



FITNESS 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 nutritious meals per day by local chef
- * Daily workouts with fitness professional, scalable to any fitness level
- * Daily scheduled activity that includes:
 - Waterfall hike, surf lessons, ziplining, recovery & massage, wellness discussions, pool & beach
- * Transportation to/from San Jose airport and to all off-site activities
- * Travel. Health. Fulfillment

WHEN?

June 29th - July 5th, 2025

**Package:
\$2899**

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

