



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
- * Tips for drivers, guides, massage, chef, etc.

WHEN?

March 21-27th, 2027

**Package:
\$3210**

**Not included:
Flight 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

