

## Work and Heal in Playa Hermosa



All Dietary needs are consulted with a registered dietician who will schedule individual sessions with you.

All laundry services are included; laundry can be picked up from your home as you request.

implemented virtually within two weeks after returning from retreat.

Surf instruction is available daily according to the tide. Surf gear and board are assigned prior to your arrival.

Medical Spa options are available during the week at the medical spa clinic

### Agency's Vision:

To provide a sacred space where individuals can come to work remotely while healing internally. Our approach institutes the integrated medical health model and follows evidence based practices; resulting in individuals being able to return to their natural environment with a greater sense of self. By incorporating the belief that change is the only constant; we begin to incorporate daily habits to influence adapting into our best selves.

Our days will be themed to accentuate learning these skills

1. Communication
2. Grief management
3. Balance
4. Improving Self Consciousness
5. Redirecting Intrusive Thinking
6. Managing Emotions; ours and others
7. Leading from the Back; at work, in the home, in our lives;
8. Practice Makes Solutions; What do we value?
9. Family of Origin; The dynamics that helped you get here.
10. What about perception? Improving our vision and achieving our goals

Prior to Retreat; 2 therapy sessions implemented virtually will take place within two weeks from the time of arrival.

Post Retreat: 2 therapy sessions

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Post Retreat: 2 therapy sessions implemented virtually within two weeks after returning from retreat.



Trips to the supermarket, Shopping are available as requested.

Guitar Lessons and Art Lessons are available to you any day of the week

Local artists will be available during the week for instruction or to just observe.

To ensure you have the best time possible, we provide you with A Welcome Tote; which will include a bath towel for each member in your party, sunscreen, a baseball cap for each member in you party, a quality water bottle for each member of your party, 3 cloth (hand made by a local artist) masks per member 1 bottle of personal disinfectant per member of your party, 1 bottle of mosquito repellent, 1 box of incense, 3 aromatherapy candles. Herbal tea.

-Monday; Day One; Theme: Tell me More; Provision of written materials, schedule of what is to come. Explanation of process and expectations.

Meal Preparation Sign Up

5:30am-7:00am; guided meditation, breakfast, brief walk on the beach.

7am to 4pm- remote work

One hour Lunch Break at the time you are available; will include organic, healthy meal; mindful eating techniques and a 30 minute walk and talk on the beach.

5pm-7pm; Sunset Communication 101; psycho educational session aimed at learning the communication skills that keep arguments at bay. 35 minutes of Yoga; Introduction to your Meal.

7pm-9pm; art as therapy; free your mind.

9pm: guided meditation and setting up our bedtime routine.

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Tuesday: Day TWO; Redirecting Intrusive Thoughts

5:30am-7:00am-Guided Meditation; Grab and Go Breakfast. Hike to the top.

7am -4pm remote work

One hour lunch break at the time you are available; will include organic healthy meal plus cooking preparations, techniques-instruction. provided;

4:30-6:30pm Waterfall tour

7:00pm to 8:00pm; What do we value? (Psychoeducation on the importance of Loving the Life we have.

8:15pm to 9:15; relax and enjoy a meal; chat with chef, physical trainer available for consultation,

9:15-10:00pm Walk in the city; after dinner drinks,

Wednesday (daily theme: Disempowering Intrusive Thinking)

6:00am-8:00am Breakfast and chill; Yoga, guided meditation, Journaling exercise; (journals, art supplies will be provided): Journaling our intent and other ways to redirect intrusive thoughts.

Vision Board

8:30 to 4:30 Remote Work( lunch is provided) Today might be a great day for 30 minute nap after lunch.

5:00-7:00pm; Exploring ways to move our body; physical therapy/ trainer available for consultation and providing instruction. Improving our sense of well being (psychoeducational)

7:00pm-9pm; creating a beautiful plate of food; instruction, cooking, eating, chatting.

9:15pm-10:00pm checking in and review of nighttime routines-what's working what's not.

10:00pm; Movie Night; (for those that want to stay up later); Movie night is outdoors, snacks, drinks, and watch parts of the movie while you chill in the pool.

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Thursday: Theme of The Day; Leading from the Back

5:30am-9:00am; SUP (Stand Up Paddleboard) Exercise, providing necessary community service

9am-5:00pm; remote work. (Hour and 1/2 Lunch today); during the 1.5 hours of lunch today; we will be cooking a healthy meal together, eating, and sharing with a few locals who are doing the things that make them love the life they live.

6pm-9pm; Trip to local restaurant; eat, learn to cook a meal, and spend time with new friends. 9:30pm; guided meditation; checking in; how's the routine?

Friday; Theme of the day (managing emotions)

6:30am-7:00am breakfast and journal exercise

7:00am -8:00am; psychotherapy; how to manage emotions that are disruptive; ours and theirs.

8am-4pm; remote work

5pm happy hour in the city.

7pm; exploring grief; psychotherapy session aimed at processing grief, redirecting unwanted emotions, and accepting our chosen roles.

8pm; feast-feast-feast; did you let us know what your favorite dishes were? A combination of dishes requested by the guests will be available;

10pm Movie Night for those that can?

Saturday and Sunday

Theme: Realistic Expectations; working with our values

2 day and one night experience in Guanacaste.

Arrival back at the property expected by 6pm.

8pm: dinner will be served; snack bags will be available. Remember tomorrow it's your day to do YOU.

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Monday-free day- you do you; while having access to freshly prepared meals, snacks, yoga instruction, meditation, physical therapy consultations.

Tuesday-(theme) Practice makes Sense

5:00am-8:00am; come do a hike before work. Grab and Go breakfast and stopping at a local coffee shop included.

8:30am-5:00pm Work Remotely.

6:00pm-8:00pm; Bonfire on the beach. Listening to our bodies; a psychoeducational session with yoga instruction. (Delicious dinner will be provided )

8:30pm-9:30pm; checking in, what is working? What needs more attention?

10pm late night for those who can; chill out with staff and enjoy traditional drinks and after dinner liquours.

Wednesday: Theme of The Day; Excitement in returning to my natural environment with new found skills.

6:00am to 8:00am; breakfast provided, and then psychotherapy focused on emerging victoriously and transitioning to the new you.

9am-4pm work remote

Lunch will be provided; Journaling instructions included with your meal.

5pm-9pm; live music, food, drinks, cooking demonstrations, fashion talks, Make Up demonstrations, Facials, Hair, Nails, all in your backyard.

9:30pm-11:30pm; Massage Therapy Essentials; Body Lotions, candles, aromatherapy gift sets will be provided at this time.