



**Hi Friends,**

I hope you are well. I am super excited about the upcoming retreats in this next year and, I can't wait to share the trip details with you. I would love to have you join me and share in this amazing experience!

There is a reason Costa Rica is called, "**One of the happiest countries in the world**". After visiting this natural Paradise I bet you will agree with that. I'm happy give you the day by day itinerary. We are super excited to spend a week in one of the happiest countries in the world **April 18 - 25, 2020** what a golden opportunity to join me.

Join me, for walks in the rain forest, morning yoga, hot mineral pools, the melody of exotic birds, an array of flowering plants, sloths hanging out in trees, and howler monkeys reminding you to simply allow, flow, and de-stress! Costa Rica is a place of connection, peace and renewal; filled with millions of animal species, flora and fauna that you'll find no place else on earth.

Take a look at the Day by Day Itinerary we have planned and do contact me if you have any questions.

Who's with me? Costa Rica in April of 2020!

If you are interested [\*\*Contact Me HERE\*\*](#) and we'll set up a time to talk about it!

*Love always,  
Kornelia*

## Happiness Retreat Highlights:

Consider what your life would be like if you felt more positive, creative, centered and engaged with life? During the retreat week, Kornelia will guide you through exercises, techniques, and thought activities designed to bring you into the present moment of emotional freedom and spiritual connection so you can maximize happiness on a daily basis.

- Soul Gardening - Who Am I, Why Am I here, What's Missing in my Life?
- Group and Partner exercises – Happiness Laughter Circles
- Healing through forgiveness. Returning to your innocence
- Become an agent of personal alchemy and transformation
- Gain the spiritual self-confidence to follow your heart and manifest your dreams
- Simple tools to overcome stress, anger, fear, and frustration. Live Happy everyday

## Count Me In!

### Retreat Daily Itinerary:



**DAY 1:** Sat April 18, 2020

ARRIVE SAN JOSE

Arrive at the Juan Santa Maria International Airport

(SJO) and transfer to Hotel Bougainvillea. Check in and enjoy the hotels expansive botanical gardens as you meander along peaceful paths or take a refreshing swim in

the lovely pool. Welcome dinner this evening with Kornelia.

[Hotel Bougainvillea](#)

**DAY 2:** Sun April 19 SAN JOSE – ARENAL

After breakfast, spend the morning with Kornelia for the opening session of her retreat program. workshop 8:30 – 10:30 AM.

Then board your private bus as you depart for La Fortuna where you will enjoy lunch at a local restaurant. Afterward enjoy a Golden Pineapple Farm Tour and learn what it takes to grow the most delicious pineapple and how to choose the best one in your local market. Taste the best pineapple cut right from the field on your tour and afterward sample fresh pressed pineapple juice and other delicious treats. Continue to the lovely Arenal Springs Resort and Spa, your retreat home for the week and check-in. Enjoy time before dinner to explore the beautiful resort grounds or soak in the hot mineral pools.



[Arenal Springs Resort Website](#): individual casita's offer spectacular volcano views from your front terrace. Its lush tropical gardens and quiet location make it a wonderful retreat resort. Enjoy unique garden showers, A/C, cable TV, coffee maker, refrigerator, security box and hair dryer. Enjoy the full service spa, swimming pool and hot mineral pools which will soothe your body soul. Yoga every morning at 6:30 AM.

**DAY 3:** Mon April 20 ARENAL SPRINGS workshop from 9–10:30 AM.

Then enjoy a relaxing gondola ride on The Sky Tram. The gondolas rise smoothly through the rain forest, offering endless views as they ascend up the mountain. This tour is perfect for people who want to take a different approach on admiring nature, without much physical effort but still be in the middle of nature's magic. Your guide will point out different characteristics of the wildlife, flora, fauna and other interesting facts. Upon reaching the top, you arrive at a large observation platform on the highest point of the reserve. Here you can enjoy the view, take some awe-inspiring photos and also have the opportunity to walk a short trail. Enjoy lunch at the Sky Adventure Park. Free afternoon for optional activities or relax at the resort.



**DAY 4:** Tues April 21 ARENAL SPRINGS

Depart early morning for a full day tour to enjoy the Caño Negro Wildlife Refuge. The drive to Cano Negro will take you through a great part of the San Carlos plains with beautiful scenery of a great variety of fields with different products, such as:

sugar cane, legumes, fruit and vegetables and large herds of cattle. Upon arrival enjoy a welcome drink and snack then board a comfortable boat that will take you on a tour through the Canals of the river "Rio Frio" and its beautiful scenery.

Thousands of animals inhabit the borders of the river where you will enjoy seeing monkeys, sloth, caimans, turtles, bats and a great variety of birds. This is one of Costa Rica's refuges where the greatest diversity of flora and fauna can be observed. Afterward enjoy a delicious lunch in the "El Caiman" restaurant located on the riverbank surrounded by nature. Cano Negro is incredibly exotic and you will have great and unforgettable memories. Many species of migratory birds visit the refuge which is awesome for those who love bird watching; this is a tour one cannot skip. Workshop 6:00 – 7:30 pm before dinner.

**DAY 5:** Wed April 22

**ARENAL SPRINGS**

Enjoy a leisurely morning, sleep in a little and enjoy quiet time on your terrace before having breakfast. workshop time with Kornelia from 10:00 – 12:00 pm

After lunch the group will take a drive to the Proyecto Asis Animal Rescue Shelter. Named "Asis" for the patron saint of nature, the shelter was founded by a locally-famous veterinarian in order to house the many orphaned and injured animals brought to his practice. Here you will meet rescued wild animals such as wild boars (peccary), birds, sloths, crocodiles, kinkajous, macaws and monkeys. Learn how injured animals are rehabilitated and if possible, released back into their natural environment.



**DAY 6:** Thursday April 23

**ARENAL SPRINGS - Free Day**

Free day for optional tours (costs not included). Zip line, horseback ride, kayak, bird watching, hanging bridges, river rafting, rain forest walks, mountain bike, Venado caves, coffee or chocolate tours, waterfall hike and more. Or just chill out, rest and relax at the resort and

soak in the hot springs which are the result of rainwater heated by magma in the Earth's interior. Once heated, the waters rise to the surface, taking with them minerals found in the earth's rocky crust. These waters become very beneficial to your body which helps to relax muscles, clean pores and rejuvenate the skin.



**DAY 7:** Fri April 24 ARENAL – SAN JOSE

Enjoy your last morning taking an easy nature walk at Arenal Natura Ecological Park. Your guide will introduce you to some of the breathtaking flora and fauna of the tropical rainforest; along with some of the local residents such as Collard Pecary, sloths, with some luck the monkeys may say hello, a

variety of amphibians including the famous Red Eyed Tree Frog and other wildlife. workshop 10:30 – 12:00 PM

Enjoy lunch at the resort and then board your bus and return to San Jose. Enjoy a walk through the botanical gardens at the hotel before your group farewell dinner.

## **DAY 8: SAN JOSE – DEPARTURE HOME**

### Breakfast

Today we say good-bye to Costa Rica and Transfer to Juan Santa International Airport and departure to your home city. Spending time in the natural paradise of Costa Rica and an enlightening workshop with Kornelia Stephanie will leave your Mind, Body and Spirit Happily nourished on a Heart and Soul level. Pura Vida!

### **RETREAT COST: \$2,487.00 PP in double room**

Cost based on a minimum 10 participants

Private Room single supplement: \$670.00

**IF YOU'D LIKE KNOW MORE ABOUT THE TRIP**

**[CLICK HERE TO SET UP A TIME TO TALK TO ME!](#)**

#### Included:

- 7 night's accommodation / double room
- Private motor coach and English speaking personal guide services
- Private transfer's airport to hotel / hotel to airport in San Jose
- Tours as specified in the tour itinerary
- Meals as specified in the tour itinerary
- Group workshop facilitated by Kornelia Stephanie

#### Not Included:

- International airfare to Costa Rica.
- Tips to guides, driver, hotel staff
- Optional tours or activities during free time
- Incidentals, phone calls, laundry, drinks etc.
- Travel Insurance

Click [HERE](#) to Set Up a Time to Talk with Me!

## On this episode of Lady Boss...

### "Handle the Lump, Heal your Life Part 2" With Dana Theriault and Dr. V

What do you believe about Women's Health since the 'information age'? Do you believe that women are claiming more or less personal authority over their own bodies? Has women's health really benefited with greater access to resources or have women become more disconnected from their bodies and more dependent on outside resources (machines or medical experts) for diagnosis of disease?

As a Woman, do you feel you are the expert of your experience or do you rely on the external expertise of others? Tune in to see how YOU CAN "handle" the lumps and bumps of BEing a Woman' with your very own personal and revolutionary empowerment kit for early detection of breast cancer.

My Breast Friend Website

[Check it out Here](#)

Breast Cancer Conqueror FREE Book! --

[Click Here](#)



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