

MMPT Health Retreat Playa Hermosa, CR

Itinerary

Sat Nov 19

4pm - Arrive @ the Villa, get settled in your room

6pm - Dinner out at Aqua Sport on Playa Hermosa

9pm - Evening Yoga

Sun Nov 20

7:15 - Early bird beach run/walk

8am - Morning Poolside Workout

9am - Breakfast @ villa

Free afternoon to enjoy the pool/ beach

1pm - Lunch @ the Villa

4pm - Health Workshop - Building Better Habits

7pm - Dinner @ the Villa

9pm - Evening Yoga

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Itinerary

Mon, Nov 21

8am - Morning Stand up Paddling

Breakfast @ Beach Cafe Afterwards (at your own expense)

Massages at Villa - sign up for your time slot!

1pm - Lunch @ Villa

4pm - Pool volleyball

7pm - Dinner @ Villa

9pm - Evening Yoga

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Itinerary

Tues Nov 22

7:15am - Early Bird Beach Run/ Walk

8:00am - Poolside workout

8:45am - Breakfast @ Villa

10am - Volunteer trip to the Monkey Farm. Tour & Lunch prep

Lunch - In town after Monkey Farm, at your own expense

Afternoon - downtime to relax, enjoy pool

6:30pm - Head downtown to feed the homeless

8pm - Late Dinner

MMPT Health Retreat

Playa Hermosa, CR

Itinerary

Wed Nov 23

7am - Early Breakfast @ villa

8am - Leave for La Leona Waterfall Hike & Rincon de la Vieja mud baths & hot springs. Lunch provided on tour.

7pm - Dinner @ Villa

9pm - Yoga

Thurs Nov 24

Choose your Own Adventure Day

Choose a tour you would like to do (at your own expense), or opt to spend the day enjoying the beach, pool & Playa Hermosa.

*Breakfast will be available to grab when you would like (Chia seed puddings + fruit), but we will not be having a formal sit down time for breakfast. Sleep in and enjoy the morning, or head out and enjoy a tour.

7pm - Group dinner out at Beach Restaurant (at your own expense)

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Itinerary

Fri Nov 25

7:15 - Early bird beach run / walk

8:00am - Poolside Workout

Lunch @ villa

3pm - Cooking Class with Roberto & Esther

7pm - Fiesta @ the Villa!

Sat Nov 26

8am - Morning yoga & meditation

10am - Check out of Retreat Villa & say good bye to new friends :)