



WOMEN OF THE MIDWEST
Travel Solo Together

GROUNDED COSTA RICA

with Women of the Midwest

February 8-13, 2026



Dear Women of the Midwest,

My name is Denise Welmaker. I am a Licensed Clinical Social Worker in private practice in San Antonio, Texas. I was born and raised on a farm in Southwestern Kansas and consider myself a Midwesterner at heart.

The university brought me to South Texas, where I followed in the footsteps of my aunt, a Clinical Social Worker in Lawrence, Kansas. I started my career in hospitals, but I quickly transitioned to hospice and end-of-life care. There is something about working with people who don't have much time left that helps you put things into perspective. Because I found this incredibly important, I based my 30 years of clinical counseling practice on working with people 55 plus. We are all works in progress... ever-changing and evolving, and I feel blessed to help people navigate their way down the path chosen or maybe just the path they somehow wandered upon. I've honed my skills and techniques to assist in healing past wounds, to help us live mindfully in the present, and to gratefully plan for a purposeful and meaningful future.

The theme this week is "Pura Vida." Pura Vida is more than just a phrase; it's a way of life. It translates to "pure life" or "simple life." We invite you to slow down, breathe deeply, and embrace the simple joys around you. Whether it's watching the waves roll in, enjoying a nourishing meal, or connecting with others in the moment, Pura Vida is about choosing gratitude, presence, and peace. I will guide you in exploring how to carry this feeling with you—not just while you're in paradise, but long after you return home.

Our proven program, Grounded, has lofty but attainable goals. It is designed for those who feel physically and emotionally out of shape. The program aims to introduce attainable ways to adjust our compasses and live a happier, more fulfilling life grounded in self-care. Join us for the first Grounded held in stunning Costa Rica! It is specifically curated for relaxation and peace, oh...and tons of laughter! Through our love of traveling solo together, we will continue cultivating our sisterhoods and forming new and essential friendships while learning to be Grounded.

In loving health,
Denise Welmaker, Licensed Clinical Social Worker
Ambassador for Grounded
Women of the Midwest



Call Executive Travel's Group Department today at 888.549.1186. Space is limited.

Colorful Birds



Hanging Bridge



Bountiful Wildlife



Turtle Viewing



Our goals for Grounded are to learn tools to:

- Become Grounded in wellness, goodness, happiness, and joyfulness.
- Learn the importance of our five senses in our daily lives.
- Enhance physical relaxation, mindfulness, and being present.
- Find purpose in your current situation.
- Create an action plan to incorporate what you have learned.

Day 1 - Sunday - February 8, 2026

Today, we land in Liberia, Costa Rica, board our private transportation for an hour and a half ride to our beautiful oceanside hotel in Tamarindo. Tamarindo is a peaceful coastal town in Costa Rica, where warm ocean breezes, soft sandy beaches, and gentle waves create a perfect setting for relaxation. It's an ideal destination to begin our wellness journey, unwind and recharge in nature. This evening, our welcome dinner is served and after dinner, we will meet with Denise and delve into what we have in store for the week, begin our media detox, and hand out welcome goodies. Take an evening walk on the beach or relax in your room. **D**

Day 2 - Monday - February 9, 2026

Today the theme is Nature's Wisdom...Here are some of the things we will be talking about today.

Slow Down to Grow

Just like trees don't rush to bloom, healing and growth take time. Nature reminds us to be patient with our journey and honor each season of life.

Stillness is Strength

Mountains stand tall not by moving, but by being. In stillness, we reconnect with our inner strength and find clarity amid life's noise.

Let Go Like the Trees

In autumn, trees shed their leaves with grace. Nature teaches us to release what no longer serves us—making room for new beginnings.

Flow Like Water

Rivers never resist obstacles—they simply find another way. Water teaches us adaptability, persistence, and the power of going with the flow.

Embrace the Present Moment

A flower doesn't worry about tomorrow—it simply blooms where it's planted. Nature invites us to fully inhabit the now, where peace lives.

Everything is Connected

From the roots beneath the earth to the stars overhead, nature is an intricate web of connection. Wellness begins when we remember that we are part of something bigger.

Rest is Essential

Even the sun sets. The natural world honors cycles of rest and renewal—so should we.

Following an early breakfast we will head out on today's adventure to see the best wildlife in Guanacaste, Palo Verde National Park! Highlights will be migratory birds, crocodiles, and white faced monkeys. After exploring the river we will visit Guatil City. Guatil, a small village near Santa Cruz, is renowned for its traditional Chorotega pottery—a craft passed down through generations for over 800 years. Visiting these artisans offers a glimpse into a slower, more intentional way of life, where art and tradition are deeply connected to the land and community.

When we return this afternoon around 2PM, we will take a few minutes to freshen up then meet with Denise to contemplate how to integrate our learned wisdom from today into our everyday life.

The rest of the evening is yours to explore on your own or with new found friends. **B/L**



Day 3 - Tuesday - February 10, 2026

This morning after a leisurely breakfast we will meet with Denise to talk about today's theme, what turtles teach us about patience and self-worth...yes, turtles!

Turtles are deeply inspiring symbols of patience, resilience, and wisdom. Their slow, steady pace reminds us that we don't have to rush to reach our goals—that presence and persistence are powerful. They carry their homes with them, showing us how to feel grounded and safe wherever we go. And in many cultures, turtles represent longevity, peace, and a deep connection to the earth, teaching us to move through life with grace and trust in the journey. We will explore ways to apply this to everyday life through journaling, grounding, and breathing practices. Relax and enjoy lunch and the afternoon on your own.

This evening around 6PM we will depart for an epic journey about 30 minutes from our hotel to search for turtles on the beach. We are here during the proper season so with luck, we have the possibility to observe this wonderful phenomenon that occurs on only a few beaches in the world. We will use special lights to protect the turtles and special guides to provide information and location. This tour can involve up to 2 hours of walking on the beach. We will arrive back at the hotel approximately at 9PM. **B**

Day 4 - Wednesday - February 11, 2026

You will start your day with breakfast then words of encouragement from Denise regarding the book "The Four Agreements" by Don Miguel Ruiz. This book offers a powerful code of conduct rooted in ancient Toltec wisdom, guiding readers toward personal freedom and inner peace. By practicing the agreements—being impeccable with your word, not taking things personally, not making assumptions, and always doing your best—individuals can transform self-limiting beliefs and create a more fulfilling, harmonious life.

The rest of today is a free day to do as you please and enjoy our beautiful hotel or make arrangements for a tour on your own. **B**

Day 5 - Thursday - February 12, 2026

After breakfast we will meet with Denise to explore today's theme of rewilding or returning to a natural state of being. This theory might sound kind of "out there" but once you understand the concept it's really quite instinctive. There's no denying how therapeutic it is to escape into nature and find your balance, this is just another way to think of "rewilding." Denise will give you practical ways you will be able to do this at home with little effort like sitting quietly outside, grounding, working in the garden, and other nature activities. These things may bring you instant relief in crisis or more constant peace in life in general.

Prepare for a spectacular afternoon at our farewell party! We will rewild ourselves for sure! Grab your swimsuit, hat, and sunscreen! This afternoon we head to Flamingo Beach to board our private Catamaran to enjoy an afternoon full of snorkeling, swimming, kayaking, paddleboarding, or just relaxing on board and enjoying the beautiful ocean. We will have an open bar with premium drinks, beer, soft drinks, and water. Also served will be a buffet lunch with tacos, salad, pasta, burritos, and fruit. We will return to the hotel around 7PM. The rest of the evening is for you to enjoy on your own. **B/L**

Day 6 - Friday - February 13, 2026

This morning after breakfast we will have a short meeting with Denise to wrap up and say adios to beautiful Costa Rica and new found friends. Then, you'll have time for one last walk on the beach before packing and heading off to the airport. Time sure flies when you're having fun. This may be the end of our Costa Rican adventure, but it's just the beginning of using the new "toolbox" we've been given to live a more gratifying life grounded in self care. Pura Vida! **B**

Itinerary is subject to change.

B = Breakfast L = Lunch D = Dinner

SPA CREDIT: You have \$100 to use in the spa at the hotel during leisure time. Head to the spa and sink into relaxation! Appointments will be available in advance.



To register contact:



1212 O Street • Lincoln, NE 68508

Phone: 888.549.1186

GroupDepartment@executivetravel.com

www.executivetravel.com

SECURE ONLINE REGISTRATION LINK:

WomenoftheMidwest.com/journeys/

Package Price:

Per person in a shared double room: \$2,995.00

Per person in a single room: \$3,995.00

Remember our "Pair & Share" program for solo travelers.

A non-refundable deposit of \$500 per person is required upon signing up. Deposit can be paid by cash, check, or credit card. The balance is due on October 20, 2025, is non-refundable, and can be paid by cash or check. Credit card payment (any payments after the deposit) will access a 3.5% processing fee.

EARLY BIRD DISCOUNT:

Register at least six (6) months prior to departure and receive a **\$200 DISCOUNT!**

The tour will be materialized with a minimum of 10 travelers and a maximum of 14 travelers. Should we, for any reason, not be able to guarantee this departure, we will offer a refund of all funds paid to Executive Travel for land, air and travel insurance 90 days prior to departure.

Tour Activity Level: LEVEL 1 2 **3** 4

This journey is a soft level 3. Between the scheduled sightseeing tours included in the program and personal exploration, you can expect to walk approximately 3 miles or more over the course of a day typically on pavements. This tour is not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.

Group Airfare:

See separate insert.

Travel Insurance:

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travelex Insurance Services. For rates and plan highlights, please ask us.

Travelex Insurance Services, Inc. CA Agency License #0D10209. Insurance coverages underwritten by individual member companies of Zurich in North America, including Zurich American Insurance Company (NAIC #16535, state of domicile: New York), 1299 Zurich Way, Schaumburg, IL 60196.

Hotel Accommodations:

Tamarindo Diria Beach Resort (ocean view rooms) or similar. Final accommodation will be confirmed 90 days prior to departure.

Included:

- 5 nights ocean view accommodations
- Round trip airport transfers from Liberia Airport to Tamarindo
- 5 x breakfast
- 2 x lunch
- 1 x dinner
- 3 x tours
- 4 x themed sessions with Professional Program Leader
- Individual sessions with Professional Program Leader
- Porterage at airport and hotels (one bag per person)
- Professional Program Leader - Denise Welmaker, LCSW
- Women of the Midwest Ambassador - Polly Welmaker
- Detailed Travel Documents (hard copy and electronic)
- Gratuities to local guides and drivers

*Travelers are not required to join the group each day. However, if you choose not to participate, please notify the Tour Director or Ambassador in advance. In the event of illness or injury, our policy ensures that the Ambassador will remain at the hotel to provide support.

Not Included:

- Airfare
- Airline baggage fees (estimate between \$35-\$45 per bag, per way)
- Travel Insurance
- Professional fees, \$100 per person due at time of registration
- Personal expenses
- Spa attendant gratuity
- Meals other than mentioned in the tour program
- Entrance fees to monuments and/or museums other than mentioned
- Anything not mentioned in the inclusions



WOMEN OF THE MIDWEST

Travel Solo Together

A wholly-owned division of Executive Travel Inc.

Forwarding registration and deposit signifies that you agree to the terms and conditions of this tour which can be found on our website at WomenoftheMidwest.com/journeys/

Call Executive Travel's Group Department today at 888.549.1186. Space is limited.

4/28/2025

JOIN OUR GROUP AIRFARE!

We offer group airfare with **American Airlines**:

February 8, 2026	Omaha* - Miami	6:37 AM - 11:20 AM
February 8, 2026	Miami - Liberia	12:05 PM - 1:59 PM
February 13, 2026	Liberia - Dallas Fort Worth	2:55 PM - 7:20 PM
February 13, 2026	Dallas Fort Worth - Omaha*	8:40 PM - 10:33 PM

\$895 per person including taxes and fees, economy class.

*We are happy to assist with airfare from a different airport than Omaha. Reach out to get your quote. If you travel from a different airport, we aim to have you meet your fellow travelers at Miami airport (unless it's more convenient for you to meet the group at Liberia airport) on February 8, and return from Liberia around the same time as the rest of the group on February 13.

Important notes about seat assignments, upgrades, TSA Pre-Check- & Frequent Flyer Numbers:

- **Group airfare** comes with **seat assignments 30 days prior to departure**. We cannot confirm precise seat numbers earlier than 30 days prior to your departure and therefore cannot guarantee the availability of specific seating on the aircraft. We do our best to honor your preferences (window, aisle seat).
- **Premium seating upgrades - depending on availabilities:**
Main Cabin Extra can be purchased and confirmed **once the tickets are issued** = 30 days prior to departure. Estimate a \$200-\$400 supplement depending on the specific aircraft types.

Premium Economy can be reserved **at the time of booking** your trip with us. Estimate a \$500-\$1,000 supplement depending on the specific aircraft types.

Business Class can be reserved **at the time of booking** your trip with us. Estimate a \$1,000-\$2,000 supplement depending on the specific aircraft types.
- **Mileage credit** for individuals on group air contracts is not guaranteed and is subject to the rules of the airline under contract.
- **TSA Pre-Check numbers and Frequent Flyer numbers must be reported at the time of registration, otherwise, upon check-in at the airport.** Please always present your TSA Pre-Check number, Global Entry number, and Frequent Flyer number upon checking in at the departure airports to ensure the airline has all your details. Even if we have entered everything into your reservation, an aircraft configuration change may result in these numbers not being stored.
- **Taxes**, fuel charges and security fees are subject to change.
- **Air schedules** are subject to change at the discretion of the airline.

