

Lifestyle Medicine Retreat

“Experience the Blue Zone”

Nicoya, Costa Rica 2026

April 17th - 21st



T. COLIN CAMPBELL
Center for Nutrition Studies





Thursday, April 16th Suggested day of arrival in San José, Costa Rica

- **Hyatt Hotel check-in 3:00pm**

Friday, April 17th

8.00 - 5:00 pm

- **Costa Rica Association of Lifestyle Medicine Conference**

- Hyatt Place, San José, Curridabat – Pinares

- Lifestyle Medicine & Longevity Conference
 - Science-based workshops
 - Longevity fundamentals
 - Blue zones
 - Metabolic health, stress, sleep, movement & nutrition, conectivity

Throughout the day

- | | |
|------------------------------|--------------------|
| Johannes R. Fisslinger, M.A. | GERMANY |
| Marcela Sandoval, MD | MEXICO |
| Michelle Tollefson, MD | USA |
| Stephan Herzog, PhD | SWITZERLAND |
| Luis Aguilar, MD | COSTA RICA |
| Colin Zhu, MD | USA |
| Marcela Manuzza, PhD | ARGENTINA |

5:30pm

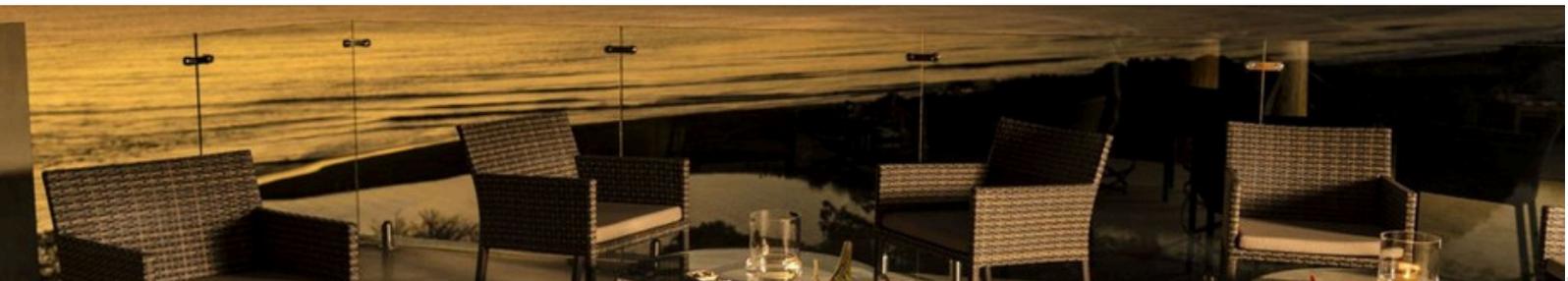
Post conference workshop:

- How to live 100 years
- Undo Diabetes blue zone secret

7:00 pm

- Retreat welcome / Gathering & Opening Circle

- **Overnight:** Hyatt Place Curridabat





Saturday, April 18st

- Morning:**
- 5.00 - 5.30 am
 - 6:15 am
 - 10.30 am - 3.00 pm
- Breakfast
 - Departure Hyatt Hotel to Nicoya Peninsula, Group Transport
 - Blue Zone Experience, Workshop| Plant Based Lunch
 - Intro to ancestral living practices
 - Meet & share stories with local centenarians
 - Longevity culture immersion
- Afternoon:**
- 3.30 - 5.00 pm
 - 5.30 - 6.30 pm
- Departure to Nosara Beach Lodging
 - Lagarta Lodge Sunset Session
 - Intro to ancestral living practices
 - Meditation overlooking Mangroves & Ocean
 - Breathwork & Grounding
- Evening:**
- 7.30 - 8.30 pm
 - 8.30 - 10.00 pm
- Plant Based Dinner
 - Evening Leisure time





Sunday, April 19th

Intermittent Fasting • Nature • Mind-Body Connection

Morning:

7.00 am

- Fasting (Herbal Infusion)

8:00 am

- Forest-bathing experience
 - Gentle mobility & mindful movement
 - Beach mindfulness walk & ocean immersion

Afternoon:

12.30 am - 1.30 pm

- Break-fast plant-based brunch

2.30 - 3.30 pm

- Longevity coaching session

3.45 - 4.45 pm

- Blue Zone lifestyle principles practice

5.30 - 6.30 pm

- Sunset Connection circle

6.30 - 7.30 pm

- Rest & Spa

Evening:

8.00 - 9.00 pm

- Plant Based Dinner

9.00 - 10.00 pm

- Evening Leisure time





Monday, April 20th

Regeneration • Nature • Indigenous Wisdom

Morning:

- 7.00 - 8.00am • Plant-Based Breakfast
- 8:30 am • Morning meditation & yoga
- 9:30 am • Visit herbal & food garden inspired by indigenous healing
- 10:30 am • Regenerative wellness teachings

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Afternoon:

- 12.30 am - 1.30 pm • Plant Based Lunch
- 2.30 - 3.30 pm • Lifestyle Medicine Workshop
- 3.45 - 4.45 pm • Beach activities / optional surf & nature immersion
- 5.30 - 6.00 pm • Leasiure Sunset Session

Evening:

- 6.30 - 7.30 pm • Plant Based Dinner
- 8.00 - 9:00 pm • Lifestyle Medicine evening session
- 9.00 - 10:00 pm • Closing fire circle & intention ceremony





Tuesday, April 21st

Integration & Departure

Morning:

- | | |
|----------|-----------------------------------|
| 6.30 am | • Yoga & Breathwork |
| 8.00 am | • Plant-based breakfast |
| 9.30am | • Farewell + integration guidance |
| 10:00 am | • Departure |



For any questions, please reach out to Dr. Luis Aguilar from the Costa Rica Association of Lifestyle Medicine. We very much look forward to seeing you in Costa Rica! Your IBLM and LMGATeams



Costa Rican Association for Lifestyle Medicine

1st Symposium on Lifestyle Medicine

←
WOULD YOU LIKE TO PARTICIPATE IN THIS REMARKABLE EVENT?

REGISTER PROMPTLY.
LIMITED AVAILABILITY



April 17, 2026

8:00 am - 5:00 pm



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HOTEL HYATT

MOMENTUM PINARES

Further details available at
www.lifestylemedicinecr.com



COSTA RICAN ASSOCIATION OF
Lifestyle Medicine



Costa Rican Lifestyle Association

1st Symposium on Lifestyle Medicine

← Exhibitors:

- **Marcela Sandoval**, MD, LM, intensivist, IBLM ambassador. **MEXICO**
- **Johannes R. Fisslinger**, M.A. Founder Lifestyle Prescriptions®
Universit, **GERMANY**
- **Michelle Tollefson**, MD, OB/GYN, Board Member of ACLM, Blue Zones
Certification Author. **USA**
- **Stephan Herzog**, BBA, Executive Director of American and International
Boards of Lifestyle Medicine. **SWITZERLAND**
- **Marcela Manuzza**, Licensed Nutritionist (UBA), holds a Postgraduate
Certification in Lifestyle Medicine from the Latin American Lifestyle
Medicine Association (LALMA). **ARGENTINA**
- **Dr. Colin Zhu**, DO, Family Physician / OMT, Lifestyle Medicine Specialist
and Culinary Expert. **USA**

Price: \$160 | \$100 online

Deadline Early Bird: January 31, 2026

Limited availability

→ *Subscribe* ←



April 17, 2026

8:00 am - 5:00 pm



HOTEL HYATT

MOMENTUM PINARES



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COSTA RICAN ASSOCIATION OF
Lifestyle Medicine



1st Symposium on Lifestyle Medicine

The conference will address
the following central topics:



Lifestyle Medicine as the foundation
of comprehensive care



Blue Zones: principles of longevity
and well-being



Nutrition and its impact on
disease prevention



Exercise prescription in clinical practice



Mental health and stress management



Application of Lifestyle Medicine
in primary care



Interdisciplinary work and
multidisciplinary health teams



Exchange spaces, practical workshops,
and professional networking





CALM INCLUDES

- One day Conference and workshops
- Conference Certification
- Lodging at Hyatt Hotel San Jose (2 nights)
- Lodging at Lagarta Lodge Nosara (3 nights)
- All plant based meals included according to the program
- All workshops and experiences
- Blue zone experience (lunch with centenarians)
- All activities: yoga, meditation, forest bathing, breathwork, culinary medicine, and more.
- Experiential Retreat Certification by Global LM institutions
- Certified hours of experience for LM certification
- Participation to win over \$3000 in courses and more
- Transportation from Hyatt Hotel to Lagarta Lodge and back.

SINGLE OCCUPANCY

- PRICE \$3000

DOUBLE OCCUPANCY

- PRICE \$4000

NOTE: Any lodging or traveling I outside the defined dates of the event please inquire for guidance and recommendations.

WHATSAPP: +506 - 71399915

**Further information at
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