



Lifestyle Medicine Immersion & Retreat Expeditions

		3-Day Retreat	7-Day Expedition	10-Day Expedition	10-Day Kids Camp
2016	May		May 14 – 22		
	June			June 6 – 16	
	July	July 5 – 8			July 9 – 19
	August	Aug. 12 – 15			Aug. 1 – 11
	September			Sept. 3 – 13	
	October			Oct. 15 – 25	
	November		Nov. 9 – 15		
	December		Dec. 10 – 17		
2017	January	Jan. 7 – 10			
	February	Feb. 4 – 7			
	March	Mar. 11 – 14			
	April		Apr. 17 – 24		
	May			May 12 – 22	
	June			June 10 – 20	
	July	July 16 – 19			July 5 – 15 July 25 – Aug. 3
	August	Aug. 4 – 7	Aug. 19 – 26		July 25 – Aug. 3
	September			Sept. 7 – 17	
	October			Oct. 14 – 24	
	November			Nov. 4 – 14	
	December	Dec. 2 – 5			

Contact us to learn more or to schedule a LMIRE

Email: lifestylemedicineimmersion@gmail.com

USA: 914.362.8743 | **Costa Rica:** +011.506.2479.7700