

## Wellness Rejuvenation Journey



*Join us in Costa Rica as Meg Sylvester (a heart-centered Health & Well-being Coach who specializes in holistic health, mindset, and soul-aligning practices) guides you on a beautiful journey to tap into your vitality and tune into your inner-wisdom. Explore the beaches and jungle of this beautiful country as you voyage into holistic health and soulful practices. Get ready to release your blocks to well-being and merge back into soul alignment!*

### Mind, Body, Spirit Focus

- ✓ Oceanside Intention Setting Ritual guiding you to connect to what you truly desire
- ✓ Realign your various energy centers as you navigate the world's largest labyrinth
- ✓ Fresh, nutritious locally sourced food
- ✓ Daily yoga & meditation

### Costa Rica Highlights

- ✓ Soak in relaxing volcanic hot springs
- ✓ Zip line/canopy tour across canyons, rivers and gorges
- ✓ Free time to rejuvenate mind, body and spirit at a beach side spa resort
- ✓ Visit and help staff at an animal sanctuary

### Community Connections

- ✓ You will have an opportunity to visit with families in the small community of Bagaces. Spend time cooking, dancing, learning crafts and creating new friends as you immerse yourself in village life.

### Program Leader:

### Meg Sylvester | Health & Wellbeing Coach

Meg's reason for being, her true life's purpose, is to serve others. Through her own story, she came to realize the power of a life fueled by real food, pursuit of purpose, and a connection to something greater. Her talents lie in helping people to understand what it means to be the healthiest you can be. She is a functional medicine certified health coach (FMCHC).

## Costa Rica

5 Nights / 6 Days

November 3 - 8, 2018

\$3,499 - shared room, includes flights



**Ready to go?**

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