

Costa Rica Workshop Descriptions and Schedule

03/05/16	03/06/16	03/07/16	03/08/16	03/09/16	03/10/16	03/11/16	03/12/16
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Travel to Costa Rica	7-8am Yoga/qigong	7-8am Yoga/qigong	7-8am Yoga/qigong	7-8am Yoga/qigong	7-8am Yoga/qigong	7-8am Yoga/qigong	7-8am Yoga/qigong
	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast
	Orientation/ Opening Circle REQUIRED	Coaching basics for health and wellbeing –Linda 10a-12p	Accessing your purpose and power: the mindful nurse- Marie and Veda 10a-12p	No classes	Managing Stress: establishing a self-care practice for inner peace and healing. Yoly 10a-12p	Yoly (need some info here) 10-12pm	Depart Blue Spirit after breakfast for airport
Arrival at Blue Spirit	Reflective Time/self-paced CE assignments	Longevity based Nutrition for body mind soul Marie and Veda 2p-4p	Reflective Time/self-paced CE assignments		Coaching basics continued- Linda 2p-4p	Reflective Time/self-paced CE assignments	
						4-6 Closing Circle REQUIRED	
6pm-7pm	Yoga or qigong	Yoga or qigong	Yoga or qigong	Yoga or qigong	Yoga or qigong	Yoga or qigong	
Dinner	6:00-7:30 dinner	6:00-7:30 dinner	6:00-7:30 dinner	6:00-7:30 dinner	6:00-7:30 dinner	6:00-7:30 dinner	Travel home
Welcome						8-9:30 farewell party	

Workshop Descriptions

- Coaching basics for health and wellbeing
- Longevity based Nutrition for body mind soul
- Accessing your purpose and power: the mindful nurse
- Managing Stress: establishing a self-care practice for inner peace and healing
- Coaching basics continued
- Yoly (need some info here)