



LIVE A LONGER, FULLER, BOLDER LIFE

RETREAT AGENDA: JUNE 24 – JUNE 30, 2024

	MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
7:00 AM		Chorotegas Walk in the Forest (Optional)	Vibe & Flow Yoga (Optional)	Rise & Shine Yoga (Optional)	Flex & Stretch (Optional)	Chorotegas Walk in the Forest (Optional)	Rise & Shine Yoga (Optional)
8:00 AM		Downshift free time	Plant Slant Breakfast At Leisure <i>Rio Bhongo</i>	Eat Wisely Breakfast Cooking Class <i>El Patio</i>	Plant Slant Breakfast -at leisure- <i>Rio Bhongo</i>	Downshift free time	Plant Slant Breakfast -at leisure- <i>Rio Bhongo</i>
9:00 AM		Private Group Breakfast <i>El Patio</i>	Huertas Farm Tour	Purpose Workshop <i>Studio</i>	Move Naturally Activity: Aerial Adventure led by The Explorers <i>Outpost</i>	Plant Slant Breakfast -at leisure- <i>Rio Bhongo</i>	Downshift free time or departures
10:00 AM	Happiness Workshop <i>Studio</i>	Set for Success Workshop <i>Studio</i>					
11:00 AM	Arrivals	Move Naturally Activity Beach Canopy Walk	Eat Wisely Cooking Class Lunch <i>Patio</i>	Move Naturally Activity <i>Casa de Playa</i>	Group Lunch <i>Ostra</i>	Group Lunch <i>Ostra</i>	
12:00 PM		Lunch at Leisure <i>Ostra</i>	Plant Slant Lunch <i>Meso</i>	Eat Wisely Discusion Snacks	Move Naturally Activity <i>El Patio</i>	Optional Add On:	
1:00 PM			Downshift free time	Downshift free time	Downshift free time	Downshift free time	Cultural Roadtrip led by The Explorers. This is an 8 hour excursion that includes time in Nicoya, Costa Rica's Blue Zone. This excursion is not part of the retreat program cost, but may be added upon request.
2:00 PM		Downshift free time	Downshift free time	Downshift free time	Downshift free time	Downshift free time	
3:00 PM			Right Outlook Workshop <i>Studio</i>	Breathwork & Cacao Ceremony	Connect Workshop <i>Studio</i>	Retreat Closing Ceremony & Discussion	
4:00 PM	Retreat Intro: Blue Zones story & Power 9 <i>Studio</i>						
5:00 PM	Pre-dinner gathering <i>Ostra Terrace</i>	Eat Wisely Cooking Class Dinner <i>Events Patio</i>	Pre-dinner gathering <i>Chao Pescao</i>	Dinner at Leisure <i>Choice of Restaurant</i>	Pre-dinner gathering <i>Rio Bhongo Terrace</i>	Plant Slant Dinner <i>Meso</i>	
6:00 PM	Plant Slant Dinner by Chef Bruno <i>Ostra Terrace</i>		Journey through Latin America Dinner <i>Chao Pescao</i>		Plant Slant Dinner by Chef Froy <i>Rio Bhongo Terrace</i>	Plant Slant Dinner <i>Meso</i>	
7:00 PM							
8:00 PM	Connect Activities (optional) may be included in pre-dinner gathering or dinner program.						

The agenda is currently in the planning stage and subject to change.

Blue Zones Workshop
Move Naturally
Eat Wisely
Connect
Downshift

6 night Retreat – Package Pricing: \$3,885* per person, inclusive of taxes and service charges.

The retreat price excludes accomodation. This retreat has a maximum capacity, thus confirmed retreat participants will have a 50% non-refundable deposit on the retreat package on April 25, 2024 (60 days prior) and the remaining balance due will be charged on May 25, 2024 (30 days prior). Both deposits are non-refundable.

