



THE ART OF LIVING WELL RETREAT

COSTA RICA | FEB 28 - MARCH 7, 2027

Escape the cold and step into a week of rejuvenation, inspiration & holistic wellness on the stunning Pacific coast of Costa Rica.

Join Linda, Angelina and Barb for a transformative retreat.

WHAT'S INCLUDED:

- » Daily Yoga & Yoga Therapy sessions
- » Wellness Talks
- » 3 locally sourced meals per day
- » Time to relax, explore & connect with nature
- » 7 nights accommodations at Vida Asana Eco-Retreat Center in beautiful Playa Hermosa, Costa Rica
- » And so much more!

If you are looking to reset, recharge or deepen your wellness practice, this retreat is your opportunity to reconnect—with yourself and the world around you.

Scan the QR code to reserve your spot and learn more about The Art of Living Well Retreat.



MEET YOUR HOSTS

DR. LINDA HENNINGER

DOCTOR OF CHIROPRACTIC, 300-HOUR RYT CERTIFIED YOGA INSTRUCTOR

With 39 years of chiropractic experience and over two decades teaching Yoga, Dr. Linda blends science, movement and mindfulness to help her community thrive. She has dedicated her career to promoting healing through both evidence based care and the art of yoga. Her energy, warmth and deep expertise will guide and inspire you.

ANGELINA HENNINGER, PT, DPT

DOCTOR OF PHYSICAL THERAPY

Angelina is a Pelvic Health and Orthopedic Physical Therapist with 14 years of clinical experience. As a professional and a mother of two, Angelina is passionate about empowering women with education, confidence and accessible care. She brings knowledge, empathy, and a genuine love of helping others move and feel their best.

BARBARA HAWK

A retired healthcare educator with 37 years of experience, Barb brings a deep passion for education, wellness and the natural world. Her sessions weave together these strengths to offer meaningful, accessible learning designed to support personal growth and enrichment.