

## Private Retreat Themes in Detail

### **Manifest Your Dream Life Retreat:**

Are you ready to transform your aspirations into reality? Are you ready to make this the year you say yes to yourself. Join me for the **manifest your dream life retreat**, a transformational 7 night yoga retreat set in a the jungles of Costa Rica close to the ocean. This retreat is designed to awaken your most authentic self and guide you toward a life that is in alignment with your souls desires. Through yoga practices, guided meditations and workshops, you'll release limiting beliefs, cultivate inner alignment, and step confidently into your fullest potential. Breathwork practices, sound bath healing, and quiet time in nature will ground and align your energies to match the frequency that you seek to invite into your life.

This is more than just a retreat, it's a journey inward to reconnect with your purpose, rediscover your truth, and rise into the life you're meant to live. If you've felt a longing to rise above the noise, break free from past patterns, and reconnect with your divine purpose then this retreat is calling to you. .

### **What's Included:**

- **Daily Yoga & Meditation:** Elevate your spirit and connect with your inner self.
- **Sound Healing**
- **Journaling:** Explore your thoughts and feelings to clarify your dreams.
- **Manifestation Techniques:** Learn effective tools to bring your vision to fruition.
- **Breathwork Ceremony:** In this guided breathwork journey we use Conscious Connected Breathing, movement and toning to access emotional release, deep presence, and transformative insights
- **Massage or Surf Lesson:** Enjoy either a luxurious 1hr massage or a 2hour surf lesson (suitable for all levels)
- **All meals:** Nourishing healthy meals made with local ingredients. Starting with dinner your first evening and ending with breakfast your last morning.
- **Waterfall Adventures**
- **Relaxing Beach Time**
- **Plus More Surprises!**

In this supportive environment you'll leave with a clear vision and a plan to start living your dream life. Are you ready to take this empowering step?

### **Surf & Yoga:**

Ride the Waves and Find Your Flow! Are you ready to immerse yourself in a transformative experience that combines the thrill of surfing with the serenity of yoga? Our 'Surf & Yoga' retreat offers a harmonious blend of both worlds for those seeking adventure and inner peace.

### **What's Included:**

- **6 Daily Surf Lessons:** Whether you're a beginner or looking to polish your skills, we'll provide guided surf sessions tailored to all levels.
- **Daily Yoga Practices:** Complement your surfing with rejuvenating yoga sessions that focus on flexibility, strength, and balance, helping you connect deeply with your body.
- **1 One Hour Massage**
- **Beach Time & Pura Vida vibes:** Feel what it's like to live the pure vida for one week.

Join us for this unique opportunity to ride the waves and refresh your spirit. Connect with nature, embrace the ocean, and find your flow both on and off the mat!

**Thrill Seeker:**

Ignite Your Adventurous Spirit! Are you ready to fuel your adrenaline and take on thrilling adventures? Our 'Thrill Seeker' retreat is designed for those yearning for excitement and new experiences. With a lineup of exhilarating activities, you'll explore your limits while enjoying the beauty of nature.

**What to Expect:**

- **Daily Adventures:** Experience ziplining high above the treetops, adrenaline-pumping ATV rides, heart-thumping whitewater rafting excursions, a surf lesson and more! Every day will be a new exciting excursion.
- **Community and Camaraderie:** Meet fellow adventure enthusiasts while sharing thrills and laughter, creating memories that will last a lifetime.
- **Reflection and Relaxation:** Wind down each day with gentle yoga and meditation to reflect on your adventures and soothe your body.

Push your boundaries and discover the thrill of adventure while connecting with like-minded thrill-seekers. Are you ready for the adventure of a lifetime?

### **Held In Natures Embrace Retreat:**

This is for those who are craving time in nature. Those who understand that to be in nature is to reconnect with your true self. Time to slow down and just be. Time for you to connect with the elements in a way you can truly only experience here in Costa Rica.

Imagine surrendering to the gentle rhythm of the earth while saying yes to your own journey of self-discovery. Join me for the Held in Nature's Embrace retreat, a transformative 7-night experience nestled in the serene landscapes of Costa Rica. This retreat is designed to immerse you in the healing power of nature, guiding you toward a harmonious connection with your authentic self. Through yoga practices, thoughtful nature hikes, and immersive workshops, you'll release tension, restore balance, and cultivate a profound sense of belonging. Connecting with the lush surroundings will ground your spirit and nurture your heart, inviting you to embrace the healing energies of the world around you.

This retreat is more than just an escape; **it's a sacred invitation to reconnect with the rhythms of nature and your inner truth.** If you've been longing for a deeper connection to yourself and to the natural world, then this retreat is calling you.

### **What's Included:**

- **Daily Yoga & Meditation:** Elevate your spirit and connect with your inner self.
- **Journaling:** Time to go inward and reflect
- **Sound Healing**
- **Organic Facial (made from harvested plants by a local practitioner)**
- **All Meals:** Nourishing healthy meals made with local ingredients. Starting with dinner your first evening and ending with breakfast your last morning.
- **Waterfall Adventures, River Hangs, Nature Hikes**
- **Beach Spa Day**
- **Cold Plunge + Sauna**
- **Relaxing Beach Time**
- **Plus More Surprises!**

You will leave this retreat feeling like your whole nervous system is reset and recalibrated. You will be grounded with a new energy that carries you through even when you leave Costa Rica.

## Soul Rising Retreat:

Are you ready to **awaken the vibrant essence within you** and embrace your soul's purpose? Join me for the Soul Rising retreat, a transformative 7-night journey into the depths of your being, set amidst the breathtaking beauty of Costa Rica. This retreat is designed to elevate your spirit and ignite your passions, guiding you to live a life that aligns with your core values and truths. Through uplifting yoga sessions, powerful meditations, and inspiring workshops, you will release old patterns, embrace your true self, and rise into your fullest potential. Grounding practices, sound healing, and moments of silence will help you tune into the voice of your soul, inviting you to ascend to new heights of awareness and joy.

This is more than just a retreat; it's a profound journey to rediscover your inner light and align with your highest self. If you've felt the urge to break free from limitations and elevate your life's journey, then this retreat is meant for you.

### What's Included:

- **Daily Yoga & Meditation:** Elevate your spirit and connect with your inner self.
- **Journaling:** Time to go inward and reflect
- **Sound Healing**
- **Organic Facial or Massage**
- **All Meals:** Nourishing healthy meals made with local ingredients. Starting with dinner your first evening and ending with breakfast your last morning.
- **Waterfall Adventures**
- **Beach Spa Day**
- **Breathwork**
- **Ecstatic Dance**
- **Relaxing Beach Time**
- **Plus More Surprises!**

You will leave this retreat feeling reconnected with your truth, grounded and flowing with life rather than continuously coming up to resistance. This is for you if you're ready to get real with yourself and face all parts of you from a place of love and grace.

**Rest & Restore:**

Embrace Stillness and Reconnect with Your True Self. In a world that never stops, it's easy to lose touch with ourselves amid the chaos. Our 'Rest and Restore' retreat is designed for those who are constantly on the go, providing a much-needed chance to slow down and find peace. If you've ever felt burnt-out or simply need to recalibrate, this retreat is for you.

**What to Expect:**

- **Gentle Daily Yoga & Meditation:** Engage in calming practices designed to soothe your nervous system and help you unwind.
- **Holistic Treatments:** Experience rejuvenation through soothing massages, organic facials, and healing breathwork sessions that nurture your entire being.
- **Sound Healing & Nature Time:** Immerse yourself in the calming sounds of nature and deep healing through sound sessions, allowing your body and mind to reset.

This retreat offers an opportunity to step back from the pressures of life and embrace the stillness within. Let go, relax, and return to your true self, not to do more, but to simply be.