



Activating Happiness Through Menopause and Beyond

 November 12th to 16th, 2025

 Papagayo Golden Palms Beachfront Resort & Spa, Costa Rica



Trip Overview

Welcome to the third Empowering Midlife Wellness Retreat! The theme of this event is "Activating Happiness Through Menopause and Beyond" and will be hosted by **5 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 beachfront Costa Rica will empower you with **the most up to date scientific information about menopause, hormone therapy and creating a personal holistic healthspan strategy**, and will also leave you with a new outlook on the second half of life.

Along with optimizing our hormones and our nutrition and exercise choices, we know that emotional health is paramount. 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 hotel, all meals, open bar during dinner, a group catamaran cruise, daily yoga, multiple optional exercise and 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.



MILA GONZÁLEZ

Is a yoga teacher, nutritionist, meditation guide, and co-owner of Krama Yoga. As a mother and lifelong student of life, her passion is to accompany processes of conscious connection, integrating body, mind, and the present moment. Passionate about intentional movement, her aim in every class is to cultivate presence, acceptance, gratitude, joy, and enthusiasm as tools for living in an integrated and authentic way.

Her yoga classes are multi-level, carefully designed to offer professional support in each posture, providing regressions or progressions according to each student's needs. Mila views yoga and meditation as powerful paths to remember our true purpose and to awaken the infinite potential within each human being. Through her practice and teachings, she invites everyone to reconnect with their true essence and embrace their journey with love and awareness.



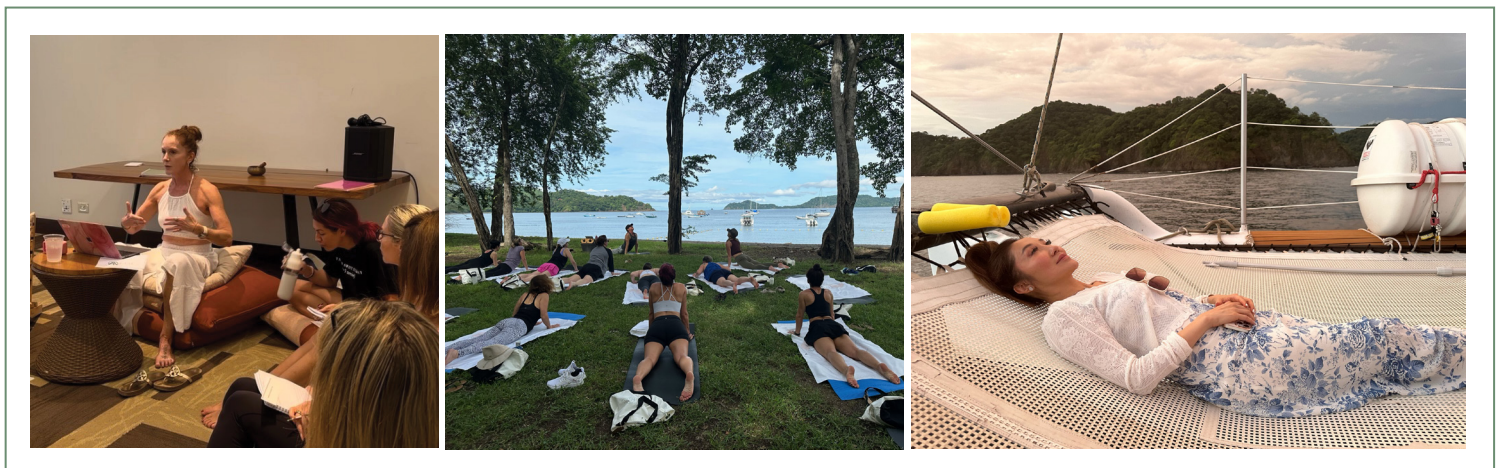


About the venue



Papagayo Golden Palms Beachfront Resort & Spa is a luxurious, secluded retreat nestled in the stunning Gulf of Papagayo, just 25 minutes from Liberia International Airport (LIR). Surrounded by lush tropical vegetation and pristine beaches, this exclusive oasis offers a serene escape, perfect for those seeking tranquility and connection with nature.

The resort's intimate setting allows guests to unwind by the pool, enjoy peaceful beach strolls, or indulge in rejuvenating treatments at the Nimbú Spa. Whether practicing yoga on the beach at sunrise, enjoying gourmet dining at Arenas Restaurant, or relaxing with tropical cocktails at the Howler Monkeys Pool Bar, every detail is designed to provide a harmonious wellness experience. Papagayo Golden Palms Beachfront Resort & Spa invites you to rejuvenate, relax, and reconnect in a breathtaking natural environment.





Itinerary

**NOV
12TH
(WED)**

"INTENTION"

Flight from Houston to Liberia:

On United: 9:36 a.m. / 1:08 p.m. or 2:25 p.m. / 5:57 p.m.

On Southwest: 10:25 a.m. / 1:50 p.m.

On arrival, 25-minute transfer to the beautiful Gulf of Papagayo, where you will stay in the **Papagayo Golden Palms Beachfront Resort & Spa.**

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 cocktail and introduction with hosts

7:00 p.m. - 8:00 p.m.: Dinner

8:00 p.m. - 9:00 p.m.: Evening program *with Shanti*

"INSPIRATION"

7:00 a.m. - 7:30 a.m.: Optional beach walk/run *with Susan*

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

9:30 a.m. - 10:30 a.m.: Yoga *with Mila* followed by "Morning bliss meditation" *with 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* - "Progress not Perfection"

1:00 p.m. - 2:00 p.m.: Lunch

2:15 p.m. - 4:00 p.m.: Group session #2 *with Meg* - "Embracing Feminine Energy through Menopause"

4:00 p.m. - 7:00 p.m.: Relaxation time for spa, paddle boarding, kayaking, beach activities, riding bikes or relaxing with friends. Or join a small group yoga and resistance training. Hosts will be available for impromptu beach or poolside discussions as they organically arise.

7:00 p.m. - 8:00 p.m.: Dinner

8:00 p.m. - 9:00 p.m.: Evening program *with Shanti*

**NOV
13TH
(THURS)**





**NOV
14TH
(FRI)**

"ACTIVATION"

7:00 a.m. - 7:30 a.m.: Optional beach walk/run *with Susan*

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

9:30 a.m. - 10:30 a.m.: Yoga *with Mila* followed by "Gratitude meditation" *with 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* - "Menopause Demystified"

1:00 p.m. - 2:00 p.m.: Lunch

2:15 p.m. - 4:00 p.m.: Group session #4 *with Susan* - "Creating a Holistic Healthspan Strategy"

4:00 p.m. - 7:00 p.m.: Relaxation time for spa, paddle boarding, kayaking, beach activities, riding bikes or relaxing with friends. Or join a small group yoga and resistance training. Hosts will be available for impromptu beach or poolside discussions as they organically arise.

7:00 p.m. - 8:00 p.m.: Dinner

8:00 p.m. - 9:00 p.m.: Evening program *with Shanti*

"CONNECTION"

7:00 a.m. - 7:30 a.m.: Optional beach walk/run *with Susan*

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

9:30 a.m. - 10:30 a.m.: Yoga *with Mila* followed by "Gratitude bath meditation" *with 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 #5 *with All hosts*- "Opening to Intimacy- If You really Knew Me"

1:00 p.m. - 2:00 p.m.: Lunch

2:15 p.m. - 4:00 p.m.: Group session #6 *with All hosts*- "Clearing the Slate- ho'oponopono"

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.: Dinner

8:00 p.m. - 9:00 p.m.: Evening program *with Shanti*

**NOV
15TH
(SAT)**





**NOV
16TH
(SUN)**

"INTEGRATION"

7:00 a.m. - 7:30 a.m.: Optional beach walk/run *with Susan*

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

9:30 a.m. - 10:30 a.m.: "Cardio drumming" *with Kelley* followed by "Integrating happiness meditation" *with Shanti*

10:30 a.m. - 11:00 p.m: Check out of rooms

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

Then, 25-minute transfer to the airport for your flight back to Houston

(2:14 p.m. / 5:57 p.m. on United or 2:45 p.m. / 6:15 p.m. on Southwest).

OPTIONAL

Sunday afternoon through Monday at noon - Relaxation and integration, as well as 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 DAYTRIP: Enjoy a full magic and adventure day authentically Costa Rican, and authentically Guanacastecan, in the Hacienda Guachipelín at the foot of the towering Rincón de la Vieja Volcano. You will enjoy a 3-hour hike of the amazing Las Pailas Trail at Rincón de la Vieja National Park and discover unique wildlife! Then enjoy a short walk to the magnificent Oropéndola Waterfall and take a swim in its outstanding blue pool. After that, prepare yourself to partake in the hot springs and relaxing volcanic mud baths. The daytrip also includes a delicious buffet lunch at Hacienda Guachipelín Restaurant.

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
17TH
(MON)**





Available Packages

Sharing a double suite

\$2,800 | Deposit: \$1,000

Price per person, staying in a shared suite with two beds, from November 12th to 16th.

Sharing a double suite with extras

\$3,160 | Deposit: \$1,200

Stay one extra night, including dinner on November 16th and breakfast on November 17th, plus one spa treatment. Price per person, staying in a shared suite with two beds, from November 12th to 17th.

Single suite

\$3,400 | Deposit: \$1,500

Stay in a single suite, from November 12th to 16th.

Single suite with extras

\$3,925 | Deposit: \$1,800

Stay one extra night, including dinner on November 16th and breakfast on November 17th, plus one spa treatment. From November 12th to 17th.

WHAT'S INCLUDED

- Accommodation
- Wellness activities
- Airport transfers
- Retreat leader
- Retreat facilitators
- Catamaran Sunset Tour
- Meals *As described in the itinerary*
- Open bar *During dinner time*
- 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*



Testimonials from past participants

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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.

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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 12th. In case you need to cancel your participation,

- (a) 60 days or more prior to November 12th, we will retain 50% of the total booking price and reimburse the remaining amount.
- (b) Less than 60 days prior to November 12th, 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.



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

