

ExtraOrdinary Wellness Retreats

Ten-day Immersive Retreat in Samara, Costa Rica

12 - 21 September 2021

Twenty per cent of your health and longevity is genetically predetermined - the other eighty per cent is up to you!

This wellness retreat will transform you from an ordinary life of disabling ageing to an extraordinary life of boundless energy and renewed wellness.



ExtraOrdinary Wellness Retreats has three powerful components for life-changing results.

1.

Nestled in a tropical setting with panoramic ocean views, overlooking two of the country's most beautiful beaches, your retreat home is as breathtaking as it is luxurious, and a perfect place to relax and focus on your wellbeing. In the heart of one of the world's celebrated Blue Zones, where people live the longest and healthiest, you will experience the life boosting diet of the Nicoya Peninsula and indulge in the fresh foods of the jungle, prepared by our chefs who are intimately familiar with the regional cuisine.

2.

Benefit from the strength and grace of Hatha yoga, the ancient artistry of Qigong, the intelligence of the myofascial healing system and science-backed breathing techniques. A daily schedule of movement, meditation and breathwork, fuelled with a nutritious menu, will create new and better-serving habits towards radiant health, enthusing you to continue long after our time together.

3.

Lisa Dunn and Peter Mico have been teaching yoga in England and the United States respectively, for over 25 years. These world-class yoga teachers will provide you with a profound recipe for health and longevity. They have also individually performed retreats throughout the world, transforming students onto a path of rejuvenation and fitness.

Extraordinary Wellness Retreats provides you with a program of daily master classes in natural therapy techniques for healing and conditioning your body.

With all the classes benefitting both the beginner and advanced learning levels, Lisa and Peter will guide you through this fascinating variety of holistic techniques, all designed to create a profound sense of wellness.

Invest in your health and longevity today - and you can start looking forward to the experience of a lifetime.

Investment Prices start from 2490 US Dollars sharing

Included

- Ten-night luxury accommodation
- Traditionally designed Costa Rican en-suite rooms with daily maid service, AC, hairdryer, bathrobe, slippers, and toiletries
- Welcome beverages on the terrace
- All meals: farm-to-table, authentic Nicoyan vegetarian cuisine
- Organic wines served with dinner
- Two world-class teachers
- A daily program of longevity boosting movement practices, meditation sessions and masterclasses.
- An on-site concierge to tend to your personal needs
- Free time to enjoy this amazing region of Costa Rica
- One full day off for exploration

Not Included

- Airfare/transport to San Jose Costa Rica
- Transportation from San Jose
- Excursions
- Alcoholic beverages outside meal times
- Gratuities

Other activities are available on our four-mile stretch of beach. Surfing, hiking, biking, bird watching, kayaking, diving, horseback riding on the beach.