



WELLNESS ADVENTURE RETREAT COSTA RICA

Hosted by BIRD

WHAT IS IT?

Retreat package is all-inclusive of the following:

- 6 nights at Mountains to Sea Fitness & Wellness Retreat
- Beautiful accommodations w/ a tropical pool & mountain views
- 3 organic nourishing meals per day by local chef
- Daily workouts w/ fitness professional, scalable to any fitness level
- Daily scheduled activity that includes:
 - Waterfall hike, surf lessons, ziplining or canyoning, recovery & massage, wellness discussions, pool & beach
- Transportation to/from San Jose airport and all off-site activities
- Travel. Health. Fulfillment

WHEN?

March 22-28th, 2026

**Package:
\$2920**

Not included: Flight, tips for guides, and spending money (for local goods, snacks, provisions).

WHY SHOULD I GO?

The better question is WHY NOT?

- No planning on your part
- Motivation & education
- Self-discovery & growth
- Travel with like-minded people
- Community
- Recharge your soul

To register or for more info:

LIVINISFOREVERYONE.COM

Q's: birdcreations2@gmail.com

