



DISCOVER
Puerto Rico

Wellness: Nourishing Mind & Body

FITNESS LEVEL: 2

Rest and relaxation come naturally in Puerto Rico, where an appreciation for the beauty and magic of our island is part of the Boricua way of life. Puerto Rico's many fine spas are waiting to pamper you with blissful treatments in gorgeous settings. Through this trip, you'll also discover ways to nourish body and soul in the great outdoors with wellness experiences around the northeast area of the Island.

Agenda

DAY 1

- Transfer to property
- Check in at La Concha
- Dinner at property

DAY 2

- Transfer to Casa Alternavida
- Casa Alternavida experience
- Leisure time
- Dinner at 1919

Day 3

- Wellness experience at La Concha
- Horseback riding at Campo Rico
- Dinner at Cocina Pública

Day 4

- Check out of property
- Transfer to convention

LODGING: LA CONCHA RESORT

SAN JUAN

La Concha offers stylish amenities right in the heart of the entertainment capital of the Caribbean – the Condado district. Enjoy San Juan beachside days, warm ocean breezes and hot nightlife. Hang out by lively pools or lounge under the wind-sculpted palm trees hugging the ocean. Enjoy exotic and local flavors at one of the hotel's chic restaurants or sip an island cocktail while spending time enjoying the lounge scene. The cuisine at The Loft Beach Front is inspired by lush tropical flavors and ingredients.



Activities and restaurants are subject to change.

CASA ALTERNAVIDA EXPERIENCE

RIO GRANDE

Casa Alternavida is a wellness retreat specializing in rapid transformation by teaching mindset shift tools that help bring ease and flow into your life. This is a place where personal development is adventurous, fun and inspiring.

You find alternative answers for a more fulfilling life. Learn important life skills to access higher levels of creative flow and joy instead of being burdened by stress and anxiety. Re-connect with an abundance of wisdom found in nature, in yourself and within others.



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LA CONCHA WELLNESS EXPERIENCE

SAN JUAN

Situated in the heart of Condado, [La Concha Renaissance Resort](#) offers its guests the opportunity to experience conscientious wellness while taking advantage of the soothing tropical paradise. Energize your morning with a mindfulness session overlooking the beach and release your tensions with some Caribbean heat in a jacuzzi surrounded by nature with the resort's exclusive Wellness Program.



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HORSEBACK RIDING AT CAMPO RICO

CAROLINA

Soak up the Caribbean sun while enjoying the sights and sounds of wildlife on the smoothest horses around. Experienced guides take you around lagoons, through tropical vegetation and around mountains with views of coastal plains. Learn the history of the Puerto Rico Paso Fino Horse and why the health and spirit of our animals is our number one priority.



CULINARY EXPERIENCES

Restaurants to be included:

- Serafina
- 1919
- Cocina Pública



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