



Awak·en

OUR SENSES

Costa Rica Wellness Retreat

APRIL 20-26, 2024

HOLA!

We invite you to an exclusive 1- week wellness retreat curated by wellness experts Kristine Kelly and Nathi Toro. We're gathering at a private villa nestled in the Nicoya Peninsula, one of the five "blue zones" of the world. Relax in this beautiful oasis surrounded by the jungle in the most beautiful cove along the Pacific Ocean. It is the perfect place to unwind & reset through our transformative nutrition and wellness workshops curated with love, that connects us all.

Join us on a culinary journey where we will also be visiting an organic farm, and learn how to craft a dish together to nourish our bodies, tantalize our taste buds, and ignite our passion for wholesome eating.

We go beyond the ordinary to provide extraordinary wellness retreats, where taste, breath work, movement, mindful living and nutrition flow together seamlessly. Embark on a wellness adventure that will leave you inspired, satisfied, and eager to embrace a nourishing lifestyle.

Love,

Kristine & Nathi



RETREAT LEADERS



Nathi is a creative entrepreneur vegan chef & nutritionist with a very curious mind for everything related to wellness, nutrition, and sports. She founded *Nourish* a culinary and nutrition company where she focuses on her unique approach of mindful of eating and biohacking in order to welcome a lifestyle that is sustainable and delicious. Nathi's charming personality and fun way to communicate have allowed her to work with clients and companies with different backgrounds. As she always says: "Food is the most powerful tool we have. It allows us to deeply connect with ourselves and others every single day. It is a sacred routine!"

@nourishbynati

Kristine is a plant based chef and integrative nutrition coach specialized in hormonal health and gut health. She founded *Plant Based Daily* to cultivate an intimate wellness community in St Barth, inspired by global flavors, and a holistic lifestyle, inviting guests to slow down, and enhance their relationship with food. She is passionate about deepening her connection to wellness, so she travels around the world regularly to the "Blue Zones", experiencing different cultures, wellness retreats, and studies traditional plant medicines, beauty rituals, and their secrets to longevity.

@kristinesbeautylab



SAMPLE DAY

- 7:00 am **Yoga:** 75 minute class with Zac
- 8:15 am **Reflection:** breathwork, meditation and journaling
- 9:00 am **Breakfast:** elixirs, tonics, breakfast tacos, seasonal fruit, “tico” breakfast bowl
- 10:30 am **Nutrition Workshop:** plant based cooking masterclass
- 1:00 pm **Lunch:** farm vegetable salad, nosara nachos
- 2:00 pm **Relax:** Walk along the beach, bike ride, read, spa time, or nap in room or poolside
- 4:30 pm **Hike:** 120 minute guided hike
- 7:00 pm **Dinner:** blue zone tamales, plant-based coconut stew



CONTACT US

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