

# Reboot Sabbaticals

## We all need a digital detox!

*"Most things can be sorted out by turning them off and on again, including you."*

We live in a digital age; studies show that today we are bombarded with more information in one day, than in a whole lifetime 100 years ago, and it is only increasing. This brain overload leads to stress, poor health, memory loss and low energy.

Take a time-out from the rat-race and become part of the tranquil, vibrant rainforest to nourish and renew your senses.

Silence the mind-chatter and tap into your non-logical, sensory, creative and instinctual side to replenish your energy ecosystem, restore balance and reignite your zest for life.



*This is not a one-size fits all approach – you are unique and we custom-design your sabbatical to meet your individual “reboot” needs.*

## Personalized program for you



Cook like a Tico (local Costa Rican); paint, sculpt or carve with acclaimed local artist Steve Legg; sort through your thoughts with our on-site certified executive coach; find your authentic self with the horses; release that book, song or poem trapped inside you; unwind with massage therapy; soak in the hot river; find balance with yoga; or lie in your hammock on your private deck in the heart of the jungle as the hummingbirds flit between vibrant flowers and the crickets hum your own meditation soundtrack.

If adventure is your escape, find freedom zip lining through the canopy, rafting or kayaking the jungle river, hiking the Arenal volcano, rappelling tumbling waterfalls, quad-biking rugged trails and much more.

## Horse sense

Stand with a horse in a lush green pasture, feel his warm, soft, rhythmic breath on your arm, look deep into his soulful brown eyes, watch his ears flicker towards you and discover how 60 million years of equine evolutionary instincts can help you unlock your own natural sensing abilities.

To find out more about how these wise, sentient animals can help humans, see our Eponicity flyer or go to our website: [www.leavesandlizards.com/eponicity](http://www.leavesandlizards.com/eponicity)

## "Earthing" yourself

Why does walking barefoot on grass feel so good? Why is it that a beautiful natural view makes us relax our shoulders and breath out?

Dr. James Oschman, Ph.D. biophysicist and pioneer "Earthing" researcher, says: *"The moment your foot touches the Earth..., your physiology changes. An immediate normalization begins and an anti-inflammatory switch is turned on. People stay inflamed because they never connect to the Earth, the source of free electrons, which can neutralize the free radicals in the body that cause disease and cellular destruction."*

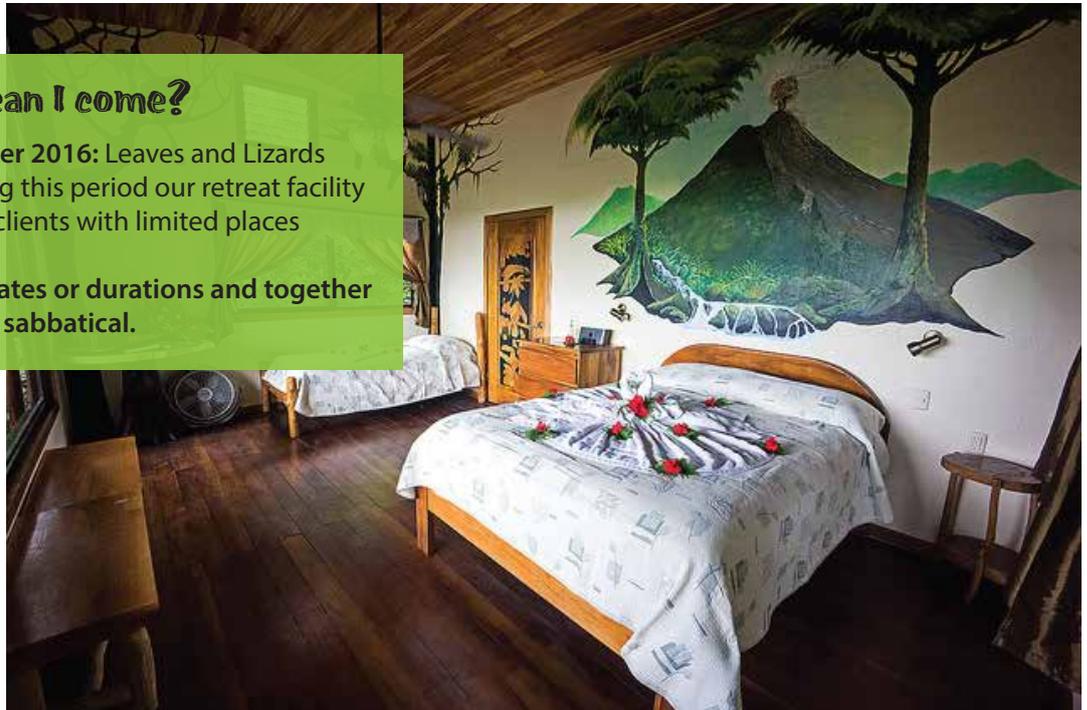
*Reconnect with the Earth, inspire all your senses  
and revive body, mind and spirit  
on one of our life-changing sabbatical retreats.*

## In a Tropical, Tranquil and Vibrant location

Programs are based at Leaves and Lizards, a sanctuary in the rain forest at the base of the Arenal Volcano, Costa Rica. Surrounded by glorious nature, away from the stresses of daily life, guests are nourished with farm-to-table fresh food, natural water, comfortable and beautiful accommodations, massage and yoga, all provided by caring Tico staff on-site. Wifi is available in communal areas only so your luxurious jungle cabin is your private retreat from the digital world. See [www.leavesandlizards.com](http://www.leavesandlizards.com) for further details.

### When can I come?

- **25 September – 8 October 2016:** Leaves and Lizards 'Reboot' Sabbatical (during this period our retreat facility is reserved for sabbatical clients with limited places available, adults only).
- **Ask us about different dates or durations and together we can design your ideal sabbatical.**



*To design your personal sabbatical, contact Deborah Legg or Sally Nilsson:  
[leavesandlizards@gmail.com](mailto:leavesandlizards@gmail.com) or call 1-888-828-9245.*