



## ANIMAL BASED NUTRITION RESEARCH FOUNDATION COSTA RICA | May 23-26, 2025

### Animal-Based Gathering Event Schedule Uvita, Costa Rica | May 23-26, 2025

#### Thursday, May 22 – Arrival Day

Travel to Uvita (Approx. 4 hours from San José Airport)

🔗 Check ABNRF.org for details

Affiliates – Consult your local representative for more info

#### Friday, May 23

7:00 AM - 1:00 PM – Free time: Breakfast on your own, beach & swimming

1:00 PM - 3:00 PM – Meet & Greet with Dr. Paul Saladino, MD + Snack Sponsored by Lineage

4:00 PM - 4:45 PM Breathwork Session

5:00 PM - 7:00 PM – Group Dinner & Dancing

#### Saturday, May 24

7:00 AM - 8:00 AM – Yoga

8:00 AM - 9:00 AM – Local Farmers Market Trip  
(Transportation included)

9:00 AM - 12:30 PM – Free time: Breathwork at host hotel, Beach, swimming, explore!

11:00 AM - 1:00 PM – VIP Experience at Paul's House (VIP ticket required)

12:00 PM - 12:45 PM – Lunch on your own (La Cusinga offers a curated animal-based menu)

12:45 PM – Depart for Guided Jungle Hike w/ Paul

1:00 PM - 4:00 PM – Ultimate Jungle Hike (Strong swimming skills required)

5:00 PM – Sunset at the Beach

6:00 PM - 8:00 PM – Group Dinner & Music

#### Sunday, May 25

7:00 AM - 8:00 AM – Yoga

7:00 AM - 2:00 PM – Snorkeling Excursion  
(Separate registration required)

8:00 AM - 4:00 PM – Explore local beaches, La Cusinga pool & watering hole, Breathwork session, Lunch on your own

4:00 PM - 6:00 PM – Beach games, swim & sunset

6:00 PM - 8:00 PM – Group Dinner & Dancing

#### Monday, May 26 – Final Full Gathering Day

7:00 AM - 8:00 AM – Yoga

9:00 AM - 11:00 AM – Private Surf Lessons  
(Separate registration required)

12:00 PM - 1:00 PM – Lunch on your own (La Cusinga offers a curated animal-based menu)

2:30 PM - 4:00 PM – 90-Min Q&A

Session/Podcast with Dr. Paul Saladino, MD

4:00 PM - 7:00 PM – Chill, Sunset & Farewell  
Group Dinner

#### Tuesday, May 27 – Departures



🌟 Schedule subject to change

🌟 La Cusinga offers a curated animal-based menu

🌟 La Cusinga offers additional experiences like birdwatching tours, spa services & transportation during free time—contact them directly for booking and details

**abnrf.org**