

CAN'T BREAK ME

Program

DAY 1

1:00 PM

- *Arrive at The Retreat:* Check into your accommodations, relax and unwind. This is a good time to reflect on your goals for your healing retreat.

2:00 PM

- *Orientation:* Begin your journey with a session of intention setting. You will be invited to identify which intentions you have for beginning yourself love anew.

3:00 PM

- *Welcome Workshop:* Get centered, get comfortable and use this session as a great start to launch your inner healing. You will identify blockages that have been holding you back.

4:00 PM

- Free time

6:00 PM

- *Welcome Dinner:*
All white dinner to honor and celebrate our Can't Break Me journey.

8:00 PM

- *Tribe Talk Healing Inner Wounds and Prayer Circle:* This healing session gives you the chance to open your heart and face real issues in a safe nurturing environment.

It will help you gain insights to break through the pain and anger of destructive patterns, clearing the way to build a stronger commitment to your inner peace. You will connect with our spiritual source God in a more intimate label, allowing his Peace, Grace and unconditional love to be manifested.



DAY 2

7:00 AM	<ul style="list-style-type: none">• <i>Lemon-cinnamon detox:</i> This detox water help to improve digestion cleanse your body of toxins and boosts metabolism.
7:30 AM	<ul style="list-style-type: none">• <i>Morning Meditation and prayer:</i> When you start your day with a morning prayer, you are more focused on God and his plan for the day ahead.
8:00 AM	<ul style="list-style-type: none">• Breakfast
9:00 AM	<ul style="list-style-type: none">• Tribe bonding
9:30 AM	<ul style="list-style-type: none">• Grateful Journal writing
10:00 AM	<ul style="list-style-type: none">• <i>Nature Hike:</i> Supercharge your energy exploring the crystal quartz mountain
12:30 PM	<ul style="list-style-type: none">• Shower
1:00 PM	<ul style="list-style-type: none">• Lunch
2:00 PM	<ul style="list-style-type: none">• <i>Healing Workshop:</i> In this session you will remove years of emotional damage and heartbreak. We all carry emotional baggage that inhibits us from fully experiencing the joy, beauty and opportunities of the present. This session will help you heal and release trauma of your past
4:00 PM	<ul style="list-style-type: none">• Free time
6:30 PM	<ul style="list-style-type: none">• Tribe bonding
7:00 PM	<ul style="list-style-type: none">• Dinner
8:30 PM	<ul style="list-style-type: none">• <i>Night Meditation:</i> Letting Go. This session is about getting out of your head and releasing the pain you've been carrying. Forgiving yourself for accepting less than you deserve. Freedom comes from acknowledgment.



DAY 3

7:00 AM • Lemon-cinnamon detox

7:30 AM • Morning Meditation Prayer

8:00 AM • Breakfast

9:00 AM • *Tour Day-Poas Volcano and La Paz Waterfalls:*
This is one that consistently gets rave reviews. La Paz is a favorite, for its beautiful butterfly gardens, amazing wildlife and three of the most gorgeous waterfalls in Costa Rica. You will see Sloths, Monkeys, snakes and Costa Rican frogs. We have designed our tour to make your visit to Poas and the Waterfall Gardens as relaxing and restful as possible, after breakfast at The Retreat the guests enjoy a 90 minute drive through Old town Palmares and Grecia experiencing some Costa Rican culture and passing through some of the most beautiful agricultural lands of the country. We go directly to Poas to enjoy a short hike around the mouth of the volcano. Then to the waterfalls where our guests appreciate the professional setting that brings you so close to nature in its pure form. The gardens provide a lovely typical Costa Rican lunch buffet, (or we can pack a picnic lunch of the Retreats healthy cuisine)

5:30 PM • Reflection-Journal time

6:15 PM • Free time

7:30 PM • Dinner

8:30 PM • Tribe talk-optional



DAY 4

7:00 AM	<ul style="list-style-type: none">• Lemon-cinnamon detox
7:30 AM	<ul style="list-style-type: none">• Morning Meditation and prayer
8:00 AM	<ul style="list-style-type: none">• Breakfast
9:00 AM	<ul style="list-style-type: none">• <i>Boot camp:</i> Circuit workout to exercise your entire body with cardio, lower body and upper body
10:00 AM	<ul style="list-style-type: none">• Shower
10:30 AM	<ul style="list-style-type: none">• <i>Healing Workshop: Self confidence & Personal Empowerment.</i> This session is a must for those who need to reclaim their personal power through developing a deeper spiritual practice. When you have high self 'efficacy, then you will think, feel and behave in a way that contributes to and reinforces your success. You will be more likely to view obstacles as challenges to overcome, so you aren't afraid to face new things. You will recover quickly from setbacks, because you view failure more as a result of external circumstances than internal weaknesses.
12:30 PM	<ul style="list-style-type: none">• Lunch
1:30 PM	<ul style="list-style-type: none">• Free time
2:30 PM	<ul style="list-style-type: none">• Cooking class
3:30 PM	<ul style="list-style-type: none">• Free time
6:30 PM	<ul style="list-style-type: none">• Dinner
7:45 PM	<ul style="list-style-type: none">• <i>Healing circle: Re-Connecting with SELF</i> Re -discover your strengths and get in touch with your core. This meditation session is essential to having a full and joyous life. When we have forgotten who we are and no longer feel balanced and whole we can lose sight of the serenity of life.
8:45 PM	<ul style="list-style-type: none">• Tribe talk optional



DAY 5

7:00 AM	<ul style="list-style-type: none">• Lemon-cinnamon detox
7:30 AM	<ul style="list-style-type: none">• Morning Meditation-Prayer
8:00 AM	<ul style="list-style-type: none">• Breakfast
9:00 AM	<ul style="list-style-type: none">• Boot camp: Circuit workout to exercise your entire body with cardio, lower body and upper body
10:00 AM	<ul style="list-style-type: none">• Tribe bonding
10:30 AM	<ul style="list-style-type: none">• Healing Workshop: Loving yourself and attracting the love you deserve.
12:30 PM	<ul style="list-style-type: none">• Lunch
1:00 PM	<ul style="list-style-type: none">• Free time
5:00 PM	<ul style="list-style-type: none">• Sunset Meditation: We will review and reflect on your retreat experience and discover how to use your own inner power to create and attract the life you truly desire.
7:00 PM	<ul style="list-style-type: none">• Farewell Dinner Celebration: Red or Pink casual dinner as we depart with a new perspective and sense of being. As we step into the world with a new sense of empowerment and deeper understanding of love

DAY 6

8:00 AM	<ul style="list-style-type: none">• Lemon-cinnamon detox
8:30 AM	<ul style="list-style-type: none">• Meditation Prayer
9:00 AM	<ul style="list-style-type: none">• Breakfast
10:30 AM	<ul style="list-style-type: none">• Farewell Session-Gratitude Journal

