

LIVE A LONGER, FULLER, BOLDER LIFE

Blue Zones Retreat

DECEMBER 2025



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
7:00 AM					
8:00 AM		Discovery Activity: Kayak/Stand Up Paddle	Discovery Activity: Yoga	Discovery Activity: Tropical Forest Hike	Discovery Activity: Sound Healing
9:00 AM		Breakfast at leisure	Breakfast at leisure		
10:00 AM		Blue Zones Workshop: Blue Zones Module 1	Discovery Activity: Coral Gardening	Discovery Activity: Huertas Experience (Tour + Breakfast)	Blue Zones Workshop: Blue Zones Wrap-Up with Working Breakfast
11:00 AM					
12:00 AM		Lunch at leisure			Lunch at leisure
1:00 PM			Lunch at leisure	Lunch at leisure	Chill by the pool
2:00 PM		Culinary Activity: Barista Experience			
3:00 PM		Discovery Activity: Chorotega Pottery Class			
4:00 PM	Blue Zones Workshop: Blue Zones Introduction	Blue Zones Workshop: Blue Zones Module 2	Blue Zones Workshop: Blue Zones Module 3	Blue Zones Workshop: Blue Zones Module 4	
5:00 PM					
6:00 PM	Culinary Activity: Welcome Reception		Discovery Activity: Cacao & Breathwork	Culinary Activity: Cooking Class	
7:00 PM	Dinner at leisure	Dinner at leisure	Dinner at leisure	Dinner	

■ Blue Zones Workshops
 ■ Culinary Activity
 ■ Discovery Activity

The agenda outlined is preliminary and subject to change. Additional details to be shared as program is finalized

