

Hello,

You have arrived at your sanctuary... your place of inspirational fulfillment and peaceful passion. We're honored and grateful to welcome you to the Con Smania Retreat Centre. Here in beautiful Costa Rica, only the present moment matters. Our lives are perfectly balanced, poised for contemplation as we embrace conservation.

This is your home away from home... a place to nurture your mind and body, ground your experience in a transformative landscape, and cultivate the magic you bring to your business.

In this moment, listen to your needs and explore our retreat centre. From locally sourced food to inviting nature pathways to restorative activities, we've strived to create a space where you can put down roots and grow your branches even more.

We're here to help with whatever you need as you transform your energies and transpire your dreams. Please feel free to reach out with questions by calling (000-000-000).

If you have any concerns, visit the reception area and we will do our best to resolve your issues and empower you to fulfill your purpose here at Con Smania Costa Rica.

We know you have goals to accomplish while you're here, so we've spared you the stress of building an itinerary. Your personal schedule is enclosed. We're eager to welcome you to all of your transformative events in this rejuvenating space.

Be sure to nourish yourself with our delicious meals, direct from our food forest:

Breakfast is at: xx:xx - xx:xx

Smoothie bar open: xx:xx - xx:xx

Dinner: xx:xx - xx:xx

Again, please call (000-000-000) with any questions.

Thank you again for booking your time at our retreat centre. This is your moment to embrace a sustainable and restorative approach to your business, health, and life. Together, we'll make an impact in one of the

world's five Blue Zones — the oases of rejuvenation, inspiration, and conservation.

In healing energy,

[signature]

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**SOURCES USED:**

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