

# Thrive Wellness Retreat 2022

## New Beginnings: Mind, Body, and Soul

Are you ready to re-set your mind, body, and soul, by clearing away old self limiting beliefs and ways of living that no longer serve you? Disconnect from your hectic daily life so you can reconnect to yourself and begin the journey of living your healthiest and most joyful life. Holistic Health Care Practitioner and Master Herbalist, Amber Summers and Conscious Breathwork Practitioner and Reiki Master, Meg Krug will be your guides on this week-long journey to greater health and towards achieving your health goals for 2022.



Find Healing in the Rain Forests of  
Costa Rica at Finca Exotica Ecolodge.

Join Thrive Wellness Center team members for a week of education, transformation, and healing in Corcovado National Park, one of the most biodiverse and magical forests on earth!

January 16 to January 22, 2022 (Full Moon Jan 17)

Your journey starts the moment you make a commitment to your own healing! **Call today to reserve your space: 570-283-0111 OR visit [www.ThriveWellnessCenters.com](http://www.ThriveWellnessCenters.com) to learn more.**

# Your Journey Thrive Wellness Retreat 2022

**Are you ready to relax, release, reconnect, and rejuvenate? Come experience true restoration through nourishment with organic foods, time in nature, detoxifying and restorative therapies, holistic education, and connection with your inner-self.**

The constant stress of daily life creates an environment where it is easy to disconnect from our own inner voice. This coupled with years of overwork and pushing yourself too hard is the perfect recipe for dis-ease to manifest in the mind, body and soul. It's time to rest and rejuvenate and to release old patterns of living and thinking that no longer serve you.

If you are ready to restore your mind, body, and soul, this retreat is for you. Upon registration we will schedule you for a 1-on-1 Zoom welcome interview with Holistic Practitioner and Owner of Thrive Wellness Center, Amber Summers, HHP, HNC. During this appointment Amber will discuss your current health challenges and help you to establish your goals and intentions for the retreat. In addition to helping you create your healing experience itinerary for the week, Amber will also create a customized protocol to help you prepare for your retreat. Your customized retreat schedule, along with a retreat journal, will be sent to you for recording and integrating your experience.

Retreat week will begin with an opening fire ceremony during the full moon on Carate beach in the OSA Peninsula. Each day you will enjoy 3 meals, made from fresh and local organic whole foods. You will also have the opportunity to participate in daily meditation and yoga practices. Throughout the week, enjoy experiencing various healing modalities (see list below), swim in the turquoise ocean, lounge in hammocks on the beach, walk through the rainforests, and rest and restore in the gorgeous common areas of the Finca.

## **INTENTIONS AND AVAILABLE MODALITIES**

**MIND:** Learn information to help you and your family thrive. Nourish your mind with daily interactive educational sessions on holistic topics: Breathwork for Healing, Partners Reflexology, Meditation 101, Healthy Eating, Essential Oils for Health.

**BODY:** Release physical and emotional toxicity through holistic nutrition, breathwork, vibrational sound healing, reflexology, massage, detox ionic foot baths and infrared sauna sessions. During this week we will help you break your sugar, salt, caffeine, and food additive addictions and shift your nutritional outlook and understanding of how to eat for optimal cell/body function.

**SOUL:** Restore your soul through meditation, yoga practice, forest bathing in Corcovado National Park, Reiki energy healing with optional aromatherapy and custom crystal grids.

# Lodging and Transportation Thrive Wellness Retreat 2022



## Off the Grid Cabins

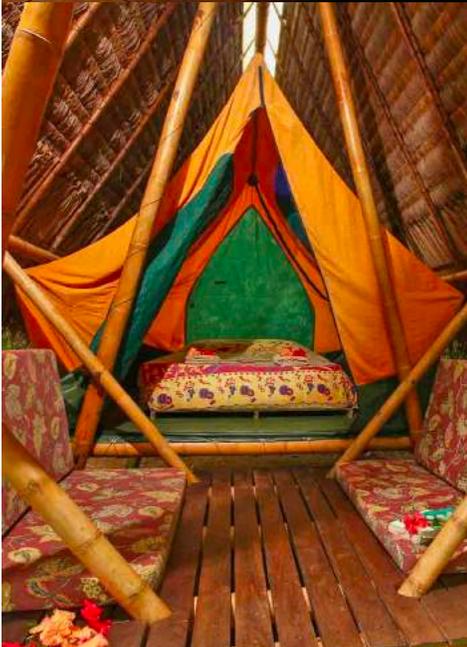
Uniquely Crafted Open Air Cabins in the Heart of the Rainforest

(Best for Dual Occupancy)

Single Occupancy: \$2495

Double Occupancy: \$2250

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## Glamping Tiki Tents

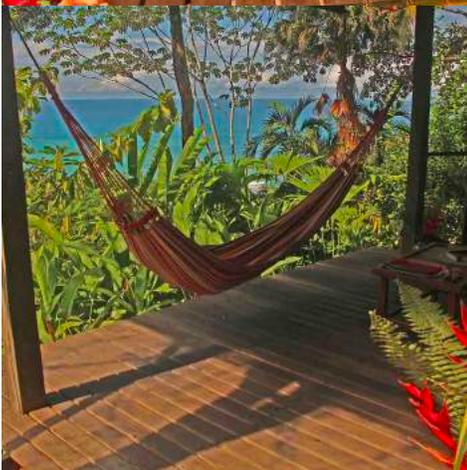
The tiki tents are spaciouly spread across the garden, providing you the opportunity to immerse yourself in nature.

(Best for Single Occupancy and Couples)

Single Occupancy: \$2200

Double Occupancy: \$1950

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## Retreat Includes:

7 days and 6 nights lodging at Finca Exotica Eco Lodge

3 Farm to Table Organic Meals Daily with Fresh Squeezed Juices

Opening Full Moon Fire Ceremony

Daily Meditation, Yoga, and Holistic Education Classes

1 Yogic Thai Massage (Can be substituted for another service)

3 Holistic Modalities throughout the week:

Breathwork, Detox Footbaths, Reflexology, Reiki, Infrared Sauna

## Not Included: Transportation, Tours, Gratuity

Travel tips and info on transportation provided upon registration.

Find flights now currently as low at \$230 Round Trip!

Additional therapies are available at an extra cost, schedule allowing.

Finca prefers cash for gratuities, tours, and additional on-site services.

# **Registration Information**

## **Thrive Wellness Retreat 2022**

### **New Beginnings: Mind, Body, and Soul**

#### **Location:**

**Finca Exotica Eco Lodge:** Nestled in between the tropical rainforest and beach, is located 42 kilometers west of Puerto Jimenez on Carate Beach, Osa Peninsula, Costa Rica. Transportation from Puerto Jimenez can be arranged for \$80 per group. Costa Rica is a travel friendly country! Many places accept the American dollar and you will find most of the natives speak English. The Osa Peninsula is located on the southernmost part of Costa Rica and ground transportation will need to be arranged from San Juan airport to Puerto Jimenez. Guests can also opt to fly on a 5 passenger plane into the small private airport just a short distance from the Eco Lodge. Cost of this is \$250 per person each way and can be added to your package.

#### **Registration Guidelines:**

Retreat is limited to 12 attendees, reserve your spot today! A non-refundable \$500 deposit is required to hold your space. A second payment of \$1000 is to be paid by January 1st. Balance due on arrival.

#### **Questions and Support:**

**Finca Exotica: Whatsapp: +506-8359-8408 (Gaby)**

**Email: [fincaexotica@gmail.com](mailto:fincaexotica@gmail.com)**

**Amber Summers, HHP, HNC: 203-570-2493**

**Email: [ThriveWellnessKingston@gmail.com](mailto:ThriveWellnessKingston@gmail.com)**

#### **Optional Excursion:**

Hike into Corcovado national park to visit a remote waterfall for a ceremonial energy clearing. Considered one of the world's most biodiverse regions, its wildlife includes scarlet macaws, tapirs, jaguars and squirrel monkeys. Hiking trails follow coastal and inland routes through habitats ranging from Pacific beaches and mangrove swamps to lowland and mountain rainforests. This is a rigorous hike, approximately 8 miles round trip, and it is recommended only for those capable of rigorous exercise. Cost: Additional \$80.

## **Reserve Your Space Today!**

**Call Thrive Wellness Center: 570-283-0111 OR Visit us online for more information:**

**[www.ThriveWellnessCenters.com](http://www.ThriveWellnessCenters.com)**

Cost includes lodging, meals, yoga, lectures, daily meditation sessions, and 1 holistic modality a day for 4 days. Massage packages and additional services can be added on for a fee, space allowing. Flights and travel to retreat destination are not included. We are here to support you in getting your travel plans to the destination in order.