

POLARIS WELLNESS SOLUTIONS LLC

HIM Retreats

Not an escape. A return to the whole human.

Three immersive experiences in Costa Rica designed to help people and teams notice what is real, restore functional availability, integrate what matters and move forward with coherence.

4 NIGHTS - 5 DAYS | RIO VISTA LODGE - PACUARE RIVER - COSTA RICA

NOTICE / REGULATE / INTEGRATE / ACT



HIM™

HUMAN INTEGRATION METHODS®

Three distinct ways to enter the work

One living HIM pathway - shaped by your moment, your energy and your next step.

01 / CONTEMPLATIVE

Return to Coherence

For a personal transition: quiet, sensory recovery, reflective writing and nature contact. Adventure is a choice, never a demand.

● PERSONAL COHERENCE MAP + 30-DAY NEXT-CHAPTER EXPERIMENT

02 / ACTIVE

Coherence Under Pressure

For leadership teams: real conditions reveal patterns. River, challenge, briefing, recovery and debrief become a new way of operating together.

● TEAM COHERENCE MAP + 30-DAY ORGANIZATIONAL EXPERIMENT

03 / BALANCED

Human Integration Immersion

For professionals and future ambassadors: learn the HIM architecture, then test it in the living conditions of the retreat.

● HUMAN INTEGRATION MAP + YOUR NEXT HIM PATHWAY

CHOICE-BASED • SAFETY-GOVERNED • SUBSTANCE-FREE • FACILITATED BY AUTHORIZED PERSONNEL