



## Join Our 2025 Costa Rica Team Trip!

We're thrilled to invite you to an unforgettable experience: the **International Wellness and Community Building Retreat in Sarapiquí, Costa Rica**. This is your opportunity to immerse yourself in wellness, cultural exploration, and community impact—all while enjoying the beauty of Costa Rica's lush rainforest.

### Trip Details

- **Dates:** June 21-28, 2025
- **Location:** Sarapiquí, Costa Rica (Caribbean rainforest region)
- **Cost:** \$2,000

### What to Expect

#### Cultural Immersion:

- Experience authentic Costa Rican culture through local cuisines, a cacao ceremony, and collaboration with a 30-woman-owned co-op.
- Explore sustainable agriculture with hands-on organic farm activities like planting small trees, learning to compost, and helping to harvest one of the crops (pepper).

#### Tailored Wellness Activities (per team):

- Daily wellness practices, including mindfulness, meditation, and stretching sessions.
- Rejuvenate with nature walks, hot springs, and rainforest relaxation.

#### Adventure Excursions & Team Building:

- Exciting activities like river rafting, ziplining, and ethnobotany walks.
- Strengthen bonds through team-building exercises and shared experiences.

#### Community Outreach:

- Volunteer opportunities at a local school (e.g., reading with kids, ESL support).
- Participate in sustainable agriculture and conservation efforts.

### What's Included in the Cost?

- Group transportation to/from the airport (about 2 ½ hours north of San Jose) and all sites.
- Bilingual tour guide
- 3 daily & fresh, locally sourced meals (starting with lunch on arrival day).
- Private lodging and private bathrooms.

- All scheduled activities.

### **What's Not Included:**

- Airfare (estimated \$608-\$734 for Florida departures).
- Optional outside meals or drinks.

### **Important Information**

- **Eligibility:** Open to participants 18+, any gender, any background. Moderate physical is required (walking is involved in some activities).
- **Group Meetings:** Attend local meetups and Zoom sessions from February to June 2025 to prepare for the trip.
- **Travel Details:** Flights to San José (SJO) should be booked by April 2025. Share your itinerary with Desireé Robertson, with an arrival time no later than 12:30 pm on June 21, 2025 and departure from SJO to home no earlier than 11:30 am / 12:00 pm.

### **Next Steps**

Schedule a 30-minute consultation to learn even more on Zoom or in person (Tampa Bay area) \*\*required for joining the team)\*\*: <https://calendar.app.google/UmLzWeSeSdsaAYot8>

### **Contact Us**

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