

**2022-23**

**GROUP  
RETREAT  
ESSENTIALS**



[thekineocenter.com](http://thekineocenter.com)

# WELCOME

**MISSION**  
HEALING  
AMIDST A  
HARD CALLING

Dear Retreat Leader,

Thank you for choosing the KINEO Center for your retreat! We hope you leave with a full heart and some inner renewal after your stay with us.

Please take the time to read through all of the information provided. It will help you plan well for your experience.

In order to make your retreat official, we'll need the following forms included in this packet:

- Retreat Reservation Form (filled out on Google)
- Deposit (Refundable until 45 days before Retreat)

Attn: The KINEO Center  
Po Box 686  
Puerto Real, PR 00740

We look forward to collaborating with you and sharing our tropical haven with you. The team here looks forward to being with you as you find rest and rediscover truth, beauty, and goodness.

Peace,

Co-founders  
Dan & Tonya White

**SLOW DOWN  
SIT STILL  
SEEK RENEWAL**



## OUR LODGING

We are in an exciting renovation project that will be completed Jan 2023. We currently have a clean, spacious, and updated lodge that host up to 16 guests. We also have an additional guest house that hosts 2. These spaces overlook the expanse of our beautiful rainforest landscape. If you need more occupancy, there are local hotels/AirBnB's for overflow.

**Partitioned Rooms** (2 to 4 per) is 1300 sqft. A hotel style room, equipped with one private bathroom, air conditioning, cozy sitting area, outdoor porch, and a kitchenette. These rooms are on the first level and each have two full size beds and seating area.

**Large Rooms** (2 to 4 per) is 1300 sqft. A hotel style room, equipped with one private bathroom, air conditioning, cozy sitting area, outdoor porch, and a kitchenette. These rooms are on the second floor and each have two queen size beds and a futon.

**Guest Suite** (2 per) is 500 sqft. This is a small private space with three rooms (bedroom, small living room, bathroom). This space is on the other side of our property and has a modern private outdoor shower and connects to an outdoor screened in porch.

# MEAL OPTIONS



## DAILY BREAKFAST

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Fresh fruits (mango, bananas, pineapple, strawberries, and more) grown on our grounds when in season. Scrambled Eggs, Bagels, Grilled Ham, and Granola all sourced from local farms on the east coast of our island. Don't forget the delicious freshly ground Puerto Rican Roast coffee from our friends Gusto's in San Juan.

## COMMUNAL KITCHEN

We have a beautiful outdoor kitchen with a full-size refrigerator, grill, stove, and sink for use for group cooking. It is fully stocked with kitchen cookware. Feel free to make dinner, lunch, or whatever goodies you'd like for your group.



# AMENITIES

## INGROUND POOL



A crystal clear inground pool, outdoor gazebos, and a pool house make outdoor life comfortable. Deck chairs and comfortable seating surround the pool.

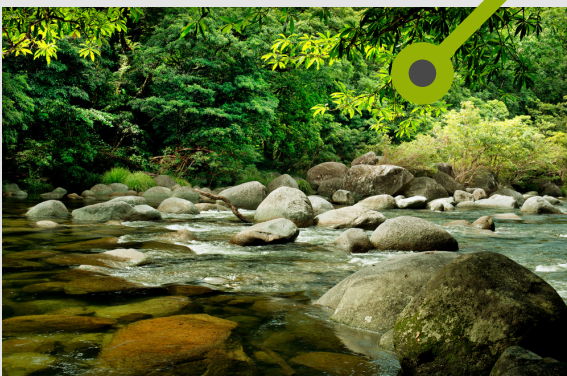
## OUTDOOR MEETING SPACE

With breathtaking view of the mountains and the sea, we have a screened in outdoor meeting room great for workshops and group sessions. With seating for 35 and equipped with whiteboard and all your tech needs.



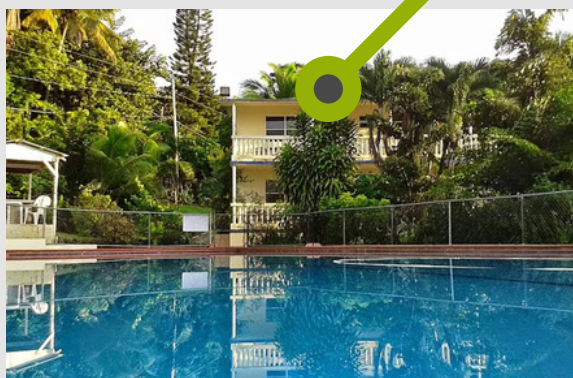
## RAINFOREST ROOM

We don't like calling El Yunque Rainforest an amenity. But it is a treasure on our property. It is the only subtropical rainforest in the U.S. It's a wonderful place to walk, hike, sit, contemplate, and even swim.



# GROUP & PERSONAL RETREATS

Ask about our discount for Puerto Rican Leaders: [kineocenter@gmail.com](mailto:kineocenter@gmail.com)

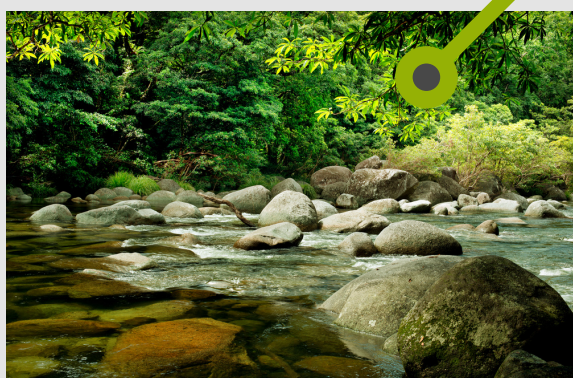


## GROUP RETREATS

Stay in our lodge and bring a team of leaders for a few days to rest, recover, and receive guided workshops on how to find renewal from pain and exhaustion.

## CUSTOM RETREATS

We'd love to collaborate with you to create a retreat that is centered around a particular theme or need in your congregation.



## PERSONAL RETREATS

Come for a week or a weekend to find God, find yourself, and find renewal. We offer a retreat guide and personal consultations for your particular weariness and woundedness.

# NAGUABO



The Kineo Center is on the east coast of Puerto Rico. We are a 60 min drive from the airport in San Juan. We are located on the side of Pico del Este Mountain with a view of the Caribbean Sea.

Our property offers the beauty of the rainforest in all its glory with native flora and fauna along Rio Santiago to explore during the day and the sound of the coqui frog to sing you to sleep at night.

## TRIPS & TRANSPORTATION

You will need a rental car. It is the most economical form of transportation to move about in PR. Neither Uber or Lyft operate well outside San Juan. Kineo does not offer transportation.

Some of the most beautiful beaches in the world are 10 to 15 mins away. Snorkeling, surfing, & boat trips are available. Tour a Coffee Farm. Visit Old San Juan or the Natural Waterslides at El Yunque. Take a night Kayaking trip at a Bioluminescent Bay. If you'd like assistance in planning day trips, we'd love to help.



# ADD-ONS

explore and enjoy



## CATERED DINNER

Enjoy a traditional Puerto Rican meal, taco night, or a delightful desert. You'll never forget the flavors.

[Ask for Group Rates](#)



## CREATE A SCHEDULE

We can design a schedule and excursions on the island to make your trip full of moments and unforgettable memories.

[Ask for Group Rates](#)



## CURATED SESSIONS

We are equipped to offer 4 custom sessions on pain, personality (enneagram), and possibilities in leadership.

[Ask for Group Rates](#)



## RETREAT GUIDEBOOK

We have designed a retreat guidebook that takes you on a journey of reflection throughout our property.

[Ask for Group Rates](#)

## KINEO CURATED RETREAT

This Retreat is facilitated by the The KINEO Center Team and Partners.



**4 Sessions** will be organized exploring Pain and Possibilities. How do we find renewal when we feel burned out? How do we discover Christ below the surface of our hurt? How do we process the expectations that have been projected onto us? A transformational experience will be curated with teaching sessions, worship, reflection space, and interactive processing using effective learning modalities.

Dan White Jr. (author of Love Over Fear) & Tonya Variya (certified Enneagram Coach Madanes Institute) would treasure customizing a retreat for your group's unique emotional, vocational, and spiritual needs.

**For Retreat Groups: \$1500**



# RETREAT LEADER CHECKLIST



## WHEN YOU RECEIVE THIS DOCUMENT

Ask Any Questions  
Fill Out Google Form (Dates & Needs)



## WHEN YOU RECEIVE YOUR ESTIMATED COST

Read Contract, Sign, and Email back to:  
kineocenter@gmail.com  
If Opting for a Curated Retreat, Schedule Call w/ Dan White Jr.  
Deposit (Refundable Until 30 Days Before)



## WHEN YOU'RE 90 DAYS OUT

Purchase Flight Tickets to San Juan Airport (SJU)  
Send Arrival/Departure Times to: kineocenter@gmail.com



## WHEN YOU'RE 30 DAYS OUT

Finalize Retreat Schedule with Tonya @ kineocenter@gmail.com  
Finalize Technology and Travel Needs  
Finalize Number of Participants and Room Assignments  
Review Stay instructions (Arrival, Rules, & Communication)



## WHEN YOU ARRIVE

Check in with Tonya (Receive Room Codes).  
Receive Tour of KINEO Center  
Make Last Minute Adjustments to Schedule

# COST STRUCTURE



## Optional Room & Group Rates

**\$129**

**Room Rate per Night** (max capacity is 4 per room)

5 Rooms for 4 Nights = \$2580

5 Rooms for 3 Nights = \$1935

**+ Daily Breakfast**

Breakfast Group Rate = \$12 ea, per day

**+ Catered Dinner**

Dinner Group Rate = \$17 ea, per day

**+ Curated Renewal Retreat**

Teaching/Facilitation = \$1500

**+ Curated Renewal Retreat**

Retreat Guidebook & Notebook = \$12 ea

**ANY QUESTIONS? ASK TONYA: KINEOCENTER@GMAIL.COM**