

# Burnout to Boundless Retreat

Puerto Rico: August 26 -August 30th



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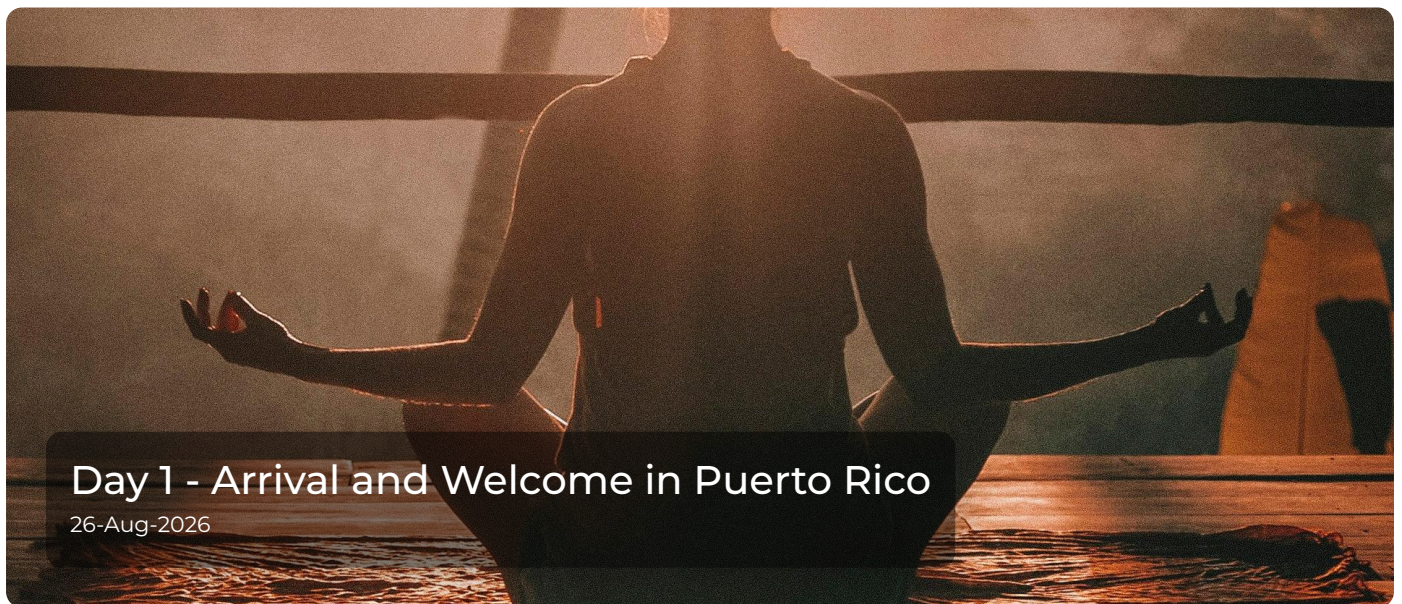
Puerto Rico: August 26 -August 30th

## Puerto Rico

### 📍 Burnout to Boundless Retreat

Experience a transformative four-day (5th day is departure) retreat in Puerto, Rico designed to help you move from burnout to boundless energy.

Enjoy daily yoga, breath work, creative workshops, nourishing meals, and restorative self-care in a supportive group setting, all surrounded by the natural beauty of Puerto Rico



## Day 1 - Arrival and Welcome in Puerto Rico

26-Aug-2026

### Arrival, Orientation, Yoga, and Welcome Dinner

#### 📍 Arrival at Luis Munoz Marin International Airport

Arrive at **Luis Munoz Marin International Airport** between 1:30-2pm; private group transport to Villa at 2pm.

#### 📍 Transfer and Check-in at our Accommodations

Transfer and check-in at 4pm; settle in.

### 📍 Welcome Orientation & Property Tour

Welcome orientation and property tour at 4pm, with welcoming goodies!

### 🕒 Solo Soul-Care Time

Snack and solo time at 4 pm (pool, gym, beach).

### 🧘 Opening Group Yoga & Breathwork Session

Opening Group Yoga & Breathwork session at 5:30 pm.

### 🍴 Group Welcome Dinner and Intention-Setting

Group Welcome Dinner and Intention-Setting session at 7 pm.

### 🎵 Evening Sound Bath and Journaling Session

Evening Sound Bath and Journaling session at 8:30 pm.



## Yoga, Art Therapy, and Beach Excursion in Puerto Rico

### 🧘 Sunrise Meditation

Sunrise meditation (optional) at 7 am.

### 🧘 Group Yoga with Somatic Breathwork session

Group Yoga with Somatic Breathwork session at 7:30 am.

### 🍴 Group Breakfast at Villa

Group Breakfast at 9 am.

### 🎨 Art therapy workshop:

Mixed-media art workshop at 10 am.

 Self-nurture time

Self-nurture time (pool, gym or personal reflection session) at 11:30 am.

 Group Lunch at Villa

Group Lunch at 1 pm.

 Group excursion to town or local beach

Group excursion to town or local beach at 2:30 pm.

 Rest/transition back to Villa

Rest/transition back at 5 pm.

 Group Breathwork & Sound Bath session

Group Breathwork & Sound Bath session at 5:30 pm.

 Group dinner at Villa

Group dinner at 7 pm.

 Exploratory evening


Exploratory evening (in-house socializing or self-nurture activities) at 8 pm.



## Day 3 - Exploration & Sunset Chat

28-Aug-2026

### Nature Hike, Yoga, and Fireside Chat

 Sunrise meditation

Sunrise meditation (optional) at 7 am.

 Restorative Group Yoga session

Restorative Group Yoga session at 8:30 am.

 Group Breakfast at Villa

Group Breakfast at 9 am.

### Optional Surprise Activity

Surprise from GB Team for retreat guests 10 am.

### Self-nurture time at Villa

Self-nurture time (pool or self-reflective activities) at 12 pm.

### Group Lunch at Villa

Group lunch at 1 pm

### Self-nurture time; 1-to-1 sessions with hosts

Self-nurture time or 1-to-1 sessions with hosts to enhance your healing experience at 3 pm.

### Group Sound Bath & Breathwork session

Group Sound Bath & Breathwork session at 5 pm.

### Group Dinner at Villa

Group Dinner at 6 pm.

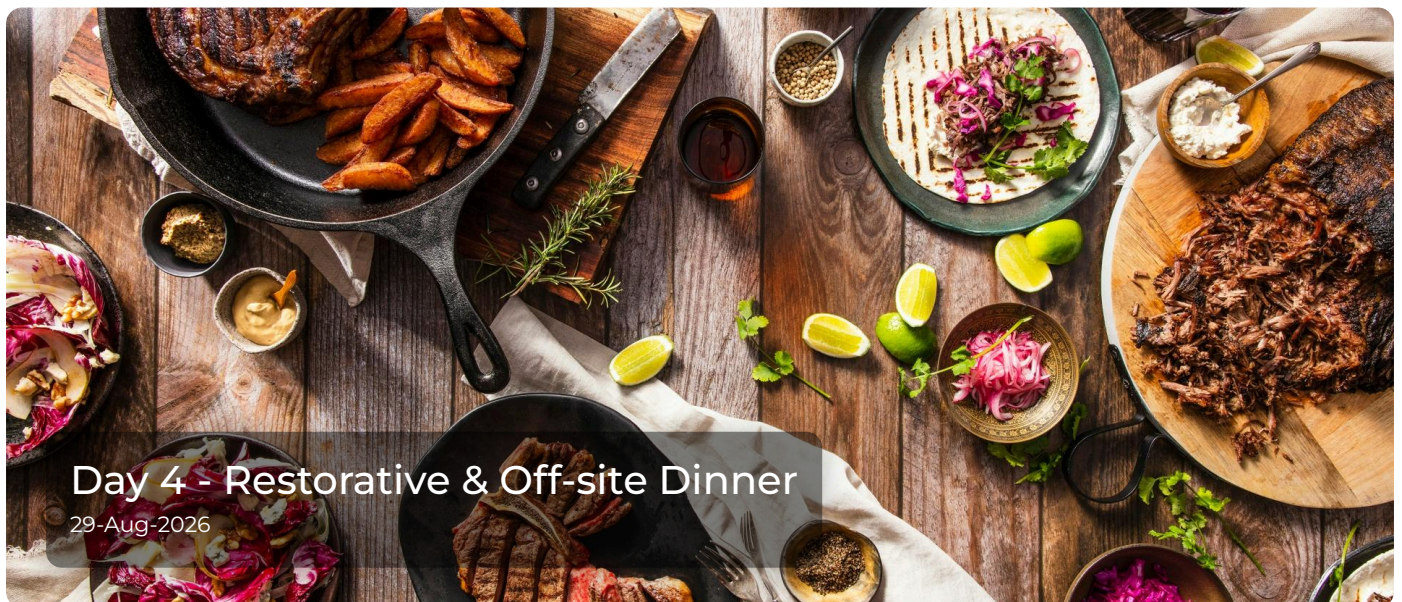
### Boundless Burnout Healing

Heart-to-Heart & Burnout Prevention Training

(gather around by the calming waters for a 1-hour session on recognizing and recovering from burnout) from 8:00–9:00 pm.

### Reflection & relaxation

Reflection & relaxation at 9:00 pm.



### Restorative Yoga, Creative Workshop, Off-site Dinner

### Sunrise meditation

Sunrise meditation (optional) at 7 am.

#### ☪ Group Breakfast

Group Breakfast at 9 am.

#### 🧘 Restorative Group Yoga Session

Restorative Group Yoga Session (slow, deep stretching) at 10 am.

#### 🧘 Self-nurture time

Self-nurture time (pool, art journaling, or on-site gym) at 11:30 am.

#### ☪ Group Lunch at Villa

Group Lunch at 1 pm.

#### 🧠 Creative workshop

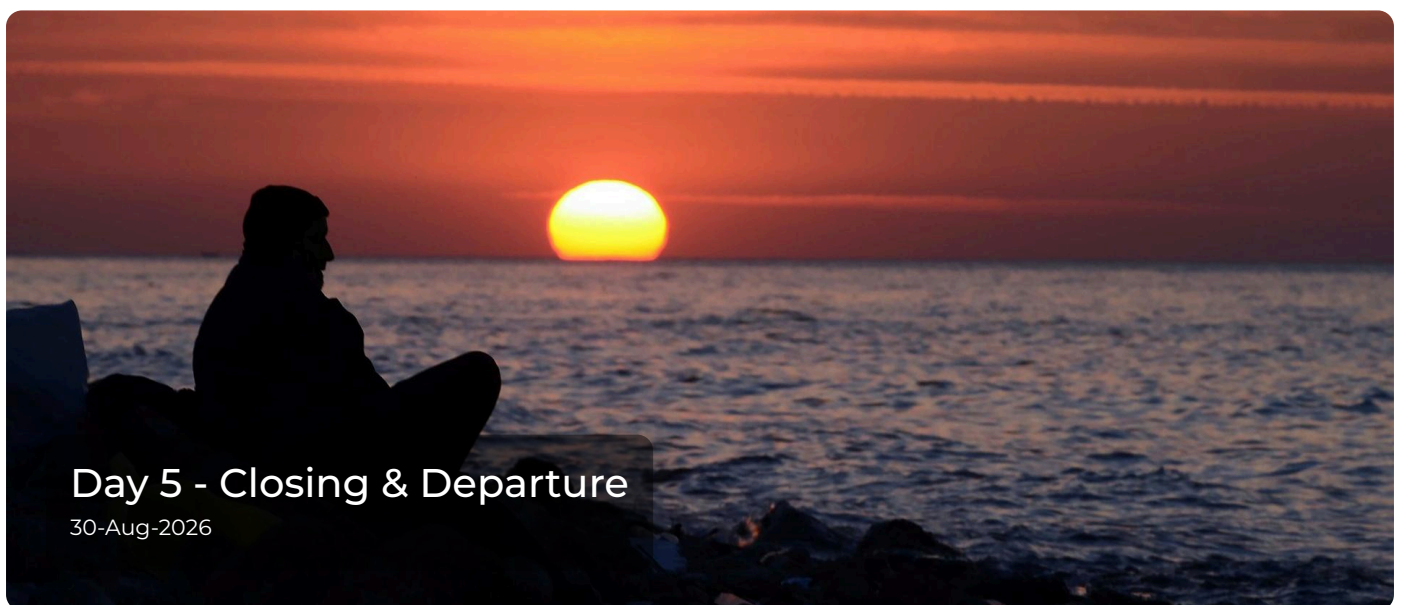
Creative workshop (vision boarding, mandala drawing, writing prompts) at 3 pm.

#### ☪ Off-site Group Dinner

Off-site Group Dinner in Pinilla arranged by the GB Team at 6 pm.

#### 📷 Group Gathering & Reflection

Group reflection, fun activities and/or photo session(s) at 8 pm.



#### Final Meditation, Farewells, and Departure

##### 🧘 Final sunrise meditation & gentle yoga session

Final sunrise meditation & gentle yoga session at 7 am.

#### ☪ Group Breakfast at Villa

Final group breakfast at 8:30 am.

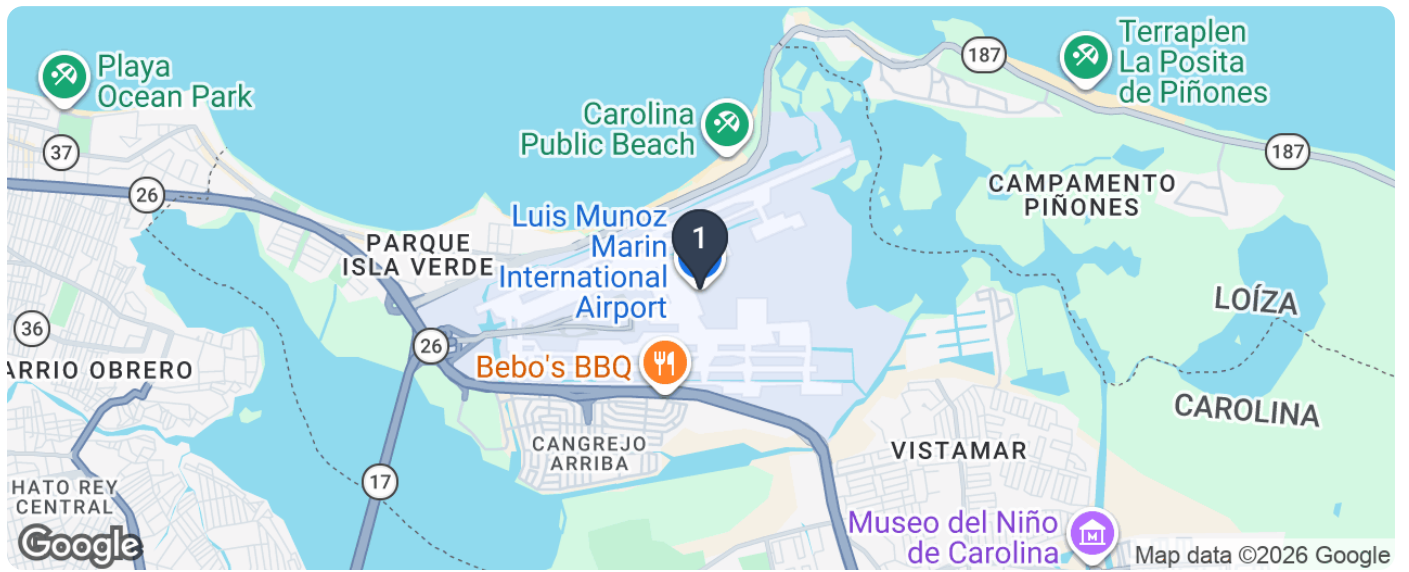
#### 🎁 Closing ceremony; Goodies & Farewells

Closing ceremony; additional goodies & final farewells at 9:30 am.

📍 Check-out & transport back to San Juan Airport

Check-out & transport back to San Juan Airport at 10 am.

## Map



1. Luis Munoz Marin International Airport Airport Rd, Carolina, 00979, Puerto Rico