

TFC - Costa Rica Retreat - Feb 2020

For questions or to join the experience please email Kristina (retreat coordinator) at tfcevents.costarica@gmail.com

Date: February 15 - 23

Host facility: Rayos Del Sol, Costa Rica (rayoscostarica.com)

Address: Route 160 at Rayos Creek, Guanacaste, Costa Rica
(2 hour drive from Liberia Airport)

Arrival:

- Arrival at Rayos: 3pm on Feb 15
- Included shuttle for retreat participants will leave Liberia airport at 1pm for Rayos on Feb 15

Departure:

- Departure from Rayos: 10am on Feb 23
- Included shuttle for retreat participants will leave Rayos at 10am for Liberia airport (book flights for 12 noon or later)

Weekly breakdown

[sat] D1t Feb 15 - travel day (modified schedule)
[sun] D2 feb 16 - full day
[mon] D3 feb 17 - full day
[tue] D4 feb 18 - full day
[wed] D5 feb 19 - full day
[thu] D6 feb 20 - full day
[fri] D7 feb 21 - full day
[sat] D8 feb 22 - full day
[Sun] D9t feb 23 - travel day (modified schedule)

A few helpful things to bring:

For an optimal experience over the week, we suggest you bring the following:

- Headlamp
- Composition book and pen
- Waterproof, durable watch
- Water bottle

Daily breakdown:

xa 0510 - 0730 (meet @ pool @ 0505 daily)
m1 0800 - 0900
B1 0900 - 1030
B2 1030 - 1200
m2 1200 - 1300
B3 1300 - 1430
B4 1430 - 1600
B5 1600 - 1700
ft 1700 - 1800
m3 1800 - 2000
xp 2000 - 2100 (shala)

- 7 full programming days, 5 daily blocks [plus 2 optional daily programming blocks]
- 35 total blocks

Glossary:

m1 = Breakfast
m2 = Lunch
m3 = Dinner
ft = Free Time
xa = optional am programming
xp = optional pm programming

Programming (subject to change)

Surfing	6 blocks (2 days x 3 blocks) [board rental fees extra]
Cacao ceremony	1 modified block
Play	2 blocks
Sweat lodge	2 blocks
Sound healing	1 block
Tree planting	2 blocks
Running	1 block
Balance park	1 block
Workouts	2 blocks
Beach play	2 blocks
Ego	1 block
Sleep	1 block
Food	1 block
Digital declutter	1 block
Alignment, purpose	1 block
Kinstretch / mobility	1 block
Movement	1 block
Mindset	1 block
Mental health	1 block
Feet: An update	1 block
Optimizing productivity	1 block
Free Time	Daily from 1700 - 1800 (except for mod. blocks)

Pricing (USD, per person, excludes flight, includes transportation from Liberia airport to Rayos and from Rayos to Liberia)

Participant

Single room (queen or king bed, private bathroom):	\$2,800	[1 person]
Single room (queen or king bed, private bathroom):	\$2,400	[2 person]
Double Room (2 twin beds, shared bath):	\$2,400	
Triple Room (3 twin beds, shared bath):	\$2,000	
Quad Room (4 twin beds, shared bath):	\$2,000	

Contributor (invited to speak/run sessions at the retreat)

Single room (queen or king bed, private bathroom):	\$2,030	[1 person]
Single room (queen or king bed, private bathroom):	\$1,750	[2 person]
Double Room (2 twin beds, shared bath):	\$1,750	
Triple Room (3 twin beds, shared bath):	\$1,450	
Quad Room (4 twin beds, shared bath):	\$1,450	

Included in price: Accommodations, 3 meals per day, all programming, shuttle from Liberia airport to Rayos and from Rayos to Liberia airport

Payment schedule*

35% deposit (non refundable) due by December 30, 2020

65% remaining balance due by January 25, 2020 (3 weeks before the event)

*A link to submit your deposit and balance payments will be emailed to you by Kristina

Flight booking information

- We recommend booking your flight into Liberia sooner than later and Kristina can help with finding flights if you have any issues.

Daily schedule breakdown (subject to change)

D1t (modified schedule)

Arrival window: 1500 - 1700

Shuttle Arrival: 1500

Mb (1700 - 1800) Introductions, plan for the week, optional sessions

m3 (1800 - 2000) Dinner

xp (2000 - 2100) Drizzy flows, Balance practice

D2

xa 5am club (breath, meditation, CARS, run, swim)

m1 Breakfast

B1 Intro session, outline the week, tech recommendations, punctuality, obstacle course run #1

B2 Kinstretch/mobility class

m2 Lunch

B3 Play 1

B4 Workout 1

B5 Sleep

ft Drizzy flows, partner obstacle course challenge

m3 Dinner

xp Balance practice

D3

xa 5am club

m1 Breakfast

B1 Mental Health

B2 Running

m2 Lunch

B3 SURF

B4 SURF

B5 SURF

ft SURF

m3 Dinner

xp Balance practice

D4

xa Nerd instructor session

m1 Breakfast

B1 Mindset, Obstacle course run #2

B2 Play 2

m2 Lunch

B3 Food

B4 Movement

B5 Ego

*** [MOD] ***

m3 [1600 - 1715] Dinner

SL [1730 - 1930] Sweat Lodge

xp [2000 - 2100] Sweat Debrief

D5

xa 5am club

m1 Breakfast

B1 Tree Planting

B2 Tree planting

m2 Lunch

B3 Beach Play

B4 Balance park (beams, slacklines)

B5 Alignment, purpose

*** [MOD] ***

ft [1700 - 1730]

m3 [1730 - 1900] Dinner

CC [1930 - 2100] Cacao Ceremony

D6

xa Nerd instructor session

m1 Breakfast

B1 Feet: An update

B2 Beach play

m2 Lunch

B3 Optimizing productivity

B4 Beach play

B5 Digital declutter, social media

*** [MOD] ***

ft [1700 - 1730]

SH [1730 - 1900] Sound Healing

m3 [1930 - 2100] Dinner

D7

- xa** Nerd instructor session
- m1** Breakfast
- B1** Behaviour change, the environment
- B2** Workout 2
- m2** Lunch
- B3** SURF
- B4** SURF
- B5** SURF
- ft** SURF
- m3** Dinner (shared words)
- xp** Experience Debrief

D8t (modified schedule)

Shuttle leaves Rayos at 1000 for Liberia airport

Liberia airport arrival: 1200