

## Retreat Schedule (from the last Costa Rica Retreat)

### Majesty of Nature

ASPECTS OF NATURE AND HOW THAT MATCHES THE ASPECTS OF OURSELVES.  
SELF EXPLORATION, HONESTY, CLEAR VISION.

Friday Jan 31

Arrive from San Jose around 5-6

6-7:45: Dinner and unpacking

8:00 pm We will gather, do some light yoga and introductions

Intro of theme.

Go around Circle and tell us who you are, what are your expectations and what do you hope to experience most?

Pick a sticker message.

Saturday

FLUIDITY

\*Coffee and tea will be available upon awakening

7-7:45 Meditation/ yoga ( always optional, we must do it early because our days will be full!)

8-9 am Breakfast

9:00 am leave for the Whales Tale

Spend morning at beach

Lunch: head to Uvita Waterfall for a picnic

Hang out for the afternoon here

2-3 pm head back to the house

4 pm Relaxation Flow

6 pm Dinner

Evening: Relax

Fire pit, jungle soaker, sunset...Ahhhhhhhh.

Sunday

POWER

7:00 Breakfast

8 Leave for Nayauca Falls

Hike the falls, picnic and swim in this magical place.

We need to leave early, to get there before it gets too hot and crowded.

2-3 Return home.

4 pm Light yoga post hike stretching

6 pm Dinner

Evening: Relax

Monday

REVERENCE

7am Yoga/Meditation

7 :30 Breakfast

9-11 Energy Workshop (ON CHAKRAS)

12 Lunch

1-3 Nature walk to a waterfall,

Do some yoga/journaling in nature

6 Dinner

7-9 Cacao Ceremony with special guest

Tuesday

RE-GENERATION

7 am Yoga/Meditation

7:45 Breakfast

8:30 Leave for Market

9-11 Market

12-2 Community Carbon Trees (We will visit a tree farm and sponsor/plant some trees! And have a picnic)

Afterwards we will swim in the river until it is time to return home.

4:00 Light yoga

6 Dinner

Wednesday

EXPLORE

I encourage everyone to explore on their own today. Rest and relax if that is what you are called to do. Some may want to adventure out for other excursions. We can arrange any tours, Such as ziplining, kayak, surf lessons, eco tours, 4 wheeling, rafting, and so much more! There are other days, such as Monday when we will have activities planned at the house to enjoy or if you wanted to do something on your own, again, we can arrange that!

I will send some separate info on the pricing for various activities as those will not be included in the price. Your package includes all our food, unless we go out to a restaurant, (which we might want to do one night, also there is some really good restaurants in Dominical, we def need to go to Café Mono Congo! ) entry to the whales tale, uvita waterfall, Niayaca falls, and our tour of the tree farm. All of your transportation to these activities is included also. We will have a couple of cars between myself and our Host, Jon, to get everyone where they need to go. Sometimes the tours provide transportation as well.

7am, Yoga  
8am Breakfast  
9-11 Nature Walk  
12 Lunch  
1-3 Free time  
4 Light 30 min Flow  
5 Go out to Dinner for our last evening!  
Come home and pack up.

#### Thursday Morning

The shuttle to the airport will arrive around 6 am.

Most everyone's flight isn't until around 2 pm so that will give yall plenty of time to get to airport.

This is going to be an epic time!

\*\*This is just a tentative schedule. I have secured some of the dates, like that Tuesday, we WILL be going to the farm. The other days are subject to change/ also still planning activities and partnering up with some local people to give yall the best experience. There is also a massage therapist available to come to the house and there is a spa in town. There are also massage therapists all over the beach so we might just want to go hang out at the beach in Dominical one afternoon. There are so many little shops and things to do in town!