



Wellbeing Resort

TheChoiceOfWellbeing

January 14th-19th LMIRE Retreat Itinerary

Please follow our daily schedule of activities. This Itinerary may have immersionists that join our retreat on the 14th or 15th of January. The participants that arrive on the 15th will be integrated to our ongoing program. Please note that this retreat is for professionals and some family members by invitation only, and it is a courtesy retreat rather than a Full Medical & Educational Program as described below. Some of the tours and massage therapy (not included) may be purchased at the Tour-Concierge Desk of the resort. There will be a City & Conference Center Tour in conjunction with a Panel Discussion (Topics & participants TBA) on Saturday, December 16 at the GreenLagoon Wellbeing Resort (the place is tentative). Please keep in mind that according to weather conditions the itinerary may change any day.

2016 New Lifestyle Medicine Immersion and Retreat Expeditions (LMIREs): Ask for Brochure

Life & Health Transforming Experience

- ▶ 3, 7 & 10 Days long health retreats (immersions) at GreenLagoon Resort
- ▶ Retreats are focused on the benefits of living a healthy lifestyle with plant-based diet at the heart of the program***tp* (total plant-based proteins)
- ▶ Garden of Eden Farm: From the Organic Garden to the Table.
- ▶ Meals & Lodging for the entire retreat. Enjoy fresh, delicious and healthy nutrient rich, plant-based meals by 6 professional Plant-Based Chefs.
- ▶ Medical Doctor (MD) Driven Program with Registered Nurse (RN), Fitness Trainer, Registered Nutritionist, Certified Yoga Instructor & SPA On Site. Program by GreenLagoon Wellbeing EcoClinic. Dr Henry A Villegas, MD Medical Director (US-Mayo Clinic & UCR trained)
- ▶ Presentations: Nutrition; Chronic Disease Prevention, Treatment & Reversal; Fitness-Active Living; Stress Management-Mindfulness & Quality Sleep.
- ▶ Fun, Motivational & Inspriational Helath, Fitness & Cooking Coaching
- ▶ Natura & Tiki Grill Smoothies Restaurants. Plant-Based Menu
- ▶ DeTox, Quality Resting, Stress Relief, Nature Exercise
- ▶ Organic Medicinal Gardens on site
- ▶ Improved Cerro Chato ANC Park & Gardens Property Hiking & Tours
- ▶ Sustainable Wellness on Earth Program & Hiking Trails in our 400acre farm
- ▶ Improved Free WiFi Internet, Pools, Resort, SPA & Tour Desk
- ▶ Options for Investment in Wellbeing Residences and Rentals: Great Views

www.GreenLagoon.net & www.GreenLagoonRealEstate.com

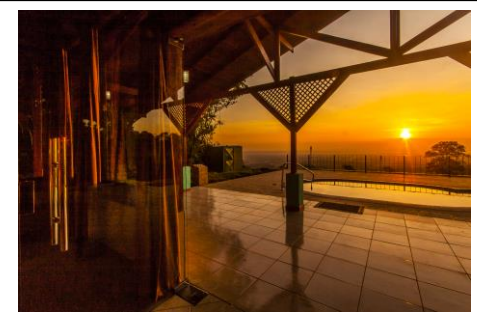
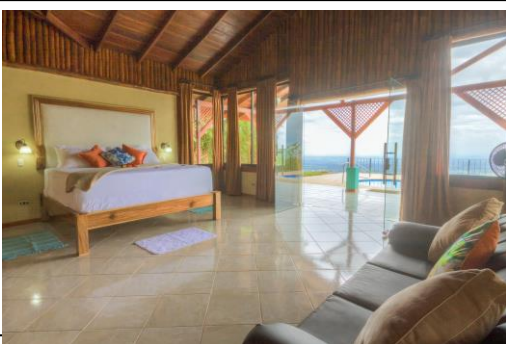
La Fortuna, San Carlos, Costa Rica

Tel: (506) 2479-7700 - Fax: (506) 2479-7701

www.GreenLagoon.net

300 Mts North Catarata Rio Fortuna

The 12 Little Falls Land





Thursday, January 14

Arrive to SJO Airport

Ground transportation to GreenLagoon Wellbeing Resort, La Fortuna de San Carlos, Costa Rica

Check in at the resort, rest and relax

Courtesy PBN Dinner

Evening ad Lib (At one's pleasure)

Friday, January 15

6:30 am Fitness time: Stretching, Flexibility and/or Meditation

7:30 -8:30 PBN Breakfast

9:00 am Your selected tour of the day. Pick up time for your tour may require early breakfast.

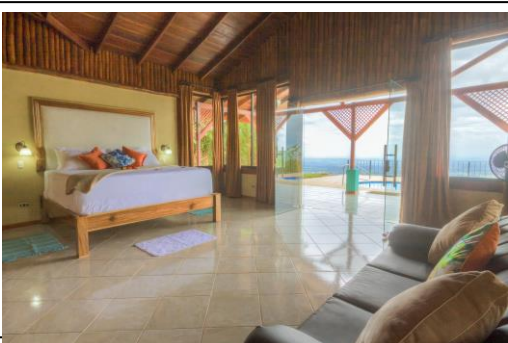
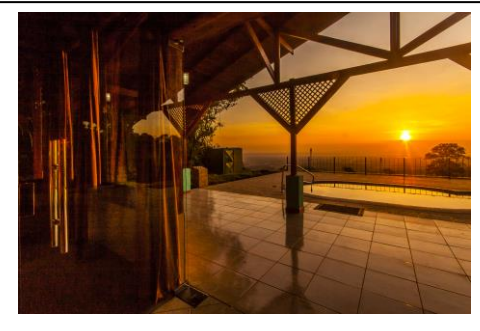
1:00 pm PBN Lunch for those that remain on the property.

6:30 PM Welcome PBN Dinner.

- ✓ LMIRE Retreat Introduction by Jacque Tarlton, Founder of Focus43 LLC.
- ✓ Local Centenarian Interview

Evening ad Lib (At one's pleasure)

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Saturday, January 16

6:30 am Fitness time: Stretching, Flexibility and/or Meditation

7:30 -8:30 PBN Breakfast

9:00 am Group activity: Scheduled Free Hot Springs and Lake Arenal, led by Cristian Padilla.
Optional: Other Arenal Regional Tours (for a fee).

1:00 pm PBN Lunch.

3 pm Plan A: Tentative Soccer Game: LMIRE Retreat Team Vs Fortuna Soccer Team (tentative)
Plan B 2 K-one way Cerro Chato Volcano Hike. (Moderate-Extreme for some)

6:00 pm sharp. PBN Dinner

7-9 pm Panel Discussion: La Fortuna: "Zona Destino Bienestar" ...Criteria and First steps...
Moderation by Henry Villegas, MD. Interpreter, Henry Villegas

9:00 pm Return to GreenLagoon Wellbeing Resort & Sweet Dreams

Sunday, January 17

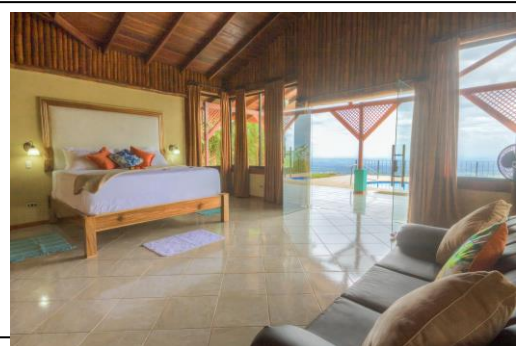
6:30 am Fitness time: Stretching, Flexibility and/or Meditation

7:30 -8:30 PBN Breakfast

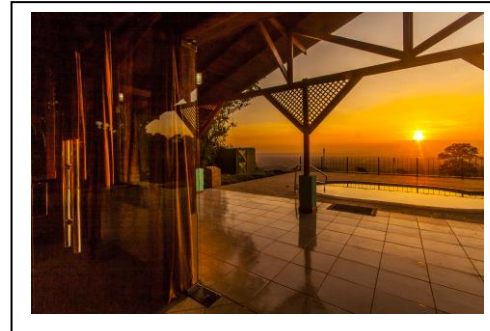
9:00 am Ad Lib, Opportunity to go shopping. Taxi cabs may charge \$8-9 dollars one way to La Fortuna. Recommend La Fortuna River Waterfall Tour (\$12 fee) and shopping at the Waterfall.

1:00 pm PBN Lunch.

2:30 pm sustainable site tour, led by Cristian Padilla. We recommend high light rubber-boots.
For your convenience you may rent boots at GreenLagoon.



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5:00 pm Jungle Night Walk, led by Cristian. GL Dehydrated Fruits are available at GreenLagoon (\$3)

7:00pm Closing Reception. Jacque Tarlton and Henry Villegas

Monday, January 18

6:30 am Fitness time: Stretching, Flexibility and/or Meditation

7:30 -8:30 PBN Breakfast (or earlier if need to catch your flight early)

9:00 am Time to relax or to embark in more Nature Activities in the area. Discover Arenal or Shoppe Arenal. Check out time for those with extended stay in other areas of the country or returning to USA.

1:00 pm PBN Lunch

Afternoon: Time ad lib

6 pm PBN Lunch

Tuesday, January 19

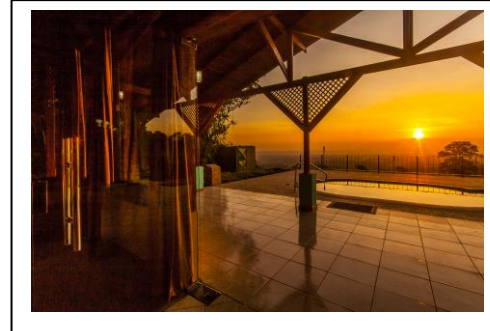
6:30 am Fitness time: Stretching, Flexibility and/or Meditation

7:30 -8:30 PBN Breakfast (or earlier if need to catch your flight early)

8:30 am Depart to Airport or Check out time for those with extended stay in other areas of the country



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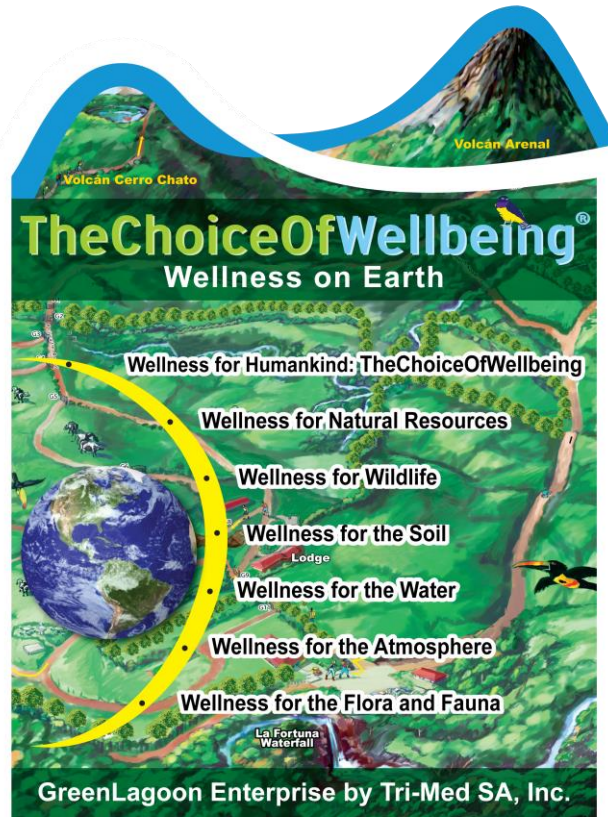
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Wellness On Earth Program at GreenLagoon

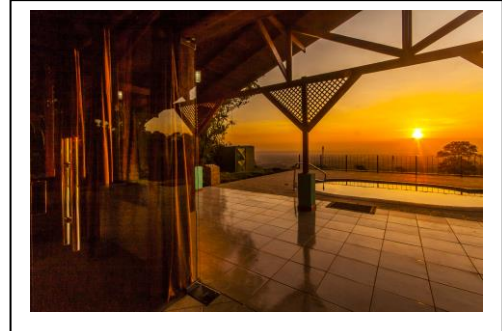
- This program fits the needs of individuals, institutions, universities, corporations, schools and others to mitigate Individual or Corporate Carbon Foot Print.
- The TreeLand Card was created for individuals or groups to purchase a tree that will be planted and nourished until maturity in the re-forested area.
- It is also designed for those who want to purchase TreeLand Cards to protect Nature, Wildlife, Natural Resources, The Natural Water Springs for the Low Lands Communities in San Carlos and to Contribute Controlling the Global Warming, and the protection of our Ecosystems.



The Green Fence borders GreenLagoon Private Land of 400 Acres in Cerro Chato La Fortuna



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School of Sustainability at GreeLagoon

**Sustainable Internships for different disciplines are available at GreenLagoon

Visit this link: http://www.greenlagoon.net/cms/index.php?option=com_content&view=article&id=272&Itemid=864

School of SustainEco & WWT Medicine

Visit us here:
<http://www.greenlodgingnews.com/Hotel-Schools>

Our Mission is to raise the appreciation and awareness of sustainable ecotourism to higher levels day after day within the school's business and scope of disciplines:

Internship on Sustainability	Sustainable Naturopathic Medicine
Voluntarism & Mission Trips	Sustainable Healthcare
Hospitality	Renewable Natural Resources
Organic Gastronomy	Green Energy
EcoAdventures	El Escondido Organic & Biological Garden
EcoTourism	Biodegradable Natural Spring Water Bottling
Web page & art design	Sustainable Community
Sustainable Travel Medicine	Re-building the Cerro Chato Biological Corridor
Sustainable Wellness Medicine	Green Building

Joint Effort: GreenLagoon & Community Water Management Biodiversity, Rainforest, Wildlife Refuge & Springs Protection

GreenLagoon Falls Park & Lodge Tel 506-2479-7700 Fax 506-2479-7701
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