

# Inspire Health Retreats Officially Launches Transformative Eco-Luxe Wellness Experiences in Costa Rica and South Florida

*Revolutionizing Wellness with Medically Curated Retreats, Local and Online Workshops*

PALM BEACH, FL, UNITED STATES, December 24, 2024 /EINPresswire.com/ -- Inspire Health Retreats announces the launch of transformative well-being retreat experiences in February and March 2025. These retreats offer a unique opportunity for those who want to give a gift to themselves or their loved ones.

Curated by leading medical doctors specializing in general health, psychotherapy, and integrative Western and Asian medical modalities, "The retreats are designed to empower participants to live healthy and vibrant lives through a full-spectrum approach rooted in the 7 Pillars of Health, according to Dr. Karen Flannery, the Co-Founder of Inspire Health Retreats, and the Founder of the sister company, The Palm Beach Wellness Institute.



Dr. Karen Flannery, Co-Founder of Inspire Health Retreats

Inspire Health Retreats combines science-backed health insights with rejuvenating eco-luxe experiences, offering a comprehensive focus on:

Sleep Hygiene:

Cultivating restorative sleep practices. Longevity: Strategies for a longer life with greater levels of vitality. Movement as Medicine: Unlocking physical vitality through therapeutic movement such as Qi Gong & Breathwork: Harnessing ancient practices for energy flow and relaxation. Mindfulness: Enhancing mental clarity and emotional balance. Conscious Living: Empowering mindful choices, intentional ways of creating a sense of purpose and support for living an authentic life. Food as Medicine: Guided by dietitians to use nutrition for healing and prevention.

Community care: building a resilient and like-minded network through consciously relating to others.

Participants will receive personalized assessments to address key health concerns such as diabetes prevention, autoimmune disorders, and stress-related conditions, guided by a team of M.D. and Ph.D. professionals and will receive customized guidance while immersed in nature in Costa Rica, renowned for its eco-friendly and "blue-zone" style of living. The offer will include a series of coaching calls with the Inspire Health Retreats and the Palm Beach Wellness Institute teams.

Set in the scenic landscapes of Costa Rica, Inspire Health Retreats offers an eco-luxe environment that seamlessly blends nature with luxury, creating a fully immersive experience. Attendees can expect:

Adventure & Connection: Hiking excursions to waterfalls, to local permaculture centers and chocolate making tours.

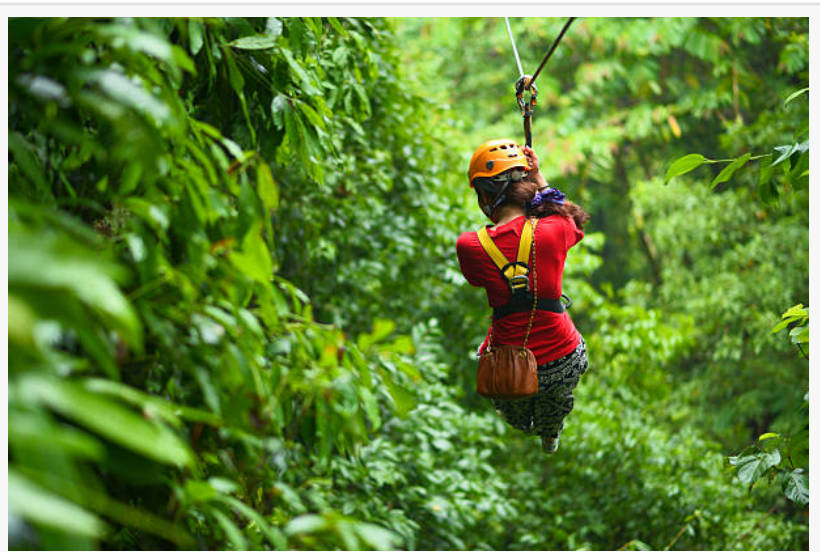
Farm-to-Table Cuisine: Nutrient-dense, curated meals sourced locally.

"Edu-Tainment" Experiences: Workshops that are both educational and entertaining, led by world-class facilitators.

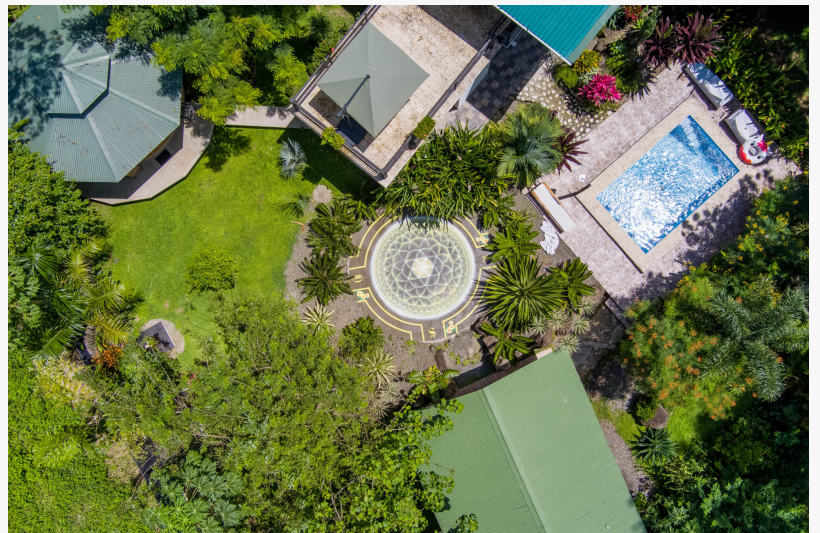
The retreats are designed to provide not only physical rejuvenation but also deep emotional and spiritual growth, leaving guests feeling inspired, empowered, and renewed.

Expanding the Vision: Local Wellness Intensives in South Florida

For those seeking wellness closer to home, [Inspire Health Retreats' sister company, Palm Beach Wellness Institute](#), will offer local and online workshops and intensives in South Florida. These programs focus on addiction recovery, mental health, and integrated wellness protocols, providing clients with a wellness concierge team of dedicated professionals.



Adventures in Costa Rica



Inspire Health Retreats Costa Rica Venue



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*Dr. Karen Flannery*

This comprehensive service offers personalized guidance and resources, helping clients navigate their health journeys and achieve their wellness goals.

Upcoming Events and Future Plans:

Costa Rica Retreats: February and March 2025.

South Florida Wellness Intensives: Ongoing in early 2025.

Online and In-Person Workshops: Launching later in 2025 to expand accessibility to Inspire Health’s transformative offerings.

### About Inspire Health Retreats

Inspire Health Retreats is a pioneer in integrative wellness, blending evidence-based health practices with luxurious, nature-based experiences. With a commitment to empowering individuals to live their healthiest lives, the retreats provide a supportive environment for deep healing, learning, and growth.

More information can be found at: <https://inspirehealthretreats.com/retreats/> and at: <https://www.palmbeachwellnessinstitute.com/>

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