



# Sober Adventure Experience

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MAY 2022

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EL SALVADOR

# Our Mission

To create a safe space for sober curious adventurers where they learn how to achieve a healthy body, mind and soul with tools they can use for the rest of their lives. In this experience, we present our guests with new ways to connect with their emotions, improve their relationships, create the most confident version of themselves, and to be an authentically social magnet that's fully in tune with their senses + the environment around them.

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# About the Hosts

This experience is cohosted by two adventurers who have solo traveled around the world, acquired unique skillsets along the way, and have realized that you do not need substances to enjoy life. Yeni and Bo have teamed up to make this the experience of a lifetime.

Bo Green



Bo is a Sober Confidence coach specializing in self love and emotional fitness for people who are ready to go on their sober journey. He will facilitate breathwork, meditations and reflection workshops for this experience.

Yeni Fernandez



Yeni is a certified yoga instructor, intuitive healer, environmentalist, and creator of vibes. Her passion is teaching people how to manifest their reality and live a more conscious life. She will be guiding us through morning vinyasa flows and will be coordinating our adventures.

# Itinerary

## Wednesday, May 18th

3 PM: Check In

6:30 PM: Welcome Dinner

8:30 PM: Icebreaker Exercise



## Thursday, May 19th

7 AM: Release Yoga + Meditation

9 AM: Breakfast

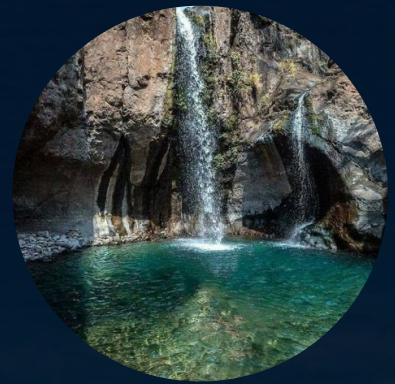
10:30 AM: Surf Lesson

2 PM: Lunch

3:30 PM: Healthy Habits Workshop

7 PM: Dinner

8:30 PM: Laughing Yoga



## Friday, May 20th

7 AM: Empower Yoga + Breathwork

9 AM: Breakfast

11:30 AM: Waterfall Hike

1:30 PM: Lunch

3:00 PM: Breaking BS Beliefs Activity

7 PM: Dinner

9 PM: Cacao Ceremony + Ecstatic Dance



## Saturday, May 21st

8 AM: Nurturing Slow Flow Yoga

9:30 AM: Breakfast

11 AM: Emotional Intelligence Workshop

1:30 PM: Lunch

3:00 PM: Beach + Cave Adventure

7pm : Celebration Dinner

9 PM : Closing Beach Fire



## Sunday, May 22nd

Farewell Breakfast

Hugs & Closing Circle

# Location

One Wave Surf House is a private luxury villa overlooking the picturesque Pacific Ocean in El Sunzal, El Salvador. The ultra-modern open design of the main house provides breathtaking views of the ocean and the surrounding hillside while allowing gentle tropical breezes to pass through the entire structure. The villa includes a swimming pool as well as a huge roof-top deck - perfect for yoga, star gazing, and group gatherings. The house is across the road from the El Sunzal surf beach, very close to the village of El Tunco. Steps away from remarkable sunsets. There are six amazing beaches located within a 15-minute drive of the house.



# What's Included

- Shuttle to/ from airport
- 5 days/ 4 nights at the remarkable One Wave Surf House
- Daily healthy vegan meals made prepared by a local chef
- Daily Yoga + Meditation + Breathwork
- Cacao Ceremony + Ecstatic Dance
- Waterfall + Beach adventures
- Full Body Massage
- Growth + Wellness Workshops
- Surf Lesson
- & MORE

\*Airfare not included\*

# Rates



## Casita Bedroom

Shared Bedroom with Queen Bed & Private Bathroom:

**\$1,500** per person - Accommodates 2

Private Option Available:

**\$2,800**

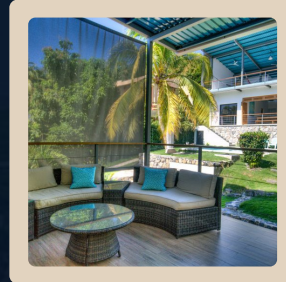
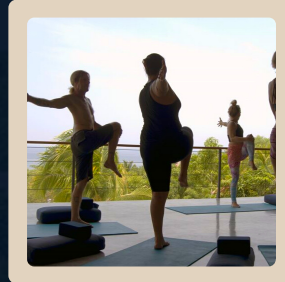
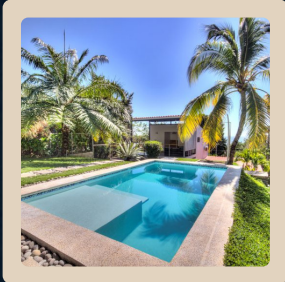
**Two** of these options available



## Main Floor Bedroom

Shared room with Two Beds & Private Bathroom:

**\$1,800** per person - Accommodates 2



## Main Floor Bunk Room

**\$1,000** per person

Accommodates 4



## Yoga Deck Master Bedroom

Shared room with King Bed & Private Bathroom:

**\$2,000** per person - Accommodates 2

Private Room with King Bed & Shared Bathroom:

**\$3,000**

# All Other Inquiries

**This container is available to 12 spots.**

You can secure your space with a 50% deposit sent to:

Cashapp: \$zenyeni

Zelle/Paypal: GetZenWithYen@gmail.com

There are options for **payment plans!**

**Contact Yeni with any other questions**

Email : GetZenWithYen@gmail.com

Whatsapp + Text : +1 727-342-0825

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Imagine meeting like-minded individuals who are also seeking a sober, healthy, adventurous life. Imagine people who would also love to connect with Mother Nature. Imagine spending a long weekend with stunning 360 views of the enchanting beaches of El Salvador while evolving and growing.

Now think about those times you spent your income on useless nights out, or on experiences that didn't help you grow, or on the new phone + clothing item that did not fulfill your happiness?

The choice is yours: What do you believe you deserve?  
Which possibility do you want to turn into reality?

Enough excuses. Enough of the same patterns. Aren't you tired of settling?

Let's have an adventure together.  
Future **YOU** will thank **YOU**

**See you in May 2022**

**Let's start the summer off right and set ourselves for the  
best adventure imaginable!**

*Let's Get High on Life!*