

WOMEN'S EMPOWERMENT RETREAT



January 26th-Feb 1st
El Sabanero Eco Lodge, Costa Rica

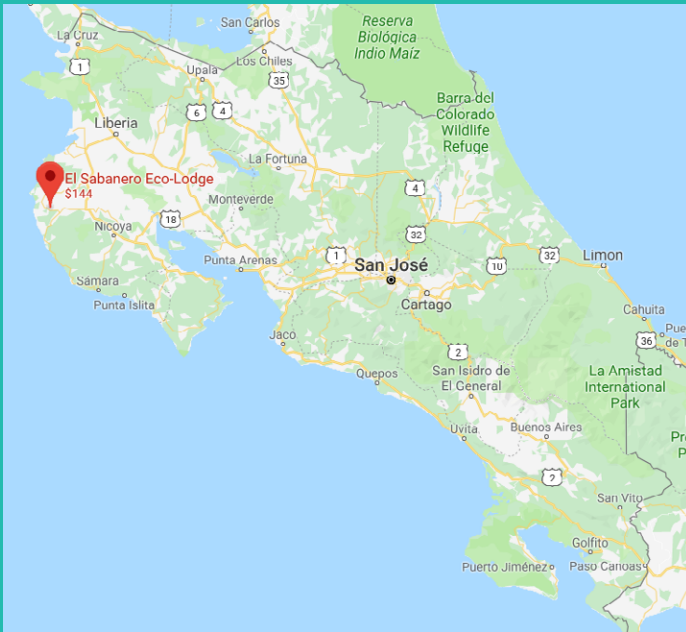
What is the Women's Empowerment Retreat?

We know how busy life can get; how easy it can be to put everyone else's needs before your own. That's why we have designed our Women's Empowerment Retreat as the perfect opportunity to carve out dedicated time to reconnect with yourself. Imagine, six days and six nights devoted to turning your focus inward, tuning into your core needs and desires, and allowing yourself the time and space to reflect, grow, and transform your life. **We created this retreat with all self-identified women in mind.**

- » Connect with your body through daily yoga (morning and night), daily exercise classes, meditations, dance parties, and nourishing, healthy prepared food (cooked by someone else!!)
- » Reflect and gain clarity through daily empowerment workshops on topics such as building confidence, body love, identifying desires and asserting needs, goal setting, mindset training and more.
- » Awaken your inner goddess through activities focusing on your own sensuality, strengths, and power.
- » Feel supported, connected, and heard by sharing and listening in a group of like-minded amazing women.
- » Let loose in our nightly Goddess Circle and dance freely around the fire and on the beach.
- » Feel joy daily through gratitude practices, beach and poolside relaxation, as well as excursion opportunities.
- » Recharge by taking a nap, journaling, going for a walk, sunbathing by the pool, swimming, getting a massage, or anything your heart desires during daily free time.

*participation in all activities is optional

Where is the retreat?



El Sabanero Eco Lodge is located in the north Pacific side of Costa Rica, in the beautiful province of Guanacaste.

El Sabanero is perfectly located close to exciting activities, (including beaches!) but remote enough to enjoy total tranquility, beautiful nature, and exotic local animals. It is a perfect location to relax, reconnect, and recharge.

El Sabanero is approximately 1 hour away from the Liberia Airport. Your guides, Chelsi and Olive, will provide you with information to arrive at the retreat safe and sound.

From the El Sabanero Eco Lodge website:

“Located near popular beach town Tamarindo in the tropical paradise of Guanacaste (northwest Costa Rica), El Sabanero is only a short drive away from 4 of the most popular and beautiful beaches in the area, Playa Avellanas, Playa Negra, Playa Junquillal, and Tamarindo.

The resort offers 15 chalets built from local teak trees, overlooking the picturesque Cañafistula valley. Each chalet includes queen size bed, private bathroom, air conditioning, fridge, safe, and a private porch.

Common areas feature a beautiful open air lodge, indoor and outdoor yoga studios, Infinity pool, and other hangout spaces, all equipped with hammocks and lounge chairs.”



When is it?

JANUARY 26TH-FEB 1ST

Plan to arrive at the Eco Lodge any time on January 26th to begin the retreat.

Once all registrants are confirmed and paid, we will host a zoom meeting to book our flights together (optional). This way, our airport transportation will be more affordable for everyone.

We will meet on our arrival day's evening for dinner and Introductions at our Goddess Circle.

Workshop activities are every day during the week, with 1 free day to spend exploring or joining one of the excursions. Part of one workshop day will be spent together at the beach. Check-out is Feb 1st.

How does it work?

REGISTRATION

- » Register using the form on www.olivevontopp.com/retreat
- » Registration is open until November 15th. After November 15th, we will take participants if the lodge still has room
- » A \$250 (non-refundable) deposit is required by Sept 15th to reserve your spot. Full payment required by November 15th

PAYMENT

- » Investment is \$1200-\$1850 depending on occupancy (single, double, triple room) and time of purchase
- » Early Bird rates are available (until August 30th) when paid in full
- » Regular rates apply after August 30th
- » Payment via [eventbrite](https://www.eventbrite.com), cash, etransfer, or cheque is accepted
- » Cancellations up until November 15th will be refunded minus \$250 deposit. After November 15th any cancellation is non-refundable
- » Payment plans are available for regular rates



THE FEE INCLUDES...

- » 6 nights accommodation at El Sabanero Eco Lodge
- » Daily yoga (morning and evening)
- » Daily meditation and gratitude exercises
- » Daily exercise classes including burlesquercise (burlesque dance style workout) and full body calisthenics workouts (body weight exercises)
- » Daily workshops to inspire reflection, breakthrough, and change
- » Daily Body Love workshop and check-in
- » 3 delicious, healthy plant-based, organic, locally produced meals per day
- » Nightly Goddess Circles of connection and conversation (and dancing!)
- » Beach transportation and back for one workshop day
- » Access to the entire beautiful grounds of El Sabanero including the pool, yoga chalet, hiking trails, mountain views, sounds and sights of the Costa Rican Howler Monkeys, daily beautiful sunrises and sunsets and hammocks to relax in
- » Free Wifi
- » Daily housekeeping
- » A supported space to fully be yourself and nourish your mind, body, and soul
- » Free time to just “be” and relax, reflect, and recharge
- » Free day to spend however you choose (excursion, beach day, relaxing at retreat)
- » Arrangement of Airport shuttle service

NOT INCLUDED IN THE FEE...

- » Flights to and from Costa Rica
- » Optional excursions (i.e. ziplining, surfing, horseback riding tours, volcanic national park tour, river tubing, sunset wine and paint night)
- » Cost of Airport Shuttle (reduced cost with more people)
- » Meat meal options available for an additional \$10/day
- » Alcohol
- » Massage



Your Retreat Guides

OLIVE VON TOPP

www.olivevontopp.com
olivevontopp@gmail.com



Hey there Darling! I'm Olive von Topp; a Burlesque Performer & Empowerment Coach. I provide one-on-one coaching to help women re-establish a loving relationship with themselves, build confidence from within, and achieve self-fulfillment. This work came out of my own journey for self-love and from knowing so many amazing women who just didn't seem to realize their own worth. It broke my heart. I wanted nothing more than for them to see themselves as other people saw them, so it became my mission to help women recognize their own power and value and start demanding that other people treat them accordingly.

I want to show women, "You are good enough. In fact, you're fabulous. It's time to start treating yourself like you deserve". I want this retreat to be the next step on your journey to self-discovery and self-love; a space for you reconnect with pieces of yourself you had forgotten about, a place to start unlearning some of the scripts that might be holding you back, so you can start living the life you want to be living.



CHELSEI RODRIGUES

wholehealthchelsi.com
wholehealthchelsi@gmail.com



Hi! My name is Chelsi and I am a Personal Trainer and Personal Development Coach. I was inspired at a young age to pursue this passion of mine, after a phys-ed teacher completely changed my life with fitness. I learned that when we take care of ourselves, for ourselves, magic happens! That is when we truly feel alive and grateful for this beautiful experience. I love exercising, dancing, journalism, eating healthy and spending time in nature!

Through my work, I inspire others to take their lives into their own hands, feel good and find confidence within them that makes their experience here more enjoyable and healthy. I help my clients find a balance so that they never feel deprived but instead, create a healthy, balanced lifestyle. Through this retreat, I hope to have the same effect on you. I hope that during your week here, you find self love and confidence you didn't know you had, connect deep to yourself to find what is important for you and find who you wish to be in this world. All while having fun, connecting with other women and feeling safe to express and be yourself.

