

# Costa Rica Retreat Itinerary

## Day One: Friday, May 13, 2011

### Arrive in Costa Rica

- Check in at the Vista del Valle
- Relax and refresh at the pool or rest in your room
- Meet with our group before dinner for introductions
- Dinner available at Vista del Valle
- Opening ceremony for group



## Day Two: Saturday, May 14, 2011

### Morning Program: Recharge, Renew, and Refocus

- Breakfast at hotel
- Morning Meditation and Breath Work
- Sharing our sacred journeys
- Crisis and Transformation on the Earth
- Birthing Ourselves as a New Species: "The Divine Feminine"



### Afternoon Activity:

- The Butterfly Analogy
- Tour of the Butterfly Gardens
- Dinner at Vista del Valle
- Life Visioning Journal



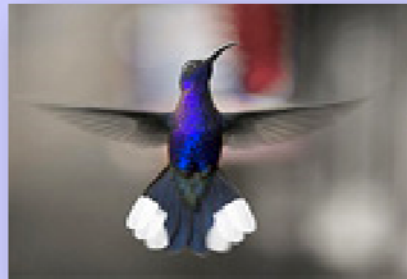
## Day Three: Sunday, May 15, 2011

### Morning Program: Releasing Old Patterns and Block

- Morning Meditation and Breath Work
- Life Visioning Journal
- Identify core-limiting patterns and beliefs

### Afternoon Activity:

- Artistic Expression through Color and Paint
- Dinner at hotel



## Day Four: Monday, May 16, 2011

### Morning Program:

- Morning Meditation and Yoga  
Breath Life Visioning Journal
- Chi Gong
- The Shadow Process
- Lunch at Hotel

### Afternoon Activity:

- Releasing Ceremony
- Creating a Vision Board



## Day Five: Tuesday, May 17 , 2011

### Morning Program: Renew Your Body, Mind and Spirit



- Relax, Refresh, Rejuvenate - This is your day to relax, swim, journal, read, book a massage or take your own private tour
- Dinner at Vista del Valle



## Day Six: Wednesday, May 18 , 2011

### Morning Program: Endings and New Beginnings

- Morning Meditations/Qigong
- Life Visioning Journal
- In the “**chrysalis**” Process
- Speaking your life map for change

### Afternoon Activity: Goddess Dancing



- Celebration Dinner at hotel or restaurant

## **Day Seven: Thursday, May 19, 2011**

### **Morning Program; Depart for the Airport**

- Breakfast and transfer to the airport for return flights

#### *Bonus To Your Retreat:*

- ❖ **Group Coaching Session after returning home**
- ❖ **A Copy of “Living Consciously”**

#### **Retreat Option:**

**Extend your trip through the weekend and have the tour specialists help you with your plans.**

