

TRANSFORM YOUR LIFE

JOIN US FOR A
WOMEN'S WELLNESS RETREAT

IN THE MOUNTAINS OF

TURRIALBA

COSTA RICA

WITH

MAY 22-25, 2025
REGISTRATION OPEN!

PERDUECOUNSELING@GMAIL.COM



**Crystal Perdue,
MA, LPC, LMHC**



PERDUE THERAPY AND COACHING
TRAIN YOUR BRAIN, TRANSFORM YOUR LIFE

PACKAGE FOR TURRIALBA

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Join us for a **3-day immersive Women's Wellness Retreat** for **expert-led** workshops designed to empower you, connect you to your inner self, and create lasting change. Surrounded by the lush beauty of Costa Rica you will leave with renewed energy, clarity, and a profound sense of peace.

RECHARGE, RECONNECT, RENEW

Participants will leave the retreat with:

- Practical tools for emotional regulation and habit-building.
- A reprogrammed mindset for abundance and success.
- Clarity on how to achieve goals and rewrite their life story.
- A plan of action to implement once returning home
- Increased insight/gained knowledge regarding personal financial wealth and successful gains
- A renewed sense of self, supported by nature and community.

INCLUDES

- Pre call with licensed therapist to set your intentions for the trip
- Expert-led professionals to discuss financial wellness, meditation, nutrition and exercise, and workshops designed by a licensed therapist and coach on reframing limiting beliefs, emotional regulation, and training your brain to begin the transformation of your life.
- Roundtrip transportation to and from the airport
- Accommodations for 4-nights Wednesday night (upon arrival)
- Private chef that will prepare delicious, nourishing farm-to-table meals

PRICING

Single occupancy room
Total Investment \$4000 if paid before March 30th,
after the price will be \$4500
*airfare is not included
*deposits are non-refundable

TRAVEL DETAILS

Travel Details available upon registration.
Must have valid passport.



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