Welcome Dinner
Sun 12 Jan 2025 6:00PM - 7:30PM

Kick off your retreat with a Welcome Dinner that tantalizes your taste buds and nourishes your soul. Curated by wellness and nutrition experts John and Kaelash, this whole food meal introduces you to the rich, vibrant flavors of the Caribbean. It's more than just a meal; it's an experience that sets the stage for a week of transformation.

Morning Movement with Kaelash (Daily)
Mon 13 Jan 7:00AM - Sat 18 Jan 2025 7:45AM

Start your day with rejuvenating Morning Movements led by Somatics expert Kaelash. These daily sessions are designed to help you reconnect with your mind, body, and spirit through a unique blend of mindful movement and Somatic practices. Feel the power of these therapeutic exercises, described as even more effective than traditional yoga, to ignite your inner vitality and set a peaceful, energetic tone for the day ahead.

Organic Gardening & Plant Nutrition Workshop with John
Mon 13 Jan 2025 9:30AM - 11:30AM

The organic gardening and plant nutrition workshop, led by John from Growing Your Greens, provides participants with hands-on experience in cultivating and nourishing plants naturally. This session empowers attendees with practical skills and insights to enhance their plant-based lifestyle through sustainable gardening practices.

Zoni Beach (walk, swim, and enjoy the sun)
Mon 13 Jan 2025 2:00PM - 5:00PM

Located on the northeastern coast of Culebra, Zoni Beach promises an unforgettable beach experience. Often compared to the famed Flamenco Beach, Zoni boasts the same powdery white sands and crystal-clear waters but offers a more tranquil, secluded setting. Far less populated than its more famous counterpart, Zoni Beach is the perfect place to unwind and soak in the natural beauty of the Caribbean. Enjoy a leisurely walk along the pristine shoreline, take a refreshing swim in the inviting waters, and gaze out at the distant views of St. Thomas and the other Virgin Islands. This peaceful excursion combines gentle exercise with pure relaxation, providing you with the ideal opportunity to connect with nature and rejuvenate your spirit.

Hands-On Planting Techniques Workshop
Tue 14 Jan 2025 9:30AM - 11:30AM

Immerse yourself in the art of sustainable gardening during this Hands-On Planting Techniques Workshop. Guided by John, you'll acquire practical skills that will ensure your organic garden thrives when you return home. Learn the latest sustainable methods to nurture your plants, empowering you to cultivate a flourishing garden that continues to grow long after the retreat ends.

Trip to Flamenco Beach
Tue 14 Jan 2025 1:30PM - 4:30PM

Discover the allure of Flamenco Beach, consistently ranked among the world's top beaches. Recognized as the 3rd best beach globally by TripAdvisor's Traveler's Choice Award and named the 2nd most beautiful beach in the world by the Discovery Channel, Flamenco Beach is a true Caribbean gem. With its powdery white sands and shallow turquoise waters, this beach is a sanctuary for those seeking peace and beauty. Surrounded by the Culebra National Wildlife Refuge, Flamenco Beach offers a unique blend of relaxation and natural splendor. Spend your afternoon basking in the sun and connecting with your surroundings in this tropical paradise.

The Easiest and Healthiest Foods to Grow Indoors
Wed 15 Jan 2025 9:30AM - 10:30AM

Unlock the secrets of sprouting with Kaelash, a sprouting expert with over 30 years of experience. In this enlightening class, you'll discover the incredible health benefits of sprouts and learn how these tiny powerhouses can significantly enhance your nutrition and vitality. This session will open your eyes to the simplest and most nutritious foods you can grow right in your home.

Grow Sprouts Indoors Workshop
Wed 15 Jan 2025 10:30AM - 11:30AM

Put your newfound knowledge into practice in this hands-on workshop with Kaelash. Learn the practical techniques of sprouting and gain the skills to grow your own nutrient-dense sprouts at home. This empowering session will leave you with the confidence to incorporate sprouting into your daily routine, boosting your health and well-being effortlessly.

Hike to Resaca Beach
Wed 15 Jan 2025 2:00PM - 5:00PM

Embark on an invigorating hike to the secluded Resaca Beach, where breathtaking landscapes and a tranquil atmosphere await. This 40-minute trek through Culebra's rugged terrain rewards you with a windswept beach that you'll likely have all to yourself. This journey is more than just a hike—it's an opportunity to connect with nature, reflect, and bond with fellow participants in a stunning, remote setting.

Snorkeling or Hiking at Tamarindo Beach
Thu 16 Jan 2025 9:30AM - 11:30AM

Experience the tranquil beauty of Tamarindo Beach, a favorite among locals for its calm waters and rich marine life. Whether you choose to snorkel alongside vibrant sea turtles or hike with John through the lush surroundings, this excursion promises an unforgettable adventure. Dive into the clear waters or explore the scenic trails—either way, you'll create lasting memories in this stunning tropical paradise.

Maximizing Nutrition in Homegrown Food Workshop
Thu 16 Jan 2025 3:00PM - 5:30PM

Join John in this comprehensive workshop where you'll learn how to maximize the nutritional value of your homegrown produce. From the best growing techniques to ensuring peak nutrition at harvest, and methods of food preparation that preserve flavor and health, this session equips you with the knowledge to elevate your gardening and culinary practices to new heights.

What Foods to Eat and What Foods to Avoid
Fri 17 Jan 2025 9:30AM - 11:30AM

Join John as he shares his insights from nearly three decades of eating nutrient-dense whole foods. In this informative session, you'll learn what makes a food truly healthy and which foods to avoid for optimal well-being. John will guide you through the best choices for enhancing your health, performance, and overall quality of life.

How to Succeed with What You've Learned
Fri 17 Jan 2025 5:00PM - 6:00PM

As the retreat comes to a close, join John and Kaelash for a reflective session where you'll revisit the week's teachings and experiences. With their guidance, you'll create a personalized plan to carry forward everything you've learned about gardening, wellness, and vibrant health. This session will equip you with the tools and confidence to continue your journey towards a healthier, more fulfilling life.