



Activating Happiness in Midlife!



November 6th to 10th, 2024



El Mangroove, Costa Rica



Trip Overview

Welcome to the third Empowering Midlife Wellness Retreat! The theme of this event is "Activating Happiness in Midlife" and will be hosted by **four world-renowned experts in different aspects of women's health and holistic wellness**, with the goal of creating the fullest and most joyful life for women primarily in the 40 to 65 year old age group.

This four night retreat in luxurious beachfront Costa Rica will leave you with a **new outlook on the second half of life and actionable tools to create more happiness in your life**, as well as for those around you.

Happiness is our basic nature, and we can all learn simple daily practices to reconnect with our basic inner joy and wellbeing, rather than constantly seeking it from outside.

This event is all-inclusive, including the luxury hotel, all meals, open bar during dinner, a group catamaran cruise, one spa service, multiple optional beach activities and in-country transfers - as well as the program itself.



About the facilitators

DR. SUSAN HARDWICK-SMITH



Is a Board-Certified Gynecologist specializing in women's midlife wellness, hormone optimization and sexual wellness. She is the founder of Complete Midlife Wellness Center in Houston, TX, and the best-selling author of "Sexually Woke - Awaken the Secrets to Your Best Sex Life in Midlife and Beyond". She also hosts a popular podcast and YouTube show called "Empowering Midlife Wellness". Dr. Susan is the recipient of the Texas Super Doctor award over 15 times, as well a multiple time recipient of H-Texas magazine's Top Doctor and Top Doctor for Women awards.

She also has been chosen as one of Houston's "3 best rated" gynecologists several consecutive years. Dr. Susan is also an ICF certified life and leadership coach, multipletime marathoner and Ironman triathlete, and mother of 3 young adults. More info at: www.completemidlifewellnesscenter.com

MEG ELLIS

Is a **Certified Conscious Life Coach**, a **NLP Practitioner** and a **Create Your Fate Podcast Host**. Meg is here to lead you to Your Best Life Ever — the life where you truly understand yourself and are not held back by guilt, fear, or self-limiting beliefs. **Her unique methodology rooted in The Enneagram, Consciousness, and The Law of Attraction is proven to create life-changing results.** She is a Certified Conscious Life Coach and Neurolinguistic Programming (NLP) Practitioner, focusing on untraining old beliefs that are holding you back, and rewiring your brain for self-love and growth.

Having overcome the trauma of divorce, sudden death, and unhealthy attachments, she wants you to know there is a life of fulfillment waiting for you too. Learn to love yourself and focus on what you *want*... not what you don't want. Stop trying to control your life — and *actually* create it instead. More info at: www.letscreateyourfate.com





KELLEY WORKMAN

Is an Integrative Nutrition Health Coach, master personal trainer, Pilates, yoga & meditation instructor, but this was not her first career. After graduating University of Houston with a BS in Business in 1991, she began working with her husband to build physical therapy/orthopedic clinics across Texas while building a successful career in commercial real estate. In 2010 that all changed after the passing of her husband.

She and her five children relocated, and she wanted to do something new to heal herself & her family. Fast forward in 2015 she became a mother to her sixth child at 45-years-old and still enjoys living in Houston. Kelley Moves was born out of her lifelong passion for exercise & nutrition. Now she **empowers women in midlife who are burned out and ready to reclaim their lives, moving them toward a healthy body, clear mind better life.** More info at: www.kelleymoves.com



YANIV SHANTI

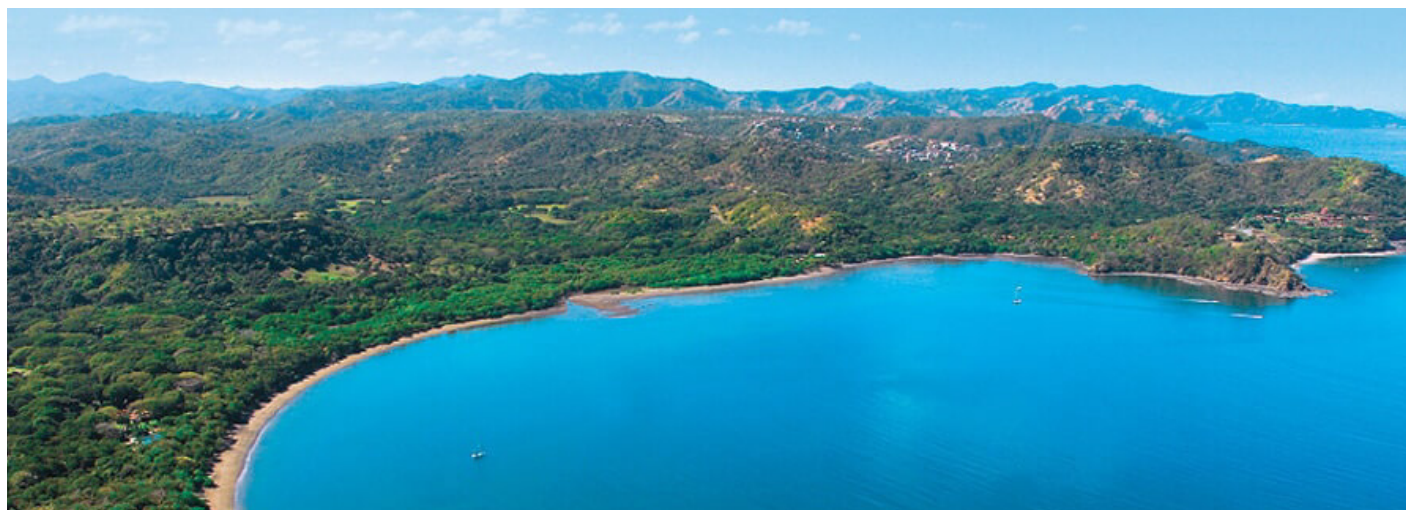


Is a Co-founder and director of “El Despertador - School of Happiness”. He is also a happiness activist, emotional health promoter, lecturer, motivator, life coach, instructor of mindfulness, meditation and personal growth, **developer of experiential learning tools**, designer and facilitator of transformational experiences, celebrant of intentional ceremonies, architect, DJ and entrepreneur.

Through conferences, workshops, retreats, group activations and individual sessions, **he has had the privilege of helping thousands of people, with over 25 years of dedication** to regain, enjoy and share their happiness with the world.



About the venue



Elegance and exceptional service combine for a relaxed getaway experience at El Mangroove, Autograph Collection in Guanacaste, just steps from the beach. Overlooking the Gulf of Papagayo, our beachfront hotel in Guanacaste's modern design is inspired by lush forests, sun-kissed beaches and the vibrant culture of Costa Rica. Our hotel is the closest beach resort to an international airport within Costa Rica just 20 minutes from touchdown to sand.

The suites are nestled among the trees, where you will be able to get lost in relaxation in this light-filled refuge. After a day in paradise, chill inside your bohemian-chic room and regain your energy for your next adventure. You'll discover why Pura Vida is the lifestyle that you deserve.





Itinerary

**NOV
6TH
(WED)**

"INTENTION"

Flight from Houston to Liberia:

On United: 9:38 a.m. / 1:08 p.m. or 4:55 p.m. / 8:15 p.m.

On Southwest: 10:50 a.m. / 1:10 p.m.

On arrival, 20-minute transfer to the beautiful Gulf of Papagayo, where you will stay in the **El Mangroove** beachfront hotel.

In the afternoon:

Before 5:00 p.m.: Relax and enjoy the pool, beach and settle into your room

5:00 p.m. - 5:30 p.m.: Property orientation tour

5:30 p.m. - 7:00 p.m.: Welcome with fun and games in the garden

7:00 p.m. - 8:00 p.m.: Private dinner

8:00 p.m. - 9:00 p.m.: Evening program (TBA)

"INSPIRATION"

8:00 a.m. - 9:15 a.m.: Poolside breakfast / Small group conversations with hosts

9:30 a.m. - 10:30 a.m.: "Morning Bliss Meditation" with Yaniv Shanti

10:30 a.m. - 11:00 a.m.: Group check-in, sharing circle and instructions for the day

11:15 a.m. - 1:00 p.m.: Group session #1 with Kelley (TBA)

1:00 p.m. - 2:00 p.m.: Private lunch

2:15 p.m. - 4:00 p.m.: Group session #2 with Meg (TBA)

4:00 p.m. - 7:00 p.m.: Relaxation time for spa, paddle boarding, kayaking, beach activities or relaxing with friends. Hosts will be available throughout both days for impromptu beach or poolside discussions as they organically arise. Participants can join a 1.5-hour paddle board and kayaking guided tour.

7:00 p.m. - 8:00 p.m.: Private dinner

8:00 p.m. - 9:00 p.m.: Evening program (TBA)

**NOV
7TH
(THURS)**





**NOV
8TH
(FRI)**

"ACTIVATION"

8:00 a.m. - 9:15 a.m.: Poolside breakfast / Small group conversations with hosts

9:30 a.m. - 10:30 a.m.: "Bathing in Gratitude" with Yaniv Shanti

10:30 a.m. - 11:00 a.m.: Group check-in, sharing circle and instructions for the day

11:15 a.m. - 1:00 p.m.: Group session #3 with Susan (TBA)

1:00 p.m. - 2:00 p.m.: Private lunch

2:00 p.m. - 7:00 p.m.: Relaxation time for spa, paddle boarding, kayaking, beach activities or relaxing with friends. Hosts will be available throughout both days for impromptu beach or poolside discussions as they organically arise. Participants can join a 1.5-hour paddle board and kayaking guided tour.

7:00 p.m. - 8:00 p.m.: Private dinner

8:00 p.m. - 9:00 p.m.: Evening program (TBA)

"CONNECTION"

8:00 a.m. - 9:15 a.m.: Poolside breakfast / Small group conversations with hosts

9:30 a.m. - 10:15 a.m.: "Outdoor Cardio Drumming" with Kelley

10:30 a.m. - 11:00 a.m.: Group check-in, sharing circle and instructions for the day

11:15 a.m. - 1:00 p.m.: Group session #4 with Susan (TBA)

1:00 p.m. - 2:00 p.m.: Private lunch

2:15 p.m. - 4:00 p.m.: Group session #5 with all facilitators (TBA)

4:00 p.m. - 7:00 p.m.: Group sunset Catamaran cruise, enjoying the peace and tranquility of nature and ocean with the deep connection of friends. On board there is a selection of fresh fruits, natural juices and open bar. Enjoy the sea breeze, the sunshine of Costa Rica and this unique tropical paradise at its best.

7:00 p.m. - 8:00 p.m.: Private dinner

8:00 p.m. - 9:00 p.m.: Evening program (TBA)

**NOV
9TH
(SAT)**





**NOV
10TH
(SUN)**

"INTEGRATION"

8:00 a.m. - 9:15 a.m.: Poolside breakfast / Small group conversations with hosts

9:30 a.m. - 11:00 a.m.: "Integrating Happiness" with Yaniv Shanti

11:00 a.m. - 12:00 p.m.: Closing sharing circle

Then, 20-minute transfer to the airport for your flight back to Houston

On United 2:14 p.m. / 5:54 p.m. On Southwest 2:05 p.m. / 6:40 p.m.

OPTIONAL

Sunday afternoon through Monday at noon - Relaxation and integration, optional off-property tours of local Costa Rican beauty. Consider staying longer if you want to - Our travel agent can help plan a customized program to visit Monteverde, the Arenal Volcano or the Nicoya Peninsula, among others.

OPTIONAL ACTIVITIES:

RINCÓN DE LA VIEJA VOLCANO DAY-TRIP: Enjoy a full magic and adventure day authentically Costa Rican, and authentically Guanacastecan in the Hacienda at the foot of the towering Rincón de la Vieja Volcano. The adventure starts with a scenic horseback ride through woods and trails, for then having an exhilarating fun on 7 zip line cables where experienced guides will lead you through the rainforest to the series of treetop platforms.

Afterwards, you will take a thrilling tubing ride down the river to enjoy of the fresh water. After the rush of adrenaline, get ready to enjoy a delicious lunch with a variety of typical Costa Rican dishes and a natural tropical fruit beverage to finally relax and experience the volcanic activity at the natural hot springs pools, bubbling volcanic mud pits, steaming fumaroles, and mini geysers.

BEACH HOPPING HALF-DAY EXCURSION: Go on a private half-day excursion to visit the most beautiful beaches along the Papagayo Peninsula Coastline which are accessible by boat only. We will navigate to dozens of secluded and undeveloped beaches along the bay. Enjoy the white sand and turquoise waters, snorkel in the colorful reefs (or Stand up Paddle) and take a picnic lunch on the sand. Discover the richness of Costa Rica's marine life!

Prices available upon request.

**NOV
11TH
(MON)**



Packages & Options

AVAILABLE PACKAGES

EARLY BIRD

SAVE \$200
IF BOOKING BEFORE
JULY 31ST

Sharing a double suite

Single suite

~~\$3,985~~
\$3,785

Deposit: \$1,000

~~\$4,985~~
\$4,785

Deposit: \$1,500

As a special additional discount through July 31, please use the **PURAVIDA** code to get an additional **\$200 discount**

WHAT'S INCLUDED

- ✓ Accommodation *In Nesto / Bark suites at El Mangroove*
- ✓ Wellness activities
- ✓ Airport transfers
- ✓ Retreat leader
- ✓ Retreat facilitators
- ✓ Catamaran Sunset Tour
- ✓ One spa treatment
- ✓ All meals *From dinner on Nov 6th until breakfast on Nov 10th*
- ✓ Open bar *During dinner*
- ✓ 24/7 assistance *In English during the whole retreat*

WHAT'S NOT INCLUDED

- ✗ Flights
- ✗ Optional activities
- ✗ Travel insurance
- ✗ Tips
- ✗ Alcoholic drinks *Except during dinner time*

EXTEND YOUR STAY

Extra night in double suite

\$420

*Price per person, including only breakfast on November 11th
(not lunch and dinner on November 10th)*

Extra night in single suite

\$685

*Price per person, including only breakfast on November 11th
(not lunch and dinner on November 10th)*



Testimonials from past participants

“

It was life changing! To feel I and others could be so open with our whole hearts (including our leaders). I think everyone else fed off each other! Was an AWESOME GROUP! I loved every minute of the experience! The retreat was everything that I expected and more. The amazing women, the wonderful speakers, and the safe space to “just connect” was perfect. I learned a lot and have much to think about regarding my health and happiness. I would love to attend the next retreat.

”

“

One of the best things about the retreat is that I think it was really a judgement free zone which unfortunately can be hard to find sometimes. Meeting women with similar struggles can make you feel less alone. Finding solutions to these struggles or just open ears is heartwarming. All the presenters were genuinely friendly and willing to just be themselves. Every woman needs this retreat in their life.

”

“

Activating Happiness in Midlife means so many things and this retreat really showed us from the beginning with Shanti opening evening, to Kelley's Circle of Life and how to balance Life, then Meg teaching us how to manifest what we want and then how to actually receive it and finally Dr. Susan helping us let go of that story that doesn't serve us any longer and getting out of that crazy drama triangle all flowed so perfectly. Shanti's dance parties with different intentions each evening was not only great exercise but also freeing and really bonded is all together, like glue.

”

“

Amazing experience. Be prepared to share and be 'all in' to make the most of all the sessions. I discovered some things about myself that I hope to continue to work on after the retreat. I truly feel I can incorporate more practices to increase my happiness and health. I think I'm going to be a retreat addict after this!

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Payment and cancellation policy

To secure your spot, a non-refundable deposit is required. The balance will be due on September 6th. In case you need to cancel your participation,

(a) 60 days or more prior to November 6th, we will retain 50% of the total booking price and reimburse the remaining amount.

(b) Less than 60 days prior to November 6th, we will retain 100% of the total booking price

If you need to leave the retreat for any reason after it has started, we won't be able to make any refunds for unused services.

For full terms and conditions, visit <https://sumak-travel.org/terms>



To secure your spot,
you can visit [the retreat website](#)
or scan the code below

