

# LIVE A LONGER, FULLER, BOLDER LIFE

## Blue Zones Retreat

DECEMBER 2025



	SUNDAY 07	MONDAY 08	TUESDAY 09	WEDNESDAY 10	THURSDAY 11
6:30 AM				Wilderness Exploration	
7:00 AM					
8:00 AM		Yoga	Movement Activities		Sound Healing
9:00 AM				Huertas Experience (Tour + Breakfast)	
10:00 AM					
11:00 AM		Blue Zones Module 1	Coral Gardening		Blue Zones Wrap-Up with Working Breakfast
12:00 AM					
1:00 PM		Lunch at leisure	Lunch at leisure	Barista Experience	
2:00 PM					
3:00 PM	Blue Zones Introduction	Chorotega Pottery Class	Blue Zones Module 3		
4:00 PM		Blue Zones Module 2		Blue Zones Module 4	
5:00 PM			Cacao & Breathwork		
6:00 PM	Welcome Reception			Cooking Class Dinner	
7:00 PM	Dinner at leisure	Dinner at leisure	Dinner at leisure		

■ 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.

