



Join us for an Intimate Costa  
Rica Women's Retreat:  
"Metamorphosis"

Experience Adventure  
Find Inspiration  
Uncover Your Life Purpose

Featuring H el ene Tragos Stelian, life  
coach, speaker, and author

Ride horseback to the stunning Nauyaca Waterfalls, zip-line through tropical rain forest, and marvel over Blue Morpho butterflies, playful monkeys, and breathtaking scenery.

It's all for a purpose: Discover inspiration and courage to transform your life and write your Next Act. Certified Life Coach H el ene Tragos Stelian will guide you through this energizing journey.

March 4-11, 2017, Saturday to Saturday  
Manuel Antonio, Costa Rica, on the Pacific Coastline Private Guest Home,  
[Villa el Cantico](#)



**Your accommodations:** [Villa el Cantico](#), a seven-bedroom private guest home with an infinity pool featuring spectacular views of the Pacific Ocean and Costa Rican tropical rain forest.



**Your Small Group (maximum 5 women) Adventure includes:**

- Private bedroom with ensuite bathroom at Villa El Cantico
- Meals freshly prepared by our in-house chef with cuisine featuring local ingredients
- Daily meditation sessions with Holly Marihugh, your guest host
- Horse-back tour to Nauyaca Waterfalls
- Thrilling zip-line rides through rain forest
- Magical walk through tropical butterfly garden
- Organic Spice Farm experience
- Plenty of time for rest, relaxation, and connection
- Two individual 1-hour coaching sessions with H el ene (one before the retreat, one at the retreat)
- Three-Part Workshop with H el ene: Uncover Your Life Purpose – you will gain clarity on your gifts, passions, and values, and craft your personal mission statement to guide your future
- Transportation to/from the San Jose, Costa Rica airport



**Price: \$2,942 for 7 nights in Pacific view room with private balcony or \$2,586 for 7 nights in room with Rain Forest view**

**Prices include coaching experience, tours, transportation, all meals, & tips.** Prices *exclude* airfare from U.S. to San Jose, Costa Rica (approx. \$600-700), on-site massages or other spa services, alcoholic drinks, Costa Rica airport tourist exit tax (\$29 pp). Travel insurance is recommended.

Questions?

**Coaching questions:** Hélène Stelian at [helene@nextactforwomen.com](mailto:helene@nextactforwomen.com)

**Any other questions and booking:** Host and Owner of Villa el Cantico, Holly Marihugh at [hmarihugh@yahoo.com](mailto:hmarihugh@yahoo.com)