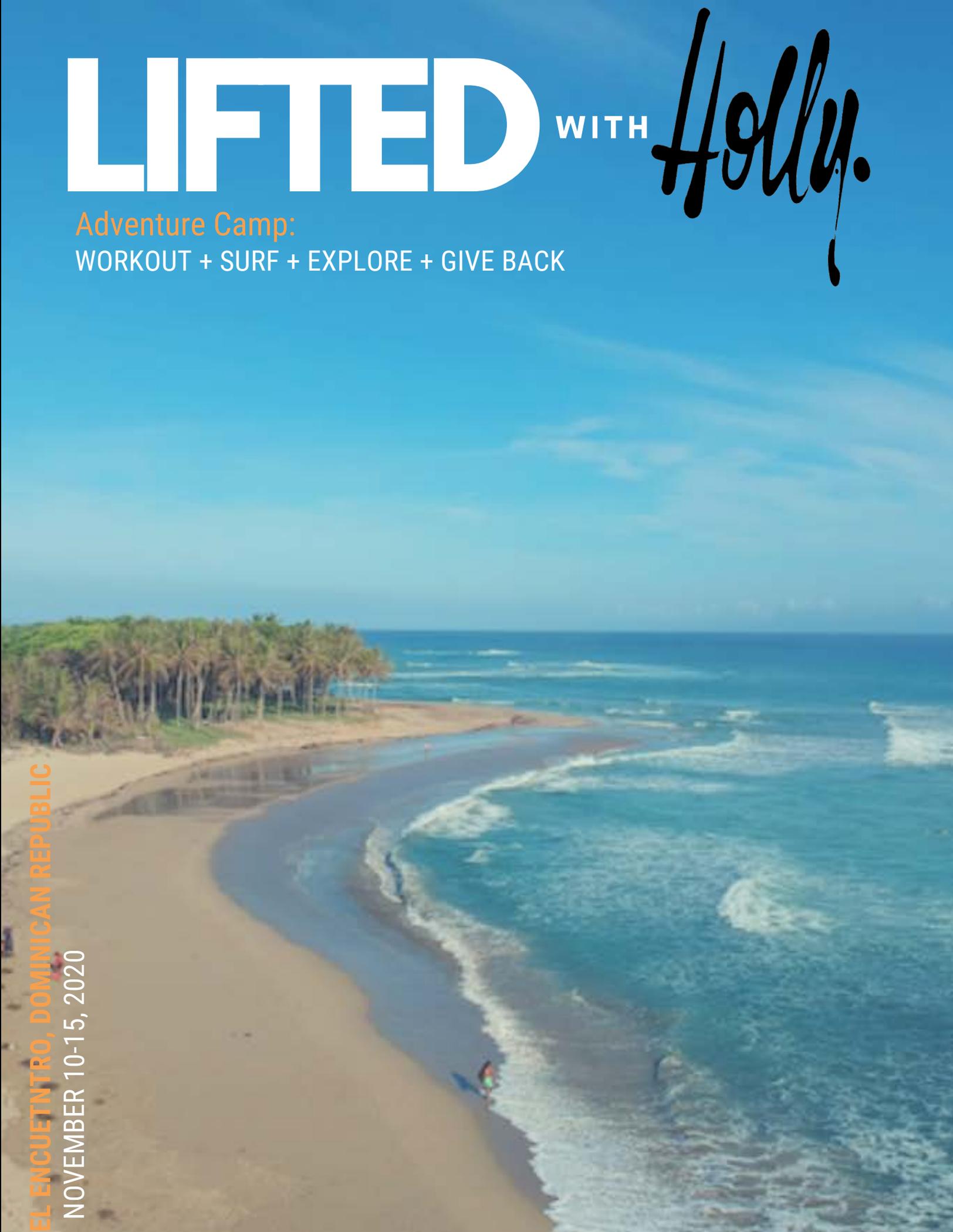


# LIFTED WITH *Holly.*

Adventure Camp:

WORKOUT + SURF + EXPLORE + GIVE BACK

EL ENCUENTRO, DOMINICAN REPUBLIC  
NOVEMBER 10-15, 2020





# What to expect

This is an opportunity to hang with your LIFTED team, exercise, surf, meditate and enjoy the food and culture of a Dominican surf town that I've been visiting for the past 10 years.

I'm very excited to share one of my passions with you on this retreat, SURFING!!! Surfing is optional but it will be a part of the trip and I am hoping you fall in love with it too. We have reserved all of the rooms on property across two villas and the main hotel at the El Encuentro Surf Lodge in the town of Encuentro, a sleepy surf beach community just 20 minutes from the Puerto Plata Airport and 20 minutes from Cabarete.

ALL FITNESS LEVELS ARE WELCOME

Cabarete Sostenible is a charitable organization that was born as a response to the tourism industry shutdown that occurred in Cabarete due to Covid-19. When the industry shut down, 65% of the local population were left with less than 3 days worth of food, no savings and almost no social support. Our LIFTED Team sprung into action by donating more than \$5,500 directly to this organization resulting in feeding THOUSANDS. On this trip, we will be able to spend some time with the Cabarete Sostenible team visiting the farms they have set up where they are teaching the residents of the town sustainable farming practices. The long term goal is to implement vertical farming practices throughout the community and help bring sustainable wellness into this socio-economically challenged community. At Adventure Camp, YOU will get to be a part of that!





# El Encuentro Surf Lodge

The El Encuentro Surf Lodge is an exclusive boutique hotel located three minutes walking distance from the famous surf beach, Playa Encuentro at the marvelous north coast of the Dominican Republic.

Read a book or nap at your private pool and jacuzzi. Or simply find your own little piece of paradise as you relax in the beautiful gardens surrounding your home for 5 nights.

The Surf Lodge has a mix of King and Queen rooms all with private in-suite bathrooms.

Some of the amenities of the hotel include: Salt Water Pool, Pool Bar, Massages, Free Bikes, Security and free Wifi.





# itinerary

## NOVEMBER 10

Arrive to Encuentro Surf Lodge, check in & get settled

Join Holly for a "Shake it Off" workout

Prepare for dinner and Kick-Off Team Huddle

Dinner and Kick-Off Team Huddle at Main Hotel with DJ

## NOVEMBER 11

Coffee/Breakfast

Optional Surf, Beach Walk/Jog, Horseback Riding, Massage

LIFTED

Post Workout Brunch

Cabarete Beach for volleyball and free time

Dinner at Chalet

Evening meditation & Sound Bath

## NOVEMBER 12

Coffee/Breakfast

Optional Surf, Beach Walk/Jog, Horseback Riding, Massage

Post Surf Brunch

Depart for Canyon Tours (Optional Add On)

Option to stay at hotel for lunch/pool time, massage, beach workout

Free time before dinner

Dinner at Chalet



# itinerary

## NOVEMBER 13

Coffee/Breakfast

Optional Surf, Beach  
Walk/Jog, Horseback  
Riding, Massage

LIFTED

Post Workout Brunch

Vist to Cabarete  
Sostenible Farm - GIVE  
BACK

Cabarete Beach for  
volleyball and free time

Option to stay at hotel for  
lunch/pool time,  
massage, beach workout

Free time before dinner

Depart for dinner at  
Seahorse Ranch

## NOVEMBER 14

Coffee/Breakfast

Optional Surf, Beach  
Walk/Jog, Horseback  
Riding, Massage

LIFTED

Post Workout Brunch

Depart for Zipline Tour or  
Canyon Horseback  
Adventure (included)

Option to stay at hotel for  
lunch/pool time,  
massage, OR visit  
Cabarete again  
(Additional Add On)

Sunset LIFTED Yoga with  
Jennifer Ford

Final Dinner at Main  
Hotel

## NOVEMBER 15

Coffee/Breakfast

Optional Surf, Beach  
Walk/Jog, Horseback  
Riding, Massage, LIFTED  
Pilates with Jenny H

Breakfast

Departure Ceremony &  
Group photo in LIFTED  
Swag

Time to pack and check  
out

Depart Encuentro Surf  
Lodge

# What's Included

- Villa & Hotel Room accommodations at El Encuentro Surf Lodge (5 nights)
- Daily breakfast
- Daily lunch
- Daily dinners, including 2 drinks with each hotel dinner (except for one night where we will leave the hotel for dinner)
- Roundtrip airport transportation from Puerto Plata Airport.
- LIFTED Workouts (HIIT, YOGA, Pilates, Runs)
- One Guided Meditation and Sound Bath
- Zipline Excursion or Canyon Horseback Tour
- One Dinner (including drinks) at the Horseshoe Ranch

# Optional Add Ons

- Daily Surf Lessons \$35/day or \$175 for 5 days of Surfing
  - 1.5-hour lessons. Each lesson is two individuals + one instructor
- Alcohol in addition to the two drinks included in hotel dinners
- Massage treatments, \$40 + gratuity for 1 hour deep tissue massage
- Horseback Riding \$25/person for up to 4 people at one time
- Canyon Tour, \$100 including tip for a 4+ hour excursion
- Gratuity for the hotel staff



# Booking Options

## Ocean View

- Single: \$2,499
- Double: \$2,020
- Triple: \$1,799
- Quad: \$1,599 (great for two couples)

## Superior Studio

- Single: \$1,990
- Double: \$1,660
- Triple: \$1,460

## Chalet

- Single: \$1,899
- Double: \$1,645

## Double Room

- Single: \$1,480
- Double: \$1,210





# Retreat Details

## PAYMENT & DEPOSIT

Space is limited and we are booking spots on a first pay basis. 50% deposit is required to hold your spot. Remaining 50% is due on October 1, 2020. We fully understand that this is an uncertain time. We will refund 100% of your payment up to one week before the retreat for any Covid related reasons. All payments will be paid via Venmo. Contact us ([jenny@hollyrilnger.com](mailto:jenny@hollyrilnger.com)) to book your spot and make your payment.

## FLIGHT DETAILS

Please book your flight into POP (Puerto Plata).

## ROOMMATE REQUESTS

This is a chance to get to know your LIFTED teammates from all over the country. Only the king rooms are available for single occupancy (but spacious enough for up to 3 guests with a rollaway). All rooms with two queen beds will only be assigned when there are 2 or more guests. There is an option of a rollaway bed being added to any room. If you are interested in sharing a room with a teammate, please email [jenny@hollyrilnger.com](mailto:jenny@hollyrilnger.com) and we can pair you with a teammate.

