



*Capture Your Bliss Women's Retreat in Costa Rica
January 11-16, 2018*

Sample Itinerary

Time/Day	Activity	Timing
Thurs 11/11/18		
3:00-6:00	Check in/get settled/Free Time	3 hrs
6:00-7:30	DINNER	1.5 hrs
8:00-9:00	Welcome/Intros	1 hr
	Free Time	3 hrs
Friday 11/12/18		
7:00-8:30	BREAKFAST	1.5 hrs
9:00-10:00	Gentle Yoga on the Beach	1 hr
10:30-12:00	Workshop #1 Getting Started	1.5 hrs
12:00-5:00	Free Time & Individual Coaching Session	5 hrs
5:30-6:30	Workshop #2: Banishing Fear	1 hr
6:30-7:30	Free Time	1 hr
7:30-9:00	Dinner	1.5 hrs
9:00	Free Time	



Saturday 11/13/18	Activity	Timing
8:00-9:00	Gentle Yoga on the Beach	1 hr
9:00-10:30	BREAKFAST	1.5 hrs
11:00-12:00	Workshop #3: Your Ideal Vision of Success	1 hr
12:30-4:00	Excursion	3.5 hrs
4:00-7:00	Free Time & Individual Coaching Session	3 hrs
7:30-8:30	Vision Circle	1 hr
8:30	Free Time/Dinner	
Sunday 11/14/18		
8:00-9:00	Gentle Yoga on the Beach	1 hr
9:00-10:30	BREAKFAST	1.5 hrs
11:00-12:00	Workshop #4: Your Goals & Personal Strategic Plan	1 hrs
12:00-6:00	Free Time & Indv. Sessions	6 hrs
6:00-7:00	Vision Circle	1 hr
7:30-8:30	Cocktails/Dinner	1 hr
8:30	Free Time	



Vision Quest
RETREATS

Monday 11/15/18	Activity	Timing
8:00-9:00	Gentle Yoga on the Beach	1 hr
9:00-10:30	BREAKFAST	1 hr
11:00-12:00	Workshop #5: Your Personal Strategic Plan (cont.)	1 hr
12:30-4:00	Excursion	3.5 hrs
4:30-6:00	Presentation of Personal Strategic Plans	1.5 hrs
6:00-7:00	Vision Circle-Closing Ceremony	1 hr
8:00	Free Time/Dinner	
Tuesday 11/16/18		
8:00-9:00	Gentle Yoga on the Beach	1 hr
9:00-10:30	BREAKFAST	1 hr
10:30-on	Free Time/Checking out	