

# **“RADIANT HEALTH ~ MINDFUL LIVING”**

## **A Health Retreat Vacation in Costa Rica**

*with Retreat Leaders*

**Annette Franks - Lori Candon**

**Vickie Saito - Al Wright - Maren Seubert**

### **August 19 – 26, 2023**

**At Pura Vida Retreat and Spa in Costa Rica**

*Pura Vida Retreat and Spa is considered “Heaven at the Top of the World”  
Tropical Splendor \* Delicious Healthy Organic Cuisine \* Astonishing Nature  
It’s located on a Private Estate atop a Mountain in Costa Rica’s Alajuela Province  
just 25” Minutes from the San Jose Airport (SJO).*

*The Vacation Retreat is designed for Proactive Participation in Our Own Health and Wellness  
Integrating Principles of Mind-Body-Health with Success.*

*Surrounded by a natural paradise setting we relax and unplug from our normal busy lives  
and technology and engage in Meditation, Gentle Yoga and Vitality Enhancement Practices,  
Qigong Practices, Integrative Mindful Functional Movement and Inspired Dance.  
We explore Life Balance and Healthy Lifestyle Principles of Functional Medicine.*

*No Prior experience is necessary for any of the classes.*

*Join us alone or with someone.*

**Rates include Room, Three Meals per Day and Entire Retreat Conference.**

**\$2000 per Person Tentalow Double Occupancy - \$2200 Tentalow Single Occupancy**

**\$2200 per Person A-Frame, Vista and Kiva Lower Room Double Occupancy**

**\$2700 per Person A-Frame, Vista and Kiva Lower Room Single Occupancy**

**\$2300 per Person Kiva Upper and Tri-Level Room Double Occupancy**

**\$2800 per Person Kiva Upper and Tri-Level Room Single Occupancy**

**\$2500 per Person Deluxe Suite Double Occupancy - \$3000 Deluxe Suite Single Occupancy**

**Visit [PuraVidaSpa.com](http://PuraVidaSpa.com) to View Rooms.**

*Pura Vida Retreat and Spa also has several Excursions available for an additional cost  
for White Water Rafting, Zip Lining, Waterfall Gardens, Skywalk and Wild Life Boat Tours,  
Jaco Beach, Coffee Plantation Tours and exploring San Jose.*

*Amazing Holistic Health Body Work Sessions, Additional Yoga Classes and  
a Solar Heated Salt Water Pool are also available at Pura Vida Retreat and Spa.*

**Visit [AnnetteFranks.com](http://AnnetteFranks.com) for the Retreat Video, Schedule and Travel Details.**

**To Register Call Annette Franks at 614-785-1066**

**or Email Annette at [AnnetteFranks@live.com](mailto:AnnetteFranks@live.com)**

**\$1000 Minimum Deposit Required to Reserve Your Room.**

**\$350 of Initial Deposit is Non-Refundable. Retreat Balance Due 7-15-23.**

**Rooms are Limited. Retreat Cancellation Policy Information on [AnnetteFranks.com](http://AnnetteFranks.com)**

# **“RADIANT HEALTH ~ MINDFUL LIVING” RETREAT**

**Annette Franks - Lori Candon - Vickie Saito - Al Wright - Maren Seubert**

**Check the Master Schedule Posted Onsite for Class Locations and Updates**

## **Saturday August 19, 2023**

**Arrival & Check - In during Afternoon Relax into Pura Vida Spa**

**Meet at 6 pm on the Dining Room Balcony Opening Dinner Together at Pura Vida 6:30 pm - 8 pm**

## **Sunday August 20, 2023**

**6:30 am – 7:30 am Morning Meditation & Gentle Yoga Practices**

**9 am Pura Vida Spa Orientation**

**10:15 am – 12:15 pm Radiant Health Class - Principles of Functional Medicine – Functional Movements – Qigong Practices**

**Afternoon Free Time**

**Spa Treatments, Pura Vida Yoga Classes and the Amazing Heated Salt Water Pool are available every afternoon.**

**4:45 – 6:00 pm Inspired Dance**

## **Monday August 21, 2023**

**6:30 am – 7:30 am Morning Meditation & Gentle Yoga Practices**

**Join Us from 8:45 am – 1:30 pm for the Group Excursion\* to the Waterfall Gardens  
or Morning Free Time at the Spa for Leisure Time at the Pool or for Spa Treatments\***

**(Spa Treatments & All Excursions\* are Optional and Cost Extra)**

**3:00 pm – 4:30 pm Radiant Health Class – Functional Movements – Qigong Practices**

**4:45 – 6:00 pm Inspired Dance**

## **Tuesday August 22, 2023**

**6:30 am – 7:30 am Morning Meditation & Gentle Yoga Practices**

**8:45 am – 1:30 Canopy Tour (Zip Lining) Excursion\***

**or Coffee Plantation Tour\* or Morning Free Time at the Spa**

**3:00 pm – 4:30 pm Radiant Health Class – Functional Movements – Qigong Practices**

**4:45 – 6:00 pm Inspired Dance**

## **Wednesday August 23, 2023**

**Free Time all Day for Full or Half Day Excursions or Spa Treatments or Leisure Time.**

## **Thursday August 24, 2023**

**6:30 am – 7:30 am Morning Meditation & Gentle Yoga Practices**

**9:00 am – 11:00 am Radiant Health Class – Functional Movements – Qigong Practices**

**Afternoon Free-Time**

**4:45 – 6:00 pm Inspired Dance**

**8:00 pm Salsa Dancing and Salsa Lessons with Pura Vida Spa**

## **Friday August 25, 2023**

**6:30 am – 7:30 am Morning Meditation & Gentle Yoga Practices**

**9:00 am – 10:30 am Radiant Health Class – Functional Movements – Qigong Practices**

**10:45 am – 12:00 pm Inspired Dance**

**Afternoon Free-Time**

**4:30 pm - 6:30 pm Closing Ceremony Together and Group Pictures**

**6:30 pm Closing Dinner Together**

## **Saturday August 26, 2023**

**Check Out by 11:00 am**

**Breakfast 7:30 am - 9:00 am**

**Lunch 12:30 pm - 2:30 pm**

**Dinner 6:30 pm - 8:00 pm**

# **COSTA RICA RETREAT TRAVEL DETAILS**

*“Radiant Health ~ Mindful Living Retreat” August 19-26, 2023 Pura Vida Retreat and Spa  
Annette Franks - Lori Candon - Vickie Saito - Al Wright - Maren Seubert*

- *You will need a Current Passport to travel to Costa Rica. Please Wear a Mask, Use Hand Sanitizer and Maintain Social Distance while traveling. Please follow COVID 19 Safety Protocol.*
- *It is an easy trip .... Just book your flight into San Jose, Costa Rica (SJO Airport Code). You also need to fill out the Pura Vida Spa SHUTTLE FORM on PuraVidaSpa.com or follow the link below to book your Shuttle directly. <https://puravidaspa.com/shuttle-form/> Please make sure you indicate that you are a part of August 19-26, 2023 Annette Franks’ Radiant Health Retreat Group.*
- *A Pura Vida Spa Driver will be waiting for you with a Pura Vida Sign with your name on it after you go through Customs and get and clear your luggage. After passing through immigration and customs and getting your luggage, you meet the driver outside the exit door. He will have a sign which reads, “Villas Pura Vida + your last name”.*
- *Your Pura Vida SHUTTLE rides have been PREPAID as part of your retreat package and so all you need to do is tip the driver (if you choose) and make sure we have your Arrival Airline Flight Date and Arrival Time at least two weeks ahead and that you have filled out the Pura Vida SHUTTLE FORM.*
- *ONLY if your flight is seriously delayed AND your driver is not there, please call Reception in Costa Rica: 011-506-2- 483-0033. If you are already in the country of Costa Rica, then take off the 011 and 506 to dial the local number. The local number from the US is 678-388-9564. If we have your flight information, Pura Vida Spa is pretty good about tracking flight delays and is usually always there when you arrive. They make our transportation easy for us if you fill out the Pura Vida SHUTTLE FORM on PuraVidaSpa.com. <https://puravidaspa.com/shuttle-form/>*
- *The Pura Vida shuttle will only pick-up at SJO Airport and only at the pre-arranged times. The Pura Vida Spa Driver takes you directly to Pura Vida Spa...a 20-25 Minute trip from the airport.*
- *The Driver will take you and your bags directly to the Pura Vida Check In Center at the Front Desk for your check-in. The Front Desk will ask you for your passport number and credit card information. Your ‘Radiant Health’ Retreat has been pre-paid in full prior to your arrival, however, all your “extras” during your stay will be billed to your room under your individual name. Almost everything “extra” you choose to do at the Spa (like spa treatments, excursions and drinks at the raw juice and smoothie bar etc) will be added to your room bill and you will settle up at the end of your stay. You rarely need to carry any money around with you at the spa.*
- *You don't need a car...the spa has great excursions you can sign up for and do with Tour Guides directly from the Spa. Visit [www.PuraVidaSpa.com](http://www.PuraVidaSpa.com) Website for the list of Tours and Excursions. You sign up for the Excursions and Spa Treatments AFTER you arrive at Pura Vida.*

- *The Excursions are fun, easy ways to experience pieces of Costa Rica.... Pura Vida Spa does the work and planning.....we enjoy the experiences. All Excursions and Spa Treatments will be billed to your room number and under your individual name.*
- *The front desk at Pura Vida Spa onsite will also help you reserve a car and driver if you want to go touring on your own during your afternoon free-times.  
Check out [www.PuraVidaSpa.com](http://www.PuraVidaSpa.com) for more information on what to bring and travel details.*
- *Unless you're choosing to stay longer or come in a day early, Plan to Fly into San Jose (SJO) Airport Code on Saturday August 19, 2023 by lunch or early afternoon if possible and then Fly out of San Jose on Saturday August 26, 2023. The "Radiant Health ~ Mindful Living Retreat" starts with a gathering BEFORE Dinner on Saturday Evening at 6:00 pm on the Dining Room Balcony. The Retreat ends on Friday Evening after Dinner.*
- *Most Participants actually fly into San Jose in time for lunch or early afternoon on Saturday and fly out of San Jose on Saturday Afternoon on the Departure Day. Many people find it more relaxing to get to Pura Vida Spa in the early afternoon to relax and then stay for breakfast together without rushing in the morning to get an early flight out of San Jose. Pura Vida Spa Staff are wonderful about picking us up on time and getting us to the airport at least 2 ½ hours before our scheduled flight out. Remember your shuttle transportation both to and from the SJO Airport have been pre-paid and are part of your Retreat Package. No refunds are given if you choose to use another form of transportation to and from the airport.*
- *If you wish to come in a day or two early and stay at Pura Vida Spa, they will give you a 10% discount off their regular nightly room rates if you tell them you are with our 'Radiant Health' Retreat. You make ALL ADDITIONAL NIGHTLY STAYS directly through Pura Vida Spa at 888-767-7375 and ask for Pura Vida Spa individual reservations.*
- *You need to book and pay for the 'Radiant Health' Retreat directly through Annette. You can call Annette Franks directly at 614-785-1066 to Reserve and Book the August 19-26, 2023 Retreat Week and Pay by Check or Zelle or Credit Card. Extra days before or after the Retreat Week are always booked by you directly with Pura Vida Spa at 888-767-7375.*
- *Please remember you need a Passport to fly in and out of San Jose, Costa Rica.*
- *Please do make your Airport Shuttle arrangements at least two weeks ahead of time and we will have Pura Vida Spa Staff and Driver pick you up from the Airport in San Jose. The SHUTTLE FORM link is above and on PuraVidaSpa.com and you do need to fill it out directly. Your Shuttle through Pura Vida Spa has been pre-paid as part of your overall Retreat Reservation. Again, no refunds are given if you choose to use another form of transportation to and from the SJO airport.*

**To Register Call Annette Franks at 614-785-1066**

*\$1000 Minimum Deposit Required to Reserve Your Room.*

*\$350 of Initial Deposit is Non-Refundable. Retreat Balance Due 7-15-23.*

*Rooms are Limited. Retreat Cancellation Policy Information on [AnnetteFranks.com](http://AnnetteFranks.com)*

**AnnetteFranks.com**

# **PERSONAL TRAVEL NEEDS**

*Please Wear a Mask, Use Hand Sanitizer and Maintain Social Distance  
While Travelling To and From Costa Rica and To and From Pura Vida Spa.  
Let's Be Safe Together. Please Do Practice COVID 19 Safety Protocol Procedures.*

*In late August, the temperature in Costa Rica is usually sunny and in the 70's during the day and cooler at night. We're atop a mountain so bugs are usually fewer and humidity is lower. There may be some light rain during our week since our retreat is scheduled during Costa Rica's Rainy Season. Sometimes we have no rain at all during this week. Since it is considered the rainy season, do bring some light rain gear. The spa has huge umbrellas on the property for all of to use during our week.*

## **Here's a Suggested list of Personal Needs for Costa Rica Retreat Week:**

*Dress comfortable and casual all week. No special clothes are needed for Qigong and Tai Chi Practices with the exception your clothes need to provide you ease of motion for the movements. You can wear regular casual clothes all week if you choose.*

*Pura Vida Spa has a very affordable laundry service we can use. Just drop your bag of laundry off any morning on your way to breakfast to the front desk and they will deliver it to your room in the afternoon (usually less than \$10 for a bag of clothes). You can pack light if you want.*

*We definitely highly recommend comfortable walking/hiking shoes  
and comfortable walking/hiking sandals for the entire week.*

*Umbrella and/or Light Rain Jacket or Poncho.*

*Sunglasses ~ Suntan Lotion ~ Sun Block ~ Bug Spray ~ Flashlight  
Bring Bathing Attire to Savor the Solar Heated Salt Water Pool and the Outdoor Hot Tub.*

*Short Sleeve Shirts for the Day...Tees and Tank Tops  
Shorts and Capri Pants for the Daytime*

*Jeans or Long Pants for the Cool Nights  
Sweatshirt ~ Fleece or Light Jacket for the Cool Nights  
Warm Pajamas for the Cooler Nights atop a Mountain*

*Yoga/Workout Clothes or just Comfortable Casual Clothes for the Daily Movement Exercises.*

*Your Special Shampoo and Toiletries if you prefer your own brand.  
A Blow Dryer if you use one.  
Pura Vida Spa does provide Shampoo, Crème Rinse and Soap*

*Visit Pura Vida Spa's website also to view the Rooms, the Spa and Excursions. [PuraVidaSpa.com](http://PuraVidaSpa.com)*

# **RETREAT CANCELLATION POLICY**

**Retreat Date August 19-26, 2023**  
**\$1000 Minimum Initial Deposit Required**  
**\$350 of Initial Deposit is Non-Refundable**  
**Final Balance Due July 15, 2023**

*If for any reason you need to cancel before the Final Balance Due date of July 15, 2023, you may transfer your Initial Deposit paid (minus the \$350 Non-Refundable Fee) to our next scheduled Radiant Health Retreat at Pura Vida Retreat and Spa which usually runs the same time the following year, OR, you may also request a refund for your Initial Deposit paid minus the \$350 Non-Refundable Fee. If you cancel anytime ON or AFTER July 15, 2023, you can transfer your Money Paid minus the \$350 Non-Refundable Fee to our next scheduled Radiant Health Retreat at Pura Vida Retreat and Spa.*

*There are no refunds after July 15, 2023.*

*In the event of an unforeseen state of emergency and Pura Vida Retreat and Spa is not able to operate and/or our retreat is cancelled for some unforeseen reason, 100% of our deposits will transfer to our next scheduled Radiant Health Retreat at Pura Vida Retreat and Spa which is usually close to the same time the following year.*

## **COSTA RICA RETREAT VIDEO LINK** **AUGUST 19-26, 2023**

**Radiant Health ~ Mindful Living Retreat**  
**at Pura Vida Retreat and Spa in Costa Rica**  
**with Retreat Leaders**

**Annette Franks - Lori Candon - Vickie Saito - Al Wright - Maren Seubert**

**<https://youtu.be/0uRxa8rquEQ>**

**JOIN US IN 2023**