



# ANIMAL BASED NUTRITION RESEARCH FOUNDATION

## 2026 Animal-Based Gathering

Uvita, Costa Rica

May 28 - June 1, 2026

### Event Schedule

**Please note:** All published transportation times are departure times, and all outbound transportation to excursions will depart from the La Cusinga parking lot.

Excursions are optional add-ons experiences and require a separate ticket. Availability is limited.

#### Wednesday, May 27

11:00 AM - 4:00 PM **Affiliate Day** - Separate itinerary provided by ABNRF/affiliate rep.

**Suggested Travel Day for General Admission Guests**

#### Thursday, May 28

10:00 AM - 1:30PM **VIP Insider Experience** - Details provided separately by ABNRF

8:00 AM - 2:00 PM **Free Time & Breakfast on your Own**

2:00 PM **Welcome & Check In** - La Cusinga

2:00 PM - 3:30 PM **Meet & Greet with Paul Saladino, MD + Welcome Snacks**

3:30 PM - 4:30 PM **Scavenger Hunt** - Around La Cusinga Property

4:30 PM - 5:00 PM **Breathwork Session**

5:00 PM - 7:30 PM **Group Dinner & Live Music**

#### Friday, May 29

7:00 AM - 8:00 AM **Yoga** - Yoga Deck, La Cusinga

7:00 AM - 9:00 AM **Breakfast on your Own + Free Time**

8:30 AM **Group Transportation Departure** - Surf Excursion & Beach Time Guests

9:00 AM - 11:45 AM **Excursion** - Surfing

9:00 AM - 11:45 AM **Beach Community Time** (transportation provided, open to all)

11:45 AM **Group Return Transportation** - Surf Excursion & Beach Time Guests

12:00 PM **Lunch on Your Own + Free Time**

12:15 PM **Excursion Departure** - Ziplining

1:00 PM - 4:00 PM **Excursion** - Ziplining

4:00 PM **Excursion Return Transportation** - Ziplining

2:00 PM - 4:00 PM **La Cusinga Waterfall Swim or Guided Bird Watching**

5:00 PM - 8:00 PM **Dinner, Music & Dance Instruction**

*Schedule subject to change, please check back regularly for updates.*

## Saturday, May 30

- 7:00 AM - 8:00 AM Yoga - Yoga Deck, La Cusinga
- 6:30 AM - 8:30 AM Breakfast on your Own + Free Time
- 9:30 AM Transportation Departs - Local Farmers Market
- 10:00 AM - 12:00 PM Local Farmers Market Trip with Lunch Included
- 12:00 PM Return Transportation - Local Farmers Market
- 12:30 PM **Excursion Departure - Waterfall Horseback Ride**
- 1:00 PM - 4:00 PM **Excursion - Waterfall Horseback Ride**
- 1:30 PM Transportation Departure - Dominicalito Waterfall
- 2:00 PM - 4:00 PM Dominicalito Waterfall Leisure & Connection (transportation provided, open to all)
- 4:00 PM Return Transportation - Dominicalito Waterfall
- 4:00 PM **Excursion Return Transportation - Waterfall Horseback Ride**
- 5:30 PM - 8:00 PM Dinner & Music

## Sunday, May 31

- 7:00 AM - 8:00 AM Yoga - Yoga Deck, La Cusinga
- 6:30 AM - 8:30 AM Breakfast on your Own
- 9:30 AM **Excursion Departure - Monkey Mangrove Tour**
- 11:00 AM **Excursion - Monkey Mangrove Tour**
- 1:00 PM **Excursion Return Transportation - Monkey Mangrove Tour**
- 12:00 PM Lunch on Your Own + Free Time
- 1:00PM - 3:00 PM Leisure Time  
Enjoy La Cusinga Lodge Waterfall, Guided Nature Hike or Pool
- 3:00 PM - 4:00 PM Sound Bath - Yoga Deck, limited availability
- 5:00 PM - 8:00 PM Dinner & DJ

## Monday, June 1

- 7:00 AM - 8:00 AM Yoga - Yoga Deck, La Cusinga
- 6:30 AM - 8:30 AM Breakfast on your Own
- 8:00 AM **Excursion Departure - Beach Horseback Ride**
- 8:30 AM - 10:30 AM **Excursion - Beach Horseback Ride**
- 10:30 AM **Excursion Return Transportation - Beach Horseback Ride**
- 8:30 AM **Excursion Departure - Surfing**
- 9:00 AM - 11:00 AM **Excursion - Surfing**
- 11:00 AM **Excursion Return Transportation - Surfing**
- 9:00 AM Transportation Departure - Playa Hermosa
- 9:30 AM - 12:00 PM Playa Hermosa Community Time (transportation provided, open to all)
- 12:00 PM Return Transportation - Playa Hermosa
- 12:00 PM - 1:30 PM Lunch on Your Own + Free Time
- 1:30 PM - 2:30 PM Sound Bath - Yoga Deck, limited availability
- 2:30 PM - 4:30 PM Q&A Session/Podcast with Paul Saladino, MD
- 5:00 PM - 8:00 PM Farewell Dinner & Dancing

