

Costa Rica Retreat/Class

10 participants max.

\$3000 (9) nights double occupancy

\$3500 (9) nights single occupancy

Breakfast included all mornings, 6 lunches, 6 dinners. Everyone will be responsible for 3 lunches and 3 dinners all other meals are provided.

Excursions included (7):

- **Volcanic fed hot springs (twice), sunset sailboat ride, La Fortuna (fun tourist town visit), Equine therapy at Tula Vida, TBD excursion, and a day at a secluded locals beach.**

Most local transportation included. May need to take a taxi from airport to hotel at your own expense.

Flights not included.

BadAsses

Class Monday night 7-9pm begins (4 classes)

Class 1 – March 4 – Introductions and discussion about Costa Rica and what to expect.

Class 2- March 18 – Introduction to A Course in Miracles (ACIM). Member from the retreat center will join us to help prepare for our adventure. Q&A - now is the time to ask any questions about the retreat.

Retreat

03/21/2024 thru 03/30/2024

- 3/21 - Arrive in Liberia Costa Rica and transport to meeting location (hotel)
 - Hotel accommodations included (meals on our own this day)
- 3/22 –
 - Breakfast included at hotel, lunch, and dinner on our own.
 - Hotel accommodations included.
 - Excursion to volcanic fed hot springs and we will end the evening with a sunset sailboat/snorkeling adventure. Snacks will be provided.
- 3/23 – Leave for retreat center.
 - Breakfast included at the hotel
 - Lunch on your own
 - Tour of the facility
 - Dinner at the retreat center
 - Movie night at the Yoga center
- 3/24 – El Cielo Program Day 1
 - 5:00 am: Wake up naturally with the howler monkeys. Silence and reflection until breakfast.
 - 6:30 am: Morning meditation, with instruction
 - 7:00 am: Yoga, walk, or expressive movement

- 8:30 am: Breakfast with morning card readings
- 9:30am: Participant-led study group
- 10:00am: Therapeutic circle led by skilled counsellors.
- 12:30 - Lunch
- True Color Personality Test – Teambuilding activity
- TBD
- 6:00pm: Dinner
- Evening Socializing
- 3/25 - El Cielo Program Day 2
 - Daily morning routine mentioned above.
 - Breakfast and lunch provided
 - Excursion to hot springs and La Fortuna
 - Dinner on our own in La Fortuna
- 3/26 - El Cielo Program Day 3
 - Normal morning activities and circle
 - Excursion to Tula Vida or other fun outing
 - Breakfast, lunch and dinner provided.
- 3/27 - El Cielo Program Day 4 – Day of Silence
 - Normal morning activities
 - Breathwork
 - Breakfast, Lunch, and dinner provided.
- 3/28 - El Cielo Program Day 5
 - Normal morning activities
 - Excursion TBD
 - Breakfast, Lunch, and dinner provided.
- 3/29 – Beach Day
 - Breakfast, Lunch, and dinner provided.
- 3/30 – Travel Day
 - Breakfast at the retreat center
 - Transportation to the airport
 - Fly home
 - Lunch and dinner on your own

Class 3 – April 8th – Time to debrief, discuss our experience coming home and discuss the retreat.

Class 4 – April 22nd – ACIM activity, create a support network.

Each participant will get 3 complimentary life coaching sessions (\$225 value). Must be used within 1 year of the class beginning. (Expires 03/31/25)

