

DO YOU WANT TO  
BREAK AWAY?

DO YOU NEED  
SOME TIME FOR  
YOURSELF?

DO YOU WISH  
TO BE INSPIRED  
AGAIN?

ARE YOU  
READY...



IT'S TIME FOR A VISION BOARD

GETAWAY TO

*Reset Yourself*



# My Vision Board

## Physical:



I'm beautiful, & I rock my look



Eat organic wholefoods

## Mental:

- Learn a new language
- Try something new
- Read more
- My ideas have value



I am free to let go...

- Of negative relationships
- Of bad habits
- Of my fears
- Of clutter
- Of outdated thoughts

Let Go



Reconnect  
Connect with like-minded people



EXPLORE!



Connect with nature & my planet

## Things to try:

- Play the saxophone
- Start an online business
- Leave my comfort zone
- Volunteer



## GOALS 2023

- Let go of all anchors, & acknowledge my potential.
- Forget the world's fears & travel somewhere new
- Start my goals with enthusiasm
- Work with people who will stand by the new me.
- Celebrate my achievements!
- Be happy! I've earned it!



# Pacific Coast Package

## MANUEL ANTONIO or DOMINICAL

COSTA RICA - 6 DAY VISION BOARD GETAWAY (6 PERS MAX)

\$3,500 P/P OR REQUEST PRIVATE GROUP RATE

### Vision Board Workshop Getaway

- The Complete Reset Yourself Vision Board Motivational Program.
- Materials: Board, magazines, stationary, office supplies app - Included.
- Mental Reset: Techniques to let go of negative patterns & reset your mind and focus
- Relax & Fun: Laugh, socialize, & forget your troubles. Embrace life with good friends
- Goals: A method to improve steps towards your goals
- Health: Tips & information to enjoy a healthy lifestyle
- Reconnect: Give back to nature & embrace our planet's wonders through volunteering
- Adventure: Local activities & tours to explore the natural wonders of Costa Rica
- Support: Follow-up offered post workshop to assess your goals & achievements through 2022

#### Activities Included

##### **Manuel Antonio Natl Park**

Guided wildlife walk through the most bio-diverse park & end on private beach.

##### **Nicoya Waterfalls (Optional)**

Walk to an amazing waterfall and swim

##### **Spa Treatment Voucher**

##### **Jungle Hot Springs**

Guided walk to rural, local jungle hot springs

##### **Chocolate & Coffee Tour**

**Swap any for: ACTIVITY ADD-ON**

#### Activities Optional (Choose 1 Extra)

##### **Cooking Class & Medicinal Plant Use**

Learn medicinal plant uses & cook with a local chef

##### **Night Jungle Guided Walk**

Explore nature at night with a guided walk

##### **Yoga Session**

##### **River Tubing**

Gentle Class 1/2 rapids (+ \$80p/p)

##### **Add Spa Treatment**

\$125

##### **Ziplining Canopy Tour**

Adventurous zip through the jungles (+\$120 p/p)

#### Also Included

- Transport: To and From Airport
- WI-FI
- Meals: Breakfast x 6 \* Other Meals (Lunch or dinner) x 5
- Drinks: Wine / Cocktails x 2 each
- All lodging & activity taxes

#### Not Included

Extra meals (x 5) \* Tips \* Any services offered outside of the package \* Extra drinks or alcohol (besides included x2)



# Pacific Coast Package Accommodation Options

## Option One PRIVATE LUXURY VILLA



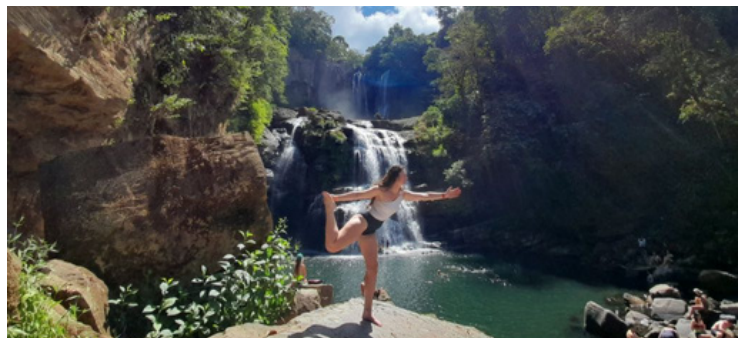
Surrounded with dramatic 360-degree views of the sweeping Pacific coastline, majestic mountain ranges and palm plantations, Villa Cela is a lavish sanctuary of peace and privacy perched at the top of a gated community and is the ideal place to indulge in a luxurious getaway. The 8-suite estate along with 9 bathrooms accommodates guests in over 13,000 square feet of luxurious villa. Wi-Fi included.



## Option Two WATERFALL VILLAS BOUTIQUE RESORT



Just minutes from the charming town of Dominical and a quick hour south of Manuel Antonio, the Waterfall Villas feature five individual jungle bungalows alongside a river. The property comes complete with its own private waterfall, (no need for hikes here) riverside deck and on-site spa facilities. All meals prepared by their wonderful on-site chef. There is NO WI-FI at the Villas.





# Vision Board Workshop Pacific Coast Package

## Costa Rica 6 Day Getaway

With Life Coach Bianca Fortin &  
Wellness Coach  
Sayannah Janell PhD

RESET YOUR BODY. REFOCUS YOUR MIND. ENVISION YOUR GOALS & DREAMS.  
EMBRACE A RELAXED & EMPOWERED YOU!

### DAY 1

- Airport Arrival: Hola y Bienvenidos! We will meet you personally.
- Transfer to Accommodations: Beautiful 1.5 hr scenic drive to Pacific Coast Region.
- Welcome Dinner & Cocktails: Catch up and chat over a local meal & drinks.
- Take a Breather! Unpack, Relax, Watch the sunset. Learn to say "Pura Vida!"

### DAY 2

- Breakfast: Enjoy a healthy fresh breakfast & learn your local word of the day.
- Vision Board Workshop 1:
- Lunch: At the villa by our private chef -included
- Hike Nicoya Waterfall (This can be swapped out for Cooking & Medicinal Plant Class)
- Dinner: (At villa or out - not included)

### DAY 3

- Breakfast Tipico: Enjoy a healthy fresh breakfast. Buenos Dias!
- Morning Tour: Manuel Antonio Natl Park Private Guided Tour
- Lunch: Enjoy lunch in Manuel Antonio (not included).
- Vision Board Workshop 2:
- Wine & Dine: Sunset and dinner at the villa with wine tasting - included

### DAY 4

- Breakfast: Enjoy a healthy fresh breakfast.
- Vision Board Workshop 3:
- Lunch: at the villa by our private chef- included
- Vision Board Workshop 4:
- In House Spa Treatment (Massage voucher included) & Free Time
- Dinner: Best local Restaurant in Manuel Antonio (Not included)

### DAY 5

- Breakfast: Enjoy a healthy fresh breakfast.
- Jungle Hot Springs & local lunch
- Lunch: Local Traditional Tico Lunch included.
- Vision Board Workshop 5
- Tour: Your optional tour awaits. Pick from ADD-ON local tours for your getaway.
- Dinner: Healthy meal at the villa prepared by us- included

### DAY 6

- Vision Workshop Achievements
- Good-byes over breakfast:
- Transport to Airport
- Pura Vida!



Get your  
**COSTA RICA**  
Vision Board  
Getaway Planner  
Now!

*Reset Yourself*



We look forward to answering your questions and helping you plan for your getaway.

(We can also assist with flights).

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