

## The Art and Science of Wellness; Find Yourself in the World!

“When you find peace within yourself, you become the kind of person who can live at peace with others.”

~ Peace Pilgrim

Daily Itinerary: Remember to be a great traveler, be flexible things may and will change due to many reasons but we will enjoy all experiences listed. Allow yourself to slow down, listen with your heart, take in your surroundings. You're off site Eco tours will be discussed in our orientation. We will create a signup list to coordinate interest, transportation, etc. It's a good idea to look at Recreational offerings on the Finca Luna's web site so you and your traveling companions have some ideas as to choices and requirements.

D-1 Sat. Feb. 4th pick up at SJO depart for Finca Luna Nueva by 3:00 pm at the latest. Arrive in time for late dinner, orientation and welcome cocktails or drinks.



D-2 Sun. Feb. 5th am Gentle Wake Up Yoga 6:30-7:30 B 8-9:00 Farm Tour leave at 9:00 at reception, late afternoon Creative Art Meditation Introduction to the Chakras, D and poolside hot tub chat.

D-3 Mon. Feb. 6th am Yoga 6:30-8:00, B 8:00-9:30 Sacred Seed Tour and harvest for Hydrosol and Flr. Essence afternoon Demo L, demo late afternoon pool side chat and cocktails prior to D Evening Night Hike 7:00 pm



D-4 Tue. Feb. 7th 6:30-8:00 Yoga B 8-9:30, Off site Chocolate Tour and Tasting!!! L Afternoon Art and Tropical Treasures Treat and Demo. D and Evening Poolside Chat for Wed adventures.



D-5 Wed. Feb. 8th No yoga, sleep in, wander, relax B Depart for Full Day off site Adventures, Pick 2 short adventures or one full day. Options will be discussed and you must sign up two days prior to the outing.

D-6 Thurs. Feb. 9th am Yoga 6:30-8:00, B 8-9:30, Free morning, L afternoon Creative Art Meditation, Sumi Ink drawing. D, pool side cocktails and chat about the week and departure on Friday the 10th.



D-7 Friday Feb. 10th am Yoga 6:00-7:00 B depart for San Jose area and Hotel Bougainvillea and surprise eco lunch along the way. Arrive Hotel Bougainvillea by 3:30-4:00 to relax pool side, wander the gardens and art park, D and final evening reminisce.

D-8 Saturday Feb. 11th. You must be at the airport 2 hours prior to departure. We will assess departing times and schedule shuttles.

“Travel brings power and love back into your life.” — Rumi