

Rocas Retreat

RETREAT HOST GUIDE 2026

VALLEY CENTER, CALIFORNIA

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You bring the vision. We build the container around it.

Rocas Retreat is a private 15-acre sanctuary in the hills of North San Diego County, built for facilitators who are ready to lead their most powerful retreat yet.

Since 2021, retreat hosts from across the world have brought their most important work here. They consistently find that the land and team become collaborators in creating an extraordinary experience. Participants arrive and something shifts before the first session even begins.

This guide covers everything you need to know about hosting at Rocas, including accommodations, support, pricing, and how to get started.

15
PRIVATE ACRES

30
GUESTS ON-SITE

2021
HOSTING SINCE



WHAT WE HANDLE

Your retreat is where you show up as a facilitator. Not as a venue coordinator.

The most common thing we hear from first-time hosts at Rocas is that they didn't realize how much they'd been carrying, until they didn't have to anymore.

YOU FOCUS ON…	WE HANDLE…
Your teaching and facilitation	**Property preparation and setup**
Your participants	**Guest arrival and orientation**
Your retreat	**Gathering space setup and daily resets**
Creating transformation	**Day-to-day venue support**
Your retreat vision	**Planning guidance and logistics**



HOW HOSTING WORKS

Three offerings that build one complete retreat

Hosting at Rocas is built around three distinct offerings that work together to create a complete retreat experience.

01

THE SPACE & SUPPORT

Retreat Hosting Fee

Exclusive access to the property and the operational support that makes everything run.

02

THE STAY

Accommodations

Overnight lodging for your participants, with two booking models to choose from.

03

THE DETAILS

Curated Experiences

Optional enhancements including chef-curated dining, Temazcal ceremony, and specialty practitioners.

Retreat Hosting Fee

The foundation of every retreat.

The retreat hosting fee provides exclusive access to Rocas' shared spaces and amenities for the duration of your event, along with the operational support that allows you to show up as a facilitator, not a logistics manager. This isn't a facility rental. It's an investment in the environment and support that makes your retreat possible.

SHARED SPACES & AMENITIES

Upper Room · Gathering Pavilion · Dining & Event Tent · Pool · Hot Tub · Infrared Sauna · Fire Pit · Walking Trails Meditation Areas · Outdoor Gathering Spaces

RETREAT OPERATIONS SUPPORT

Pre-arrival planning consultation

Pre-arrival planning call

Arrival coordination

Guest orientation and room check-in

Space setup prior to retreat start

Daily gathering space resets

On-site property support throughout

End-of-retreat breakdown

A NOTE ON DINING

Chef services and kitchen support are coordinated directly between you and your chef and are not included in the hosting fee. If your chef doesn't come with their own kitchen support, Rocas can help arrange it for an additional fee. Full dining options are outlined in the Curated Experiences section of this guide.

INVESTMENT

Retreat Hosting Fee

RETREAT LENGTH	STANDARD RATE	RETURNING HOST
1 Day Event (up to 12 hours)	$2,000	$1,800
2 Days / 1 Night	$2,500	$2,200
3 Days / 2 Nights	$3,400	$3,000
4 Days / 3 Nights	$4,300	$3,900
5 Days / 4 Nights	$5,200	$4,800
6+ Days	Contact us	Contact us

Returning host rates apply to facilitators who have previously hosted at Rocas.
Rates exclude 8% San Diego county occupancy tax.



THE STAY

Accommodations

Ten unique overnight spaces across 21 beds, accommodating up to 30 guests.

From a converted wine cellar, to a private stone cottage, to a canvas yurt, each space was designed with its own unique character and comfort level.



CHOOSE YOUR LODGING MODEL

Two ways to book

There are two primary ways to book accommodations at Rocas.We'll help you determine the right fit based on your retreat size and business model.

Private Retreat Buyout

$2,150 / NIGHT

Reserve the entire property exclusively for your group. You assign rooms, control the experience from arrival to departure, and your participants pay lodging costs through you as part of their retreat investment.

Ideal for private groups, luxury experiences, and facilitators who want full control over the guest experience.

Flexible Guest Booking

Your participants reserve and pay for their own accommodations directly through a dedicated Rocas booking page. You collect your retreat fee. We manage the lodging reservations.

Ideal for public retreats, first-time retreat leaders, and groups with varied budgets.

In this model, facilitator accommodations are arranged separately and confirmed in your contract with Rocas. We'll help you identify the right space based on your group size and setup.

Custom Booking

Hosting a smaller group? We're happy to put together a custom quote based on your specific needs.

ACCOMMODATION OVERVIEW

Four categories, ten distinctive spaces

Rocas sleeps up to 30 guests across 10 distinctive overnight spaces, with a mix of occupancy, privacy, and comfort levels. How many guests your retreat can accommodate depends on how many people are sharing rooms or beds, something we're happy to help you think through. Most spaces are priced for single occupancy. A small nightly supplement applies when a second guest shares a room. For guests booking through the flexible booking model, this is handled automatically at checkout.

Premium Comfort

From $249 / night

The most spacious and private accommodations on the property, featuring king beds and en-suite or private bathrooms.

Elevated Comfort

From $179 / night

Comfortable private spaces across shared houses, each with their own personality. A range of bed configurations to suit different group compositions.

The Trailers & Tiny House

From $139 / night

Recently remodeled vintage trailers with queen beds, full kitchens, and private bathrooms. Smaller, yet comfortable and stylish.

The Yurts

From $99 / night

Canvas yurts with a dedicated bathroom and two showers a short walk away. Grounding and immersed in nature.

Rates reflect per-space nightly pricing for the flexible booking model and custom quotes. The full property buyout is $2,150 per night. For a full room rate breakdown, contact us to request the rate sheet.

THE SPACES

The Winery

A standalone structure built around a former wine cellar featuring a king bed, private bathroom, full kitchen, and an outdoor patio with sweeping views of the North San Diego hills. One of the most beautiful spaces on the property. The downstairs cellar room can be used for intimate dinners.

Sleeps 1–2 | King bed | Private bathroom | Full kitchen | Outdoor patio









THE SPACES

The Cottage

A private two-bedroom, two-bathroom standalone cottage with a full kitchen, dining room, living room with an electric fireplace, and a front porch with rocking chairs. The Cottage can be rented as two separate rooms or together as a complete private unit.

Elefante Room — King bed, en-suite bathroom · Avocado Room — Queen bed, shared cottage bathroom

Sleeps up to 4 | 2 bedrooms (king + queen) | 2 bathrooms | Full kitchen | Electric fireplace | Front porch







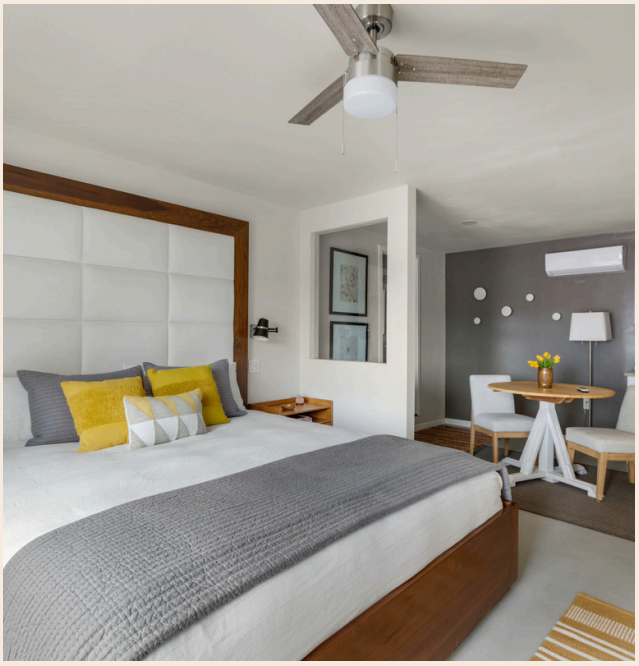


THE SPACES

Freddy's Room

A private king room beneath the Upper Room: the main gathering space, with its own entrance, charming design, and warm natural light.

Sleeps 1–2 | King bed | Shared bathroom with Rosie's Room









THE SPACES

Rosie's Room

A bright twin room located alongside Freddy's Room that's beautifully decorated and private.

Sleeps 1–2 | Twin beds | Shared bathroom with Freddy's Room









THE SPACES

The Ranch House

A full three-bedroom home with two shared bathrooms, a full kitchen with center island, dining room, living room with an electric fireplace, and outdoor seating with views. Rooms are bookable individually or as a complete house. Ideal for larger facilitation teams or groups who enjoy a communal living experience.

Cali — Queen · Citrus — Double / Queen · Verde — Twin beds · Murphy — Queen murphy bed

Sleeps up to 9 | 3 bedrooms + murphy bed | 2 shared bathrooms | Full kitchen | Living room | Outdoor seating









THE SPACES

The Tiny House

A cozy, self-contained space with a queen loft, a queen bed on the main level, mini kitchen, private bathroom, and porch seating. Compact, charming, and surprisingly complete.

Sleeps 1–3 | Queen loft + convertible double | Private bathroom | Mini kitchen | Porch









THE SPACES

The Boho Trailer

Wood floors, green accents, and a boho luxury warmth that makes it feel more like a cozy cottage than a trailer. Queen bed, a seating area that converts to a small twin bed, full kitchen, dining space, and a private bathroom with mini tub and shower combo.

Sleeps 1–2 | Queen bed | Private bathroom | Full kitchen









THE SPACES

The Poppy Trailer

Bright, colorful, and full of life, the Poppy Trailer brings its namesake flower inside with vibrant poppy-inspired decor, warm wood floors, and a modern finish. Queen bed, full kitchen, and private bathroom.

Sleeps 1–2 | Queen bed | Private bathroom | Kitchen









THE SPACES

The Yurts

Two canvas yurts of different sizes, immersed in the land. These spaces are situated near the Upper Room and are a short walk to shared bathrooms and showers.

Condor — Queen and twin bed · Eagle — Two twin beds

Sleeps 1–2 per yurt | Queen or twin | Shared external bathrooms







GATHERING & PROGRAMMING SPACES

Rooms that hold the work

The Upper Room

Capacity up to 25

Your primary indoor facilitation space. 42' × 22', climate controlled, fully customizable setup. Breathwork, somatic sessions, yoga, group circles, keynote presentations. Whatever your work requires, this room holds it.

The Compass Deck

Capacity flexible

A circular deck built around a stone fountain and gas fire feature, surrounded by sweeping hilltop views. Morning yoga, evening ceremony, movement, fire circles.

The Gathering Pavilion

Capacity up to 200

An expansive 40'×80' tented space for larger sessions, ceremonies, or events.

The Event & Dining Tent

Capacity up to 30

A 20'×40' beautifully appointed tent for shared meals, breakout sessions, and additional programming. Custom lighting, centerpieces, and seating configured to your vision.



AMENITIES

The rest of the property

Pool & hot tub perched on the hilltop with rolling hill views

Infrared sauna

Meditation areas curated throughout the property

Walking trails across 15 acres of living land

Small gym facility

Goat barn with four resident goats tended by Kathy, the land steward

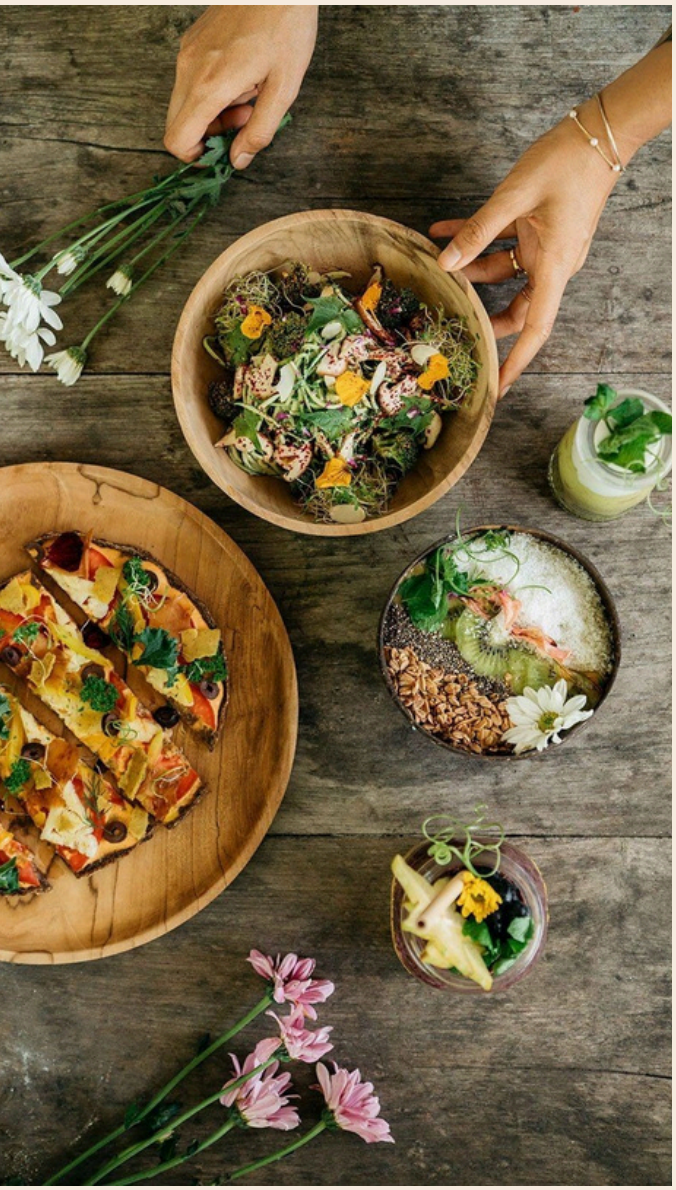
Tree swing





THE DETAILS

Curated Experiences



Chef-Curated Dining

Food is an essential part of nourishing your guests.

Rocas can connect you with experienced private chefs who create customized proposals based on your retreat goals, dietary preferences, and group size, or you're welcome to bring your own.

Our chef network is skilled at adapting to a range of dietary needs, including vegetarian, vegan, gluten-free, and allergy-conscious menus. Pricing is provided directly by your selected chef following an initial consultation.

TYPICAL RANGE

$75 – $150

per person, per day

A NOTE ON KITCHEN SUPPORT

Chefs are encouraged to bring their own kitchen support, including dishwashing and cleanup, as part of their team. If your chef doesn't come with support, Rocas can help arrange it for an additional fee. Coffee and tea service is available as a daily add-on through Rocas.

Rocas does not have a liquor license and does not serve or sell alcohol on property.

THE DETAILS

Temazcal Ceremony

Invite your guests into one of the oldest wellness traditions in the Americas.

A Temazcal is a traditional ceremonial sweat lodge experience using heated volcanic stones, steam, and intention to create a space for deep reflection, release, and renewal. Many guests describe it as one of the most profound experiences of their retreat. Every ceremony is led by a ceremonial leader who has been trained and initiated in the authentic Temazcal tradition. Space is limited, making this an intimate and personal experience.

TEMAZCAL USE FEE

$375

paid to Rocas

CEREMONY FEE

Donation-based

recommended $50–$100 per person, paid directly to the ceremonial leader

Additional Practitioners

We can help coordinate specialty practitioners to enhance your retreat programming. Pricing varies. Contact us for a full list of practitioners within our network.

Yoga | Breathwork | Reiki | Sound Baths | Massage | Kundalini



THE NUMBERS

The Retreat Profit Calculator

Hosting at Rocas is an investment. Here's what the return looks like.

Many facilitators arrive at the pricing conversation with one question: will this make financial sense for my retreat?

The answer is almost always yes, and often more so than they expected. Hosting at a venue like Rocas allows you to charge a premium price point that a borrowed house or rented studio simply can't justify. The setting elevates the perceived value of your entire offering.

To help you run the numbers, we've built a Retreat Profit Calculator: a simple spreadsheet where you enter your group size, number of nights, ticket price, and estimated costs, and it calculates your projected profit.

EXAMPLE SCENARIO

18 guests · 3 nights · $1,800 per guest

$32,400
Total Revenue

$19,590
Total Costs

$12,810
Estimated Profit

DOWNLOAD THE RETREAT PROFIT CALCULATOR →



NEXT STEPS

Ready to bring your retreat to Rocas?

We keep the process simple.

01

Reach out

Tell us about your retreat vision, dates, and group size. We'll get back to you quickly to schedule a conversation.

02

We design it together

A pre-retreat planning call where we walk through spaces, logistics, meals, and accommodations, and build the experience around your vision.

03

You show up and lead

The property is set. The team is ready. Your only job is to be the facilitator.









GET IN TOUCH

Tell us about your retreat *vision.*

Complete our Retreat Inquiry Form and we'll be in touch to talk through the details. We're always happy to answer questions or schedule a property visit.

SUBMIT THE RETREAT INQUIRY FORM →

Questions or need support? Reach out at emailus@rocasretreat.com. We'd love to hear from you.

Getting here

Location

Valley Center, CA · North San Diego County

30 minutes from Temecula

1 to 1.5 hours from San Diego and Orange County

2 to 2.5 hours from Los Angeles

Getting Here

Driving is recommended. For those flying in, rideshare is available from San Diego International Airport (SAN) and Orange County Airport (SNA) for approximately $80–$110 each way. The property is somewhat remote so it's best to plan rideshare pickups in advance to avoid delays. Note that while it is easy to use rideshare from the airport to Rocas, please allow for sufficient time for pickups at Rocas as ride availability may be limited.

Getting Around

Once parked, we recommend leaving your car for the duration of your stay. Golf carts operated by Rocas staff are available to get you and your participants where you need to go. Walking the property is encouraged.

Parking

Ample on-site parking is available. Guests are directed to spaces as close to their accommodations as possible. Golf cart transport is available if needed.



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