

The purpose of this trip will be to help you get out of “yourself”, by getting you out of your town and country and getting out of your head and into nature and self-care and self-nurturing in a beautiful setting. My goal for all of us will be to come back as completely transformed people who have let things go in life on every level, that are no longer serving our greatest good and are holding us back from living our utmost highest levels of consciousness and our most enriched lives. We will do this in the following way:

- Mind, Body, Soul reset
- Awareness, Identification & Elimination of attitudes, values and behaviors that no longer serve us
- Commitment to new self with open mind & heart

Learning objectives:

- Learn the 4 mental aggravations that can lead to the big 6 addictive & self sabotaging behaviors.
- Identify/eliminate the 4 areas of negative behavior patterns.
- Embrace the 4 anchors of successful living.
- Learn how Self love = self efficacy + self agency

Daily Itinerary:

7 am: gentle yoga & stretching & intention setting for the day

8:30 am: breakfast

Day is open for excursions, relaxing & play!

5 pm: power yoga

6:30 pm: dinner

8 pm: meditation & group discussion on day's intentions

Sunday 3/13: arrive in mid-afternoon, get settled into rooms. Dinner at 6:30 and then connect with evening restorative meditation at 8pm.

Monday 3/14 theme: loving kindness

Tuesday 3/15 theme: forgiveness

Wednesday 3/16: a partner yoga class will be offered in the evening

Tuesday or Wednesday: group excursion intermediate hike to waterfalls (see Tierra de Sueños website for full description)

Thursday 3/17 theme: recovery & 12 step

Friday 3/18 theme: gratitude

Saturday 3/19: Wrapping it all up and together for restarting your life.

Sunday 3/20: check out & travel home.

4 mental aggravations:

1. Negative thinking
2. Self doubt
3. Procrastination
4. Resentment

4 negative behavior patterns:

1. Substance/chemical use (over eating, impulsive spending, casual sex & other addictive behaviors)
2. Resentment/anger
3. Unhealthy/toxic relationships (codependence with family/friends)
4. Negative beliefs about self

Big 6 addictions:

1. Drugs
2. Alcohol
3. Food
4. Money
5. People
6. Technology

4 anchors to successful living:

1. Problem recognition
2. self-examination
3. taking responsibility
4. self-regulation

Cost: \$2,000 (\$500 deposit by 7/31 via cash, check, PayPal, Venmo, apple pay, credit) - All payments made to Mike Lewis.

When: March 13-20, 2022

Where: Tierra de Sueños, Costa Rica

Non refundable after Sept 13th

Cost breakdown:

\$1147 room and board per person

\$600 yoga/meditation training

\$75 excursion

\$50 for protein meal

\$128 miscellaneous (marketing and supplies)

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