

Connection Retreat

A 3-PART TRANSFORMATIONAL SERIES

Part One: Reconnect

Join us for an unforgettable 6-night retreat in a stunning beachfront home in Playa Hermosa, Puntarenas, Costa Rica – beginning July 6.

This immersive experience is designed to realign the body, mind, and spirit.

Through movement, mindful practices, and powerful group connection, we'll explore the deep link between physical wellbeing and mental health

What's Included:

- 🏠 6 nights in a luxurious home steps from the ocean
- 🍽️ Nourishing meals daily (excluding one lunch during our adventure day)
- 👥 Group workshops and connection
- 🌊 Excursion to the breathtaking Nauyaca Waterfalls

Accommodations:

- 🏡 Double and triple occupancy options available

This is Part One of a powerful three-part journey toward deeper connection – with yourself, with others, and with the world around you. Spaces are limited: Come reconnect, reset, and rediscover