

ALTRNAVIDA®



REGENERATIVE NATURE RETREAT: CASA ALTRNAVIDA, PUERTO RICO

I am excited to host our family of fellow LAT's for the first full retreat in the newly remodeled Casa Altrnativa. We already know each other fairly well so my goal is to create fun, transformational experiences that take our ability to teach Hendricks practices to a new dimension supported by nature. As a result, you will leave with a better understanding of how to work with mainstream groups and individuals by easing them into an amazing world of conscious communication.

RETREAT DETAILS

March 20-24 (4 nights) Puerto Rico

- **Learn ways to engage the outdoors** as a bridge for teaching Hendricks tools through metaphor, play, and rich sensory experiences to groups and individuals.
- **Enjoy a balance** between guided nature adventures, mindful movement classes, inspiring discussion, and free time to relax and connect with others.
- **Eat healthy**, farm-to-table, organic food and experience meals infused with love by local health supportive chefs.
- **Experience the benefits from your body's** natural biophilic response when partnering with nature to strengthen and restore your essence pace.
- **Deepen your connection** with yourself and the rhythms, messages, and gifts from mother nature.

PRICING

- Single room, queen sized bed with bathroom: \$1,850
- Shared room (2 people), queen sized bed with bathroom: \$1,450 per person
- Shared room (2 people), queen sized bed shared bathroom with one other room: \$1,300 per person
- Shared room (2 people), twin sized beds (2) with bathroom: \$1,450 per person
- Shared room (3 people), twin sized beds (3) with bathroom: \$1,100 per person (only 1 space left)

Note: First choice of room selections are based on order of deposit made. There is only 1 room available with 3 beds and 2 rooms have 2 beds, all others are equipped with a queen sized bed.

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ACCOMMODATIONS

This all-inclusive retreat is being held at Casa Alternavida, a high vibration space situated between the El Yunque National rainforest and the warm turquoise ocean. Located only 30min from the international airport in San Juan it has 9 bedrooms and 8 bathrooms to accommodate our group. Linens, towels, soap, yoga mats, and beach towels will be provided for you. All-inclusive means any transportation during the retreat, food (3 meals), snacks, filtered water, juices, teas, nature guide, movement instructor, accommodations are included in the above cost. Depending on the time we also plan to pick you up and drop you off at the airport (1am – 5am arrivals may require taking an Uber).



PROPOSED SCHEDULE (adjustable depending on weather and group intentions)

The following agenda is a guideline and it will continue to be customized following the completion of a survey from each attendee.

FRIDAY, MARCH 20th – GROUNDING INTO ESSENCE

- 3:00pm: Check-in /rest and freshen up
- 4:00 – 5:30pm: Beach gathering – intention setting
- 5:30-6:30pm: Sunset nature walk of appreciation
- 7:00-8:00pm: **Dinner**
- 8:00-9:30pm: Retreat program introduction

SATURDAY, MARCH 21st – ENHANCING THE SENSES

- 7:30 – 8:00am: Tea, juice, water
- 8:00 – 9:00am: Morning movement class (Crystal Dawn)
- 9:00-10:00am: **Breakfast**
- 10:00 – 1:00am: Rainforest adventure – biophilia, earthing and sensory attunement
- 1:30 – 2:30pm: **Lunch**
- 2:30 – 4:30pm: Receive a private session with a practitioner (massage, nutrition, energy work)
OR rest and relax, read, mingle, journal, nap
- 4:30 – 6:30pm: Beach exploration - wave management to support teaching about core emotions
- 7:00 – 8:30pm: **Dinner**
- 8:30 – 9:30pm: Creativity session (Yancy)

SUNDAY, MARCH 22nd – NATURE AS THE GUIDE

- 7:30 – 7:00am: Tea, juice, water
- 8:00 – 8:45am: Morning movement class (Yancy Wright)
- 8:45 – 9:45am: **Breakfast**

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- 10:00 – 1:00am: Rainforest adventure – Teaching listening filters & spirit animal medicine
1:30 – 2:30pm: **Lunch**
2:30 – 4:30pm: Receive a private session with a practitioner (massage, nutrition, energy work)
OR rest and relax, read, mingle, journal, nap
4:30 – 6:30pm: Beach creativity while exploring essence pace
7:00 – 8:30pm: **Dinner**
8:30 – 9:30pm: Restorative yoga session (Crystal)

MONDAY, MARCH 23rd – REGENERATION

- 7:30 – 8:00am: Tea, juice, water
8:00 – 8:45am: **Breakfast**
8:45 – 1:00am: Rainforest adventure – Playing with fear and allowing nature to do the work
Secret beach exploration – nature pace
1:30 – 2:30pm: **Lunch** (pack lunch)
3:30 – 6:30pm: Receive a private session with a practitioner (massage, nutrition, energy work)
OR rest and relax, read, mingle, journal, nap
7:00 – 8:30pm: **Dinner**
8:30 – 10:30pm: Evening ecstatic dance – under the moonlight & stars

TUESDAY, MARCH 24th – ABSORPTION FOR DISSEMINATION

- 7:30 – 8:00am: Tea, juice, water
8:00 – 9:00am: Morning reflective movement (Crystal)
9:00-10:00am: **Breakfast**
10:00 – 12:30am: Closing circle
12:30 – 1:30pm: Pack, organize departures

DISCLAIMER:

Please note, Casa Alternavida is in the rainforest and is designed to help you re-connect to yourself and nature. As a result, some areas of the retreat space are wide open to nature which means you may experience things coming inside (butterflies, moths, frogs, crickets, spiders, mosquitos, garter snakes, lizards, geckos, cockroaches, fireflies, etc.). We do our best to mitigate our insect/reptile friends and they periodically appear. Also, we have a director of pest control that is a cat and director of security that is a dog. If you are allergic to either please call us before booking this reservation or any associated travel.

CANCELATION POLICY:

Please note, if you need to cancel your Alternavida reservation 45 days before the scheduled retreat date, you will forfeit your \$200 deposit, unless you/we can fill your spot with another participant. Cancellations made 30-15 days prior to the retreat date are subject to a cancellation fee in the amount of the 50% deposit. Fees are completely non-refundable but may be transferable. We do not offer credit for arriving late or leaving early. We are NOT responsible for your expenses incurred in preparation for any canceled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. There is no exception to the cancellation policy including: weather or personal emergencies, flight cancellations or delays. We recommend purchasing Travel Protection Insurance through a qualified agent. If we must cancel a retreat, there will be 100% refund on all retreat related funds received to date. Thank you for understanding and respecting the cancellation policy.