting and a waterfall tour

are even more enjoyable when the rains raise water levels.

Even with rain, you can enjoy your visit to downtown Quepos with its diversity of shops for locals and tourists. Enjoy the ocean from the Malecón (Sea wall). Have lunch at a local restaurant. Take in the ambiance of the local bars and try some of national beers and liquors. It's all good!

And of course, a visit to Manuel Antonio wouldn't be complete without a trip to our world renown beaches. Don't forget to check out the cloud formations. At sunset or sunrise, the colours are often breathtaking.

We have a saying here: If you don't like the weather, either wait 15 minutes or drive 15 minutes. With hundreds of micro-climates, Costa Rica's weather is constantly changing.

For more information about all the above, please contact us on WhatsApp +506 8305 8044. We will gladly help you spend a unique and memorable vacation in our town.

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Geek Speak

By Michael Matthews



I first visited Manuel Antonio in 2001. Two years ago I made it my home. Living here, full-time, I discovered the biggest surprise wasn't the wildlife, the beaches, or the slower pace — it was how quickly my brain remembered a rhythm I didn't know I'd lost.

For more than 20 years, I lived inside a tech-heavy career: constant Slack pings, late-night product launches, blue-light screens that made every hour feel like midday. My body was always “on,” even when I was exhausted. I didn't realize how unnatural that was until I started waking up here to the sound of birds instead of phone notifications.

Rediscovering Natural Rhythm

In Manuel Antonio, sunrise isn't just a time of day — it's a physical sensation. The sky shifts from indigo to gold, and something in my nervous system shifts with it. I started noticing how my mood rose with the light, how my thoughts felt clearer, how my breathing slowed. It felt like my brain was syncing with something ancient.

At sunset, the opposite happens. The whole coastline exhales. The colors soften, the air cools, and my body follows. It's the first time in years I've felt tired naturally, not from burnout.

These rhythms — the sunrise cycle, the sunset wind-down, the waves acting like a metronome — recalibrated me in ways no productivity hack ever did.

Letting Go of Tech-Driven Chaos

I didn't quit technology; I just stopped letting it set the pace.

The constant dopamine spikes from social media, the artificial brightness of screens, the pressure to respond instantly — all of it had overridden my natural cycles. Here, I learned to let nature lead again.

I still work. I still use my phone. But I don't let it dictate my biology.

What I Tell Every Visitor

If you're vacationing in Manuel Antonio, try this:

- Watch one sunrise — just one. No phone. Let your brain feel what morning is supposed to feel like.
- Sit with the waves for ten minutes. Match your breath to them using simple wave breathing.
- Give yourself a digital sunset — turn off screens an hour before bed.
- Walk slowly through the nature. Let your pace match the forest instead of your inbox.
- End your day with a view of the water, and let the colors tell your body it's time to rest.

A Final Thought

Living here didn't make me anti-tech. It just reminded me that my brain wasn't built for constant stimulation — it was built for cycles, tides, and light.



Manuel Antonio, CR

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10 DE JULIO **JULY 10TH** **10:00 AM**



Pride-on-the-Beach-Manuel-Antonio-Orgullo-en-la-Playa

ORGANIZAN



Infoline: queposgay@gmail.com

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THE TIDE

AUGUST

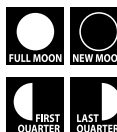
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	08:50	8.53		17:35	2.26
	15:11	1.36		23:59	6.61
	21:26	7.29	24 Mon	05:51	2.82
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	16:18	1.43	25 Tue	00:54	7.02
	22:39	7.28		06:50	2.43
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SEPTEMBER

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08 Tue	05:49	1.56		13:18	7.81
	12:11	8.17		19:22	1.15
	18:27	0.94	25 Fri	01:40	8.29
09 Wed	00:49	8.28		07:46	0.96
	06:56	1.02		13:59	8.28
	13:12	8.60		20:00	0.68
	19:24	0.43	26 Sat	02:17	8.88
10 Thu	01:43	8.93		08:24	0.36
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	20:14	-0.02	27 Sun	02:53	9.39
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	20:58	-0.32	28 Mon	03:30	9.76
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	15:36	9.41		21:50	-0.19
	21:40	-0.40	29 Tue	04:08	9.93
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	10:07	-0.39		16:32	9.08
	16:18	9.31		22:29	-0.17
	22:19	-0.27	30 Wed	04:48	9.88
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	12:07	0.58			
	18:21	7.98			
17 Thu	00:15	1.17			
	06:37	8.38			

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How to read the Tide (example):

01 Wed 04:37 9.90
10:45 -1.18
17:06 10.23
23:13 -0.82

High Tides at 04:37AM (9.90 feet high) and at 17:06PM (10.23 feet high).
Low Tides at 10:45AM (-1.18 feet high) and at 23:13PM (-0.82 feet high).

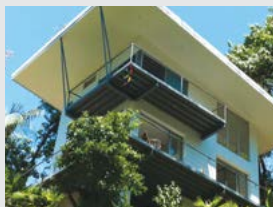
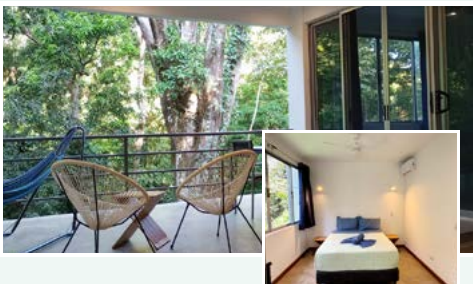
WARNING:

To go to Playita DO NOT Cross the rocks 2 hours after or before High Tide

Jungle Dream

APARTMENTS

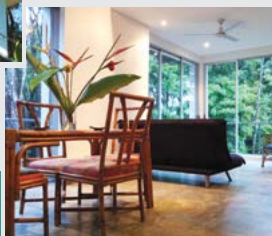
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Costa Rica: Paradise in a Time of Climate Change

By Tim Dwyer

Wake to the haunting call of howler monkeys, watch brilliant scarlet macaws soar above emerald forests, or stand beneath the misty canopy of a cloud forest where orchids cling to ancient trees. Costa Rica is home to nearly six percent of the world's biodiversity in an area of less than 0.03 percent of Earth's landmass. Every hike, every river cruise, and every beach walk here is an unforgettable experience.

Costa Rica's commitment to conservation is one of its greatest success stories. More than a quarter of the country is protected through national parks, wildlife refuges, and biological reserves. Decades of deforestation reduced the forest cover to only 21% of the country in the 1980's. The efforts of individuals, companies and governments have successfully reversed that trend. Today the country boasts a return to over 50% forest cover, transforming Costa Rica into a global leader in ecology. Here you'll experience thriving rainforests, volcanic landscapes, mangrove estuaries, and pristine coastlines while supporting their preservation.

Yet Costa Rica cannot escape the effects of a changing climate. Climactic changes are altering rainfall patterns, making dry seasons longer in some regions while bringing heavier downpours to others. Scientists have observed that Costa Rica's famous cloud forests, including those around Monteverde, are gradually shifting to higher elevations as

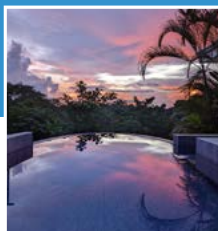
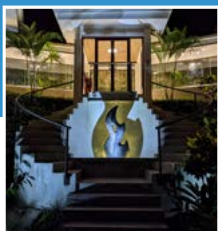
warming temperatures lift the cloud layer. Species specially adapted to cool, moist conditions, from colourful amphibians to the iconic resplendent quetzal, face increasing pressure as their habitats shrink.

This year, the return of El Niño is amplifying many of these challenges. Climate experts forecast that this year's El Niño will bring significantly drier conditions across Costa Rica's Pacific coast and Central Valley, while the Caribbean region is likely to experience heavier rainfall and increased flooding. These shifting weather patterns affect every aspect of the ecosystem, reminding us that nature is both beautiful and constantly changing.

Costa Rica remains one of the world's premier destinations for nature lovers. As climate change and El Niño reshape landscapes across Central America, the country's commitment to sustainability offers hope that future generations will continue to marvel at its rainforests, cloud forests, and wildlife. Choosing certified eco-lodges, hiring local naturalist guides, respecting wildlife, and supporting conservation projects all help protect the ecosystems that make Costa Rica so extraordinary. Every visit contributes to an economy where protecting forests often creates more lasting value than clearing them. A visit to Costa Rica is more than a vacation. It is an opportunity to witness one of Earth's richest ecosystems while helping ensure its remarkable story continues for years to come.

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THE TIDE

OCTOBER

date	time	height	date	time	height
01 Thu	05:31	9.61		13:01	1.53
	11:45	-0.17		19:27	6.99
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13 Tue	04:07	9.49		10:41	-0.68
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	22:28	0.54	30 Fri	05:14	9.69
14 Wed	04:44	9.16		11:29	-0.38
	10:57	0.19		17:48	8.82
	17:12	8.29		23:47	0.44
	23:06	0.95	31 Sat	06:06	9.17
15 Thu	05:23	8.71		12:21	0.08
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	06:46	7.63			

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NOVEMBER

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02 Mon	01:50	1.33		09:01	6.82
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	20:55	8.02	19 Thu	03:46	2.26
03 Tue	03:04	1.58		10:01	6.83
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04 Wed	04:20	1.54		10:59	7.03
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	11:41	7.73		17:45	1.49
	17:45	1.20	22 Sun	00:11	8.60
06 Fri	00:08	8.61		06:28	0.84
	06:27	0.93		12:43	7.82
	12:38	7.95		18:35	1.08
	18:39	1.03	23 Mon	00:59	9.14
07 Sat	00:58	8.91		07:16	0.27
	07:17	0.59		13:31	8.29
	13:27	8.17		19:24	0.65
	19:26	0.88	24 Tue	01:45	9.61
08 Sun	01:43	9.12		08:03	-0.23
	08:01	0.34		14:19	8.73
	14:12	8.34		20:13	0.29
	20:09	0.81	25 Wed	02:33	9.95
09 Mon	02:25	9.23		08:50	-0.59
	08:41	0.19		15:06	9.08
	14:53	8.42		21:02	0.05
	20:48	0.82	26 Thu	03:21	10.10
10 Tue	03:03	9.21		09:38	-0.78
	09:19	0.14		15:55	9.29
	15:33	8.41		21:53	-0.03
	21:26	0.91	27 Fri	04:11	10.05
11 Wed	03:41	9.09		10:27	-0.77
	09:56	0.20		16:46	9.36
	16:12	8.31		22:45	0.06
	22:04	1.09	28 Sat	05:02	9.78
12 Thu	04:19	8.86		11:17	-0.57
	10:33	0.37		17:38	9.28
	16:51	8.14		23:40	0.30
	22:43	1.33	29 Sun	05:56	9.35
13 Fri	04:57	8.54		12:09	-0.21
	11:11	0.62		18:34	9.10
	17:32	7.91	30 Mon	00:38	0.63
	23:23	1.63		06:54	8.82
14 Sat	05:37	8.16		13:05	0.24
	11:51	0.95		19:32	8.86
	18:14	7.65			
15 Sun	00:06	1.93			
	06:20	7.74			
	12:33	1.30			
	19:00	7.41			
16 Mon	00:54	2.21			
	07:08	7.33			
	13:19	1.64			
	19:50	7.25			
17 Tue	01:47	2.39			

WEATHER:
www.imn.ac.cr



How to read the Tide (example):

01 Wed 04:37 9.90
10:45 -1.18
17:06 10.23
23:13 -0.82

High Tides at 04:37AM (9.90 feet high) and at 17:06PM (10.23 feet high).
Low Tides at 10:45AM (-1.18 feet high) and at 23:13PM (-0.82 feet high).

WARNING:

To go to Playita DO NOT Cross the rocks 2 hours after or before High Tide

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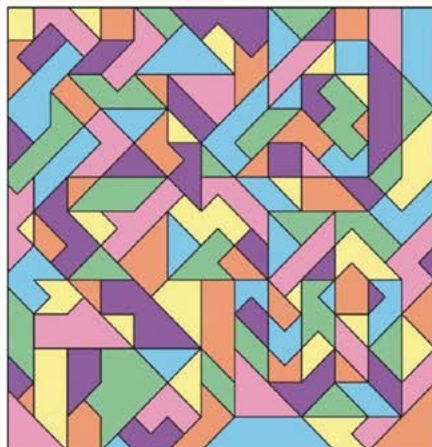
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Juego mental

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1. Encuentre la letra A y la letra E en el siguiente dibujo.

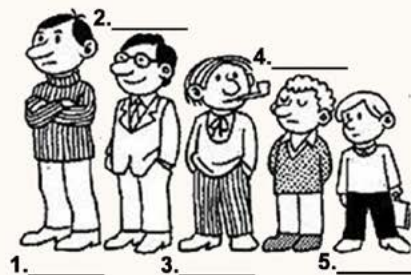


2. Cada palabra esconde un animal. Ordene las letras de cada palabra y encontrará el animal.

- a: tapor: _____
- b: caber: _____
- c: pasiva: _____
- d: rutina: _____
- e: igualan: _____
- f: almaceno: _____
- g: procesion: _____
- h: neuralgica: _____

3. ¿Quién es quién?

Lea cuidadosamente la descripción de cada persona y escriba su nombre en cada una de las líneas que según corresponda:



Juan, Pedro y Alberto son más altos que José.

Alberto, Enrique y José son más bajos que Juan.

Juan y Enrique tienen un número par.

¿Cómo se llama cada uno?

4. Cada palabra esconde un medio de transporte. Ordene las letras de cada palabra y encontrará el medio de transporte.

- a: tomo: _____
- b: novia: _____
- c: cobra: _____
- d: costero: _____
- e: inpetas: _____
- f: urbanismo: _____

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CREDITOS

- Director: Jose Chaves
- Productor: Tim Dwyer
- Diseño: Diego Hidalgo
- Playita Online:
<http://gaytourscr.com/Playita.html>

- Website: www.gaytourscr.com
- Colaboradores: Paul Sfez, Andrew Milbauer
- Ventas: 8305-8044
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