

THE SURFER'S JOURNERY IMMERSION RETREAT

At Jade Retreat Center

Nosara Costa, Rica



Dr. Don Kennedy

drdonkennedy.com

941-815-0559

The Surfer's Journey Immersion Retreat Program

At Jade Retreat Center
Nosara Costa Rica

About the Program

Created and taught by physician, surfer, author, and leadership professor, Dr. Don Kennedy, this all-inclusive retreat takes the participants on an seven-day mental and physical immersion into the surfing and Costa Rican culture.

Who Should Attend the Program?

Applications are open to anyone who is hearing what we call *the voice in their onshore breeze* telling them, "There's got to be more to life."

The program has taught attorneys, executives, leaders, physicians, educators, engineers, spouses, college students, and others.

Remember, this is a mythological immersion where *no one knows who you are*. You get to become the kid again, to play, to discover, to take risks, and let mother ocean, the howler monkeys, the sunsets, and rich discussion teach what's important in the 29,200 days you've been given.

Although most retreats in Costa Rica are limited to 8-12 participants, larger groups up to 25 can be accommodated during and **other than the scheduled dates.*

[Contact Dr. Kennedy via email, application or call for further discussion.]

Applying to the Program

Acceptance to one of the events is based on space available as well as the applicant's needs and expectations. The application can be completed at **www.drdonkennedy.com**. Once an application is submitted, Dr. Kennedy, or one of his staff, will contact the applicant for further discussion and to answer questions.

The Program Content

The program content is based on the ten-core principles of surfing, self-discovery, and leadership take from Dr. Kennedy's textbook, *The Surfer's Journey: The Path to Transformational Heroism*

These research-based principles, along with other writings, act as a guide and challenge students to step beyond the confines of his or her present context, by paddling off of what we call the *Island of Same* to begin a new journey, to re-discover their natural nature and true calling. We call them transformational heroes:

Fearless cause-driven individuals who wake each day to inspire, teach, and improve all they touch. That's you.

As shown in the example program schedule, each day presents a different and additive theme and experience that focuses on reawakening an imagination that has been dulled for too long.

What to Expect and Learn

This is not a *how to* curriculum, it a *what if* experience. The immersion's daily content-based themes, presented by Dr. Kennedy and other teachers and mentors, are customized for each event to create an environment that encourages *freedom of thought, creativity, self-examination, and a spiritual re-awakening.*

As is taught by the mythological tale in *The Surfer's Journey*, *you must leave the world you know and cut your own life path.* That's called beginning again. It's called finding and riding your perfect wave of bliss. And, it's about becoming the hero your family, your profession, and the world has been waiting for. It's time.

About the Inclusive Program

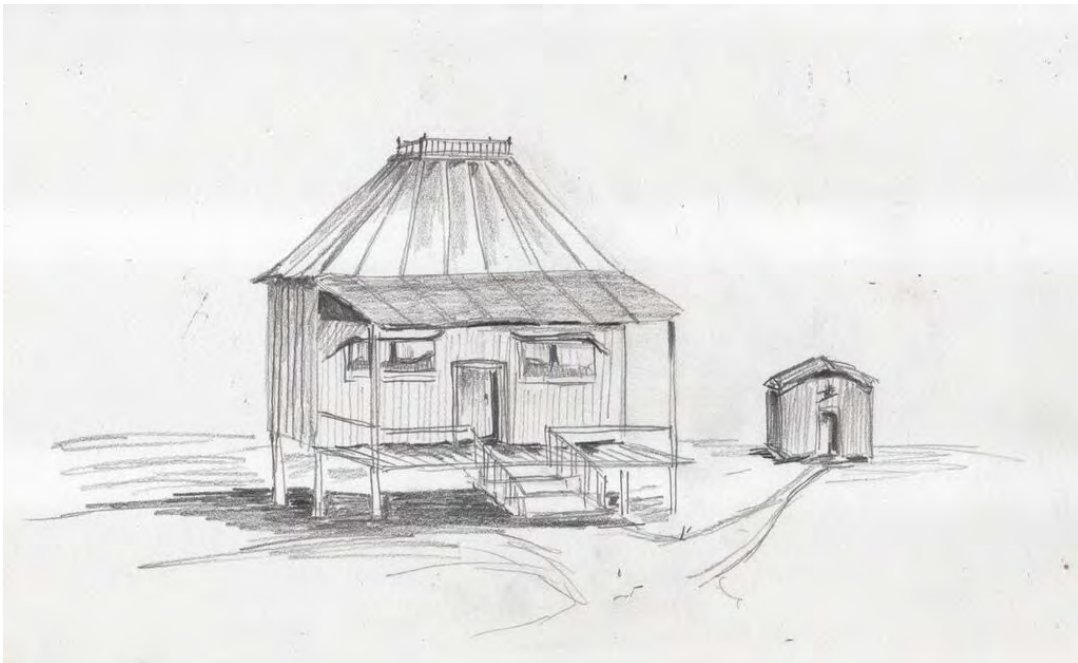
Included in the Program

- Transport to and from the Liberia Airport as well as local *planned* transportation
- Accommodations (see below)
- All *planned* excursions and activities such as
 - *Surfing, Zip-line, Yoga at Jade, Horseback riding, Quad, and others*
- Three meals prepared by the Jade Retreat chef
- All activity materials including action guides, journals, and other supplies
- Personal mentoring by Dr. Kennedy or other instructors by appointment

About the Pre-Program

In preparation for the most important journey of your life, all participants will receive the following prior to the trip:

- A Preparation Guide to insure you have all you need for a safe trip to Costa Rica
- A copy of Dr. Kennedy's *The Surfer's Journey* textbook to read before the event
- Further information about Nosara: What to do and where to go in your free time



Accommodations, Cost, and Payment

The exclusive Jade Retreat Center houses 5 Suites, each with a queen bed and single bed as well as two *bunk-bed suites*, each with two sets of comfortable bunk beds.

The cost of the program is based on the accommodations and number of people in each room as shown.

Program Cost and Payment

**Inclusive Cost Per Person*

	1 Person	2 People
Individual Suite	\$6400.00	\$4400.00 pp.
Bunk Suite	\$4500.00	\$3000.00 pp.

**Note that the cost is the same whether or not participants (spouses, etc.) choose to take part in the program*

Payment

- A 50% payment is due at the time of acceptance with the balance due within 30 days of that acceptance.
- Full refund is available within the first 30 days of acceptance.
- A 50% refund will be made up to 30 days prior to the event.
- Refunds past the 30-day deadline to the event will be taken on a case basis.

“I Needed a New of Teaching People How to Get Better At Being Alive.”

Dr. Don Kennedy

A Message From Dr. Kennedy

That's what *The Surfer's Journey Immersion Program* is about, using the research-based ten principles of he'e nalu (surfing) to re-discover *what you are* by taking a mythological inward journey to paddle off the *Beach of Same* to discover the kid that dreamed what he or she could be.

And although it's not an easy quest, it's your surfer's journey, and that adventure of transformation must be taken, lived, and told by those who watched you carve your name on the waves.

See you in Costa Rica,

Don

DATES 2020

January 17 - 24

March 7 - 14

May 2 - 9

(Further Dates Pending)

"It's Time to Begin Again"

JOIN US

Watch Video and Apply at

www.drdonkennedy.com

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