

Costa Rica - Pura Vida (Pure Life) Happiness Retreat

With Kornelia Stephanie April 18 – 25, 2020

Pura Vida is the first greeting you will hear when you arrive in Costa Rica. It is the term that everyone uses and it means Pure Life. During your week with Kornelia she will guide you to find answers to your Soul's deepest questions and what is blocking you from living a Happy Life. You will return home with a clear vision of what happiness means to you and the spiritual self-confidence to create and manifest the life you truly want to live.

Join Kornelia Stephanie, Spiritual Teacher, New Earth Ambassador and Happiness facilitator, for walks in the rainforest, morning yoga, hot mineral pools, the melody of exotic birds, an array of flowering plants, sloths hanging out in trees, and howler monkeys reminding you to simply allow, flow, and de-stress! Costa Rica is a place of connection, peace and renewal; filled with millions of animal species, flora and fauna that you'll find no place else on earth.

Happiness Retreat Highlights:

Consider what your life would be like if you felt more positive, creative, centered and engaged with life? During the retreat week, Kornelia will guide you through exercises, techniques, and thought activities designed to bring you into the present moment of emotional freedom and spiritual connection so you can maximize happiness on a daily basis.

- Soul Gardening - Who Am I, Why Am I here, What's Missing in my Life?
- Group and Partner exercises – Happiness Laughter Circles
- Healing through forgiveness. Returning to your innocence
- Become an agent of personal alchemy and transformation
- Gain the spiritual self-confidence to follow your heart and manifest your dreams
- Simple tools to overcome stress, anger, fear, and frustration so you can live Happy everyday

DAY 1: Sat April 18, 2020 ARRIVAL SAN JOSE Welcome Dinner

Arrive at the Juan Santa Maria International Airport (SJO) and transfer to Hotel Bougainvillea. Check in and enjoy the hotels expansive botanical gardens as you meander along peaceful paths or take a refreshing swim in the lovely pool. Welcome dinner this evening with Kornelia. [Hotel Bougainvillea](#) or similar

DAY 2: Sun April 19 SAN JOSE – ARENAL, LA FORTUNA Breakfast, Lunch & Dinner

After breakfast, spend the morning with Kornelia Stephanie for the opening session of her retreat program.

Morning opening workshop 8:30 – 10:30 AM.

Then board your private bus as you depart for La Fortuna where you will enjoy lunch at a local restaurant. Afterward enjoy a Golden Pineapple Farm Tour and learn what it takes to grow the most delicious pineapple and how to choose the best one in your local market. Taste the best pineapple cut right from the field on your tour and afterward sample fresh pressed pineapple juice and other delicious treats. Continue to the lovely Arenal Springs Resort and Spa, your retreat home for the week and check-in. Enjoy time before dinner to explore the beautiful resort grounds or soak in the hot mineral pools.

Arenal Springs Resorts individual casita's offer spectacular volcano views from your front terrace. Its lush tropical gardens and quiet location make it a wonderful retreat resort. Enjoy unique garden showers, A/C, cable

TV, coffee maker, refrigerator, security box and hair dryer. Enjoy the full service spa, swimming pool and hot mineral pools which will soothe your body soul. Yoga every morning at 6:30 AM.

[Arenal Springs Resort and Spa](#)

DAY 3: Mon April 20 ARENAL SPRINGS

Breakfast, Lunch & Dinner

Group workshop time with Kornelia from 9:00 – 10:30 AM.

Then enjoy a relaxing gondola ride on The Sky Tram. The gondolas rise smoothly through the rain forest, offering endless views as they ascend up the mountain. This tour is perfect for people who want to take a different approach on admiring nature, without much physical effort but still be in the middle of nature's magic. Your guide will point out different characteristics of the wildlife, flora, fauna and other interesting facts. Upon reaching the top, you arrive at a large observation platform on the highest point of the reserve. Here you can enjoy the view, take some awe-inspiring photos and also have the opportunity to walk a short trail. Enjoy lunch at the Sky Adventure Park. Free afternoon for optional activities or relax at the resort. Arenal Springs

DAY 4: Tues April 21 ARENAL SPRINGS

Breakfast, Lunch & Dinner

Depart early morning for a full day tour to enjoy the Caño Negro Wildlife Refuge. The drive to Cano Negro will take you through a great part of the San Carlos plains with beautiful scenery of a great variety of fields with different products, such as: sugar cane, legumes, fruit and vegetables and large herds of cattle. Upon arrival enjoy a welcome drink and snack then board a comfortable boat that will take you on a tour through the Canals of the river "Rio Frio" and its beautiful scenery.

Thousands of animals inhabit the borders of the river where you will enjoy seeing monkeys, sloth, caimans, turtles, bats and a great variety of birds. This is one of Costa Rica's refuges where the greatest diversity of flora and fauna can be observed. Afterward enjoy a delicious lunch in the "El Caiman" restaurant located on the riverbank surrounded by nature. Cano Negro is incredibly exotic and you will have great and unforgettable memories. Many species of migratory birds visit the refuge which is awesome for those who love bird watching; this is a tour one cannot skip.

Workshop time with Kornelia 6:00 – 7:30 pm before dinner. Overnight in Arenal Springs

DAY 5: Wed April 22 ARENAL SPRINGS

Breakfast, Lunch, Dinner

Enjoy a leisurely morning, sleep in a little and enjoy quiet time on your terrace before having breakfast.

Then join Kornelia for workshop time from 10:00 – 12:00 pm

After lunch the group will take a drive to the Proyecto Asis Animal Rescue Shelter. Named "Asis" for the patron saint of nature, the shelter was founded by a locally-famous veterinarian in order to house the many orphaned and injured animals brought to his practice. Here you will meet rescued wild animals such as wild boars (peccary), birds, sloths, crocodiles, kinkajous, macaws and monkeys as you learn how injured and abandoned animals are rehabilitated and if possible, released back into their natural environment. Asis also has Educational programs underway to help prevent hunting and poaching of animals in the surrounding Children's Rainforest. Overnight in Arenal Springs

DAY 6: Thursday April 23 ARENAL SPRINGS - Free Day Breakfast

Free day for optional tours (costs not included). Zip line, horseback ride, kayak, bird watching, hanging bridges, river rafting, rain forest walks, mountain bike, Venado caves, coffee or chocolate tours, waterfall hike and more. Or just chill out, rest and relax at the resort and soak in the hot springs which are the result of rainwater heated by magma in the Earth's interior. Once heated, the waters rise to the surface, taking with them minerals found in the earth's rocky crust. These waters become very beneficial to your body which helps to relax muscles, clean

pores and rejuvenate the skin. Lunch and dinner is on your own at the resort or at one of the restaurants in La Fortuna town. Overnight in Arenal Springs

DAY 7: Fri April 24 ARENAL SPRINGS – SAN JOSE Breakfast, Lunch and Dinner

Enjoy your last morning taking an easy nature walk at Arenal Natura Ecological Park. Your guide will introduce you to some of the breathtaking flora and fauna of the tropical rainforest; along with some of the local residents such as Collard Pecary, sloths, with some luck the monkeys may say hello, a variety of amphibians including the famous Red Eyed Tree Frog, birds and other interesting creatures. **Closing workshop with Kornelia 10:30 – 12:00 PM**

Enjoy lunch at the resort and then board your bus and return to San Jose. Enjoy a walk through the botanical gardens at the hotel before your group farewell dinner. Overnight Bougainvillea Hotel

DAY 8 SAN JOSE – DEPARTURE HOME Breakfast

Today we say good-bye to Costa Rica and Transfer to Juan Santa International Airport and departure to your home city. Spending time in the natural paradise of Costa Rica and an enlightening workshop with Kornelia Stephanie will leave your Mind, Body and Spirit Happily nourished on a Heart and Soul level. **Pura Vida!**

RETREAT COST: \$2,487.00 PP in double room

Cost based on a minimum 10 participants

Private Room single supplement: \$670.00

Included:

7 night's accommodation / double room

Private motor coach and English speaking personal guide services

Private transfer's airport to hotel / hotel to airport in San Jose

Tours as specified in the tour itinerary

Meals as specified in the tour itinerary

Group workshop facilitated by Kornelia Stephanie

Not Included:

International airfare to Costa Rica.

Tips to guides, driver, hotel staff

Optional tours or activities during free time

Incidentals, phone calls, laundry, drinks etc.

Travel Insurance

**To Register Contact:
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