



# “AWEMAZING” FOREST BATHING WELLNESS RETREATS 2019

## COSTA RICA

December 1 - 7, 2019

Chilamate Rainforest Eco-Retreat Centre

### Why:

Because you deserve to get away from the chaos, distractions and busy-ness of home and work. Immerse yourself in the healing & peaceful ambience of a unique tropical forest eco-system full of lush greenery, colourful animals, and breathtaking waterfalls and rivers. Allow us to guide you towards a healthy connection with yourself and nature. Create a blissful calm. Every day holds opportunity to be awed and amazed. Leave the hustle and bustle of the city behind. Leave the cooking and cleaning to others. This is a retreat of a lifetime that you deserve!!

### Included:

- 6 nights luxury accommodation (double occupancy, private washrooms)
- All meals in Chilamate (the eco-retreat provides buffets with a variety of healthy & delicious fresh food choices in keeping with special dietary needs)
- 6 x 2-3 hour Guided Forest Bathing Experiences (clothes stay on!!)
- Transportation between San Jose and the Eco-Retreat by way of a waterfall and through a cloud forest
- Tropical Waterfall Pool swimming, river swimming, interpretive forest walk, guided night walk, organic chocolate farm tour, organic vanilla bean and black pepper farm tour, plant play with Jaime, community dinner and dance, guided journaling, journal gift

### Cost in CND

- \$2300 Early Bird Rate (pay in full by July 2)
- \$2450 Regular Rate (pay in full by Sept. 20)
- \$2600 Fall Rate (pay in full by November 2)
- Minimum Participants 6 / Max 12

### Extras:

- Airfare
- Travel / Health Insurance
- Accommodation in San Jose (suggestion will be made)
- Spa Treatments, River Kayaking, SUP, Whitewater Rafting, Jungle Tour, Coffee Tour
- Gift Shop with many local artisans featured