

A wide-angle photograph of a waterfall in a lush, tropical forest. The waterfall cascades down a rocky cliff face into a pool of vibrant turquoise water. The surrounding environment is dense with green trees and foliage, and large rocks are scattered throughout the scene.

# Costa Rica

Retreat. Adventure. Fun

MAY 3 - 8, 2023

## MAY 3

Welcome to Costa Rica!

Arrive at the San Jose Airport and transfer to your retreat for the next five nights.

Just unpack, get settled and we'll take you on a walk around your beautiful surroundings.

Afternoon welcome drink.

Dinner on the terrace.

*Sleep: Costa Rica*



## MAY 4

Good morning sunshine. Start the day with a relaxing salutation and meditation before breakfast.

After we've digested, meet Keri for a HIIT class. She'll get your heart & body going for the day. Enjoy an amazing lunch and talk about what self-care means to you.

Finish up the day with an afternoon archery initiation class or organic chocolate tasting.

*Sleep: Costa Rica*

*Did you know....*

There are over 500,000  
species of wildlife in Costa  
Rica - 900 of them are birds!





## MAY 5

Start your day and get your body moving with a KCfit band stretch.

Savor another delicious breakfast & take time for you.

After, put on your walking shoes & swimsuit. It's time for hiking & waterfall hunting!

*Sleep: Costa Rica*

## MAY 6

Change it up today with a sunrise stretch & walk. Breathe into the day & smile.

After breakfast, we will hit the gym with Keri's calorie-burning, booty-shaping workout. Poolside lunch.

Discover your power by setting your intentions and achieving your dreams.

After a mid-day siesta, we're going ziplining!

*Sleep: Costa Rica*



## MAY 7

Sunrise stretch, fresh juices, and a delicious breakfast.

Head for a morning swim or float. Keri's ramping up with one more calorie-burning HIIT class to make your week complete.

After lunch, put on your walking shoes - your guide is taking you to the Poas Volcano National Park! On our jungle walk, you'll see the spectacular animals and birds of Costa Rica.

Dinner: Evening celebration & dinner.

*Sleep: Costa Rica*





## MAY 8

Wake up feeling refreshed, energized, and complete! After a leisurely, healthy breakfast, we can assist with organizing transport to the San Jose Airport.

We wish you safe travels and thank you for coming with us to Costa Rica!

**Questions?  
Call - Email - Text**

[www.ChasingATLAS.com](http://www.ChasingATLAS.com)

435 225 2563

[info@ChasingATLAS.com](mailto:info@ChasingATLAS.com)

*We reserve the right to make changes to the itinerary & changes are inevitable.*

## COSTA RICA ADVENTURE by KCFit: OVERVIEW

<b>Trip Start/Finish</b>	El Silencio Lodge & Spa, Costa Rica
<b>Accommodations</b>	
<b>5 star</b>	El Silencio Lodge & Spa <a href="http://www.elsilenciolodge.com">www.elsilenciolodge.com</a>
<b>Dates</b>	May 3 - 8, 2023
<b>Length</b>	6 Days/ 5 Nights
<b>Style</b>	Reboot - Workouts - Self-Care - Healthy - Adventure
<b>Price</b>	\$5900 per person single occupancy; Shared room (inquire)
<b>Reservation</b>	\$1000 per person + reservation form at Chasing <b>ATLAS</b> .com
<b>Accepted</b>	Cash, Check, Wire, VISA, MC, AMEX
<b>Final</b>	Due Feb 25, 2023
Trip Insurance	Strongly encouraged; Suggestions: TravelGuard
Cancellations	Deposit refundable for 24hrs; Final payment non-refundable

### What's Included

All Accommodations

All Breakfasts

Most Dinners

3 Lunches

3 KCFit Workouts

Private Transfers for excursions

Rainforest & Waterfall Hike

Ziplining

Other adventures

Morning meditation - stretching - revive

### Not Included

International Airfare

Experience Gratuities



***Chasing ATLAS is  
partnering with KCFit  
on this trip***

***About your host Keri...***

*For 25 years, Keri Crockett has been at the forefront of health and wellness as a personal trainer for thousands of clients. Beginning in 2020 with overwhelming success, Keri launched KcFit, an inclusive, experiential training community for like-minded women and men.*

*In 2022, with a goal to impact and inspire more health-conscious professionals, Keri launched r  viv  by KcFit Adventures, a multi-day wellness retreat for conscious leaders held at bespoke destination resorts.*

*Restore, refocus, and renew your life, mind, body, and soul. The r  viv  experience is specially designed for executives and professionals who seek a motivating r  boot to their personal commitment to physical health and mental well-being.*

*With daily fitness, nutrition, and conscious leadership modules, Keri and her team of experts provide a complete wellness program and an individually personalized path to achieve a lifetime of wellness. Every r  treat is specifically focused and personally customized to meet the health and wellness needs of each individual.*