



THE WEEKLY FLOW

THE FOLLOWING IS OUR RETREAT SCHEDULE.
ALLOW YOUR NERVOUS SYSTEM TO UNRAVEL WITH OUR
WORKSHOPS AND SOMATIC PRACTICES.

SOUL *REVIVAL*

5-DAY REVITALISATION OF YOUR BODY, MIND & SOUL



ANCIENT AWAKENING

RETURN TO YOUR SOURCE CODES

MONTEZUMA, COSTA RICA

MAY 27 — JUN 3, 2023

THE

Retreat Space

WELCOME TO THE WELLNESS ECO-RESORT

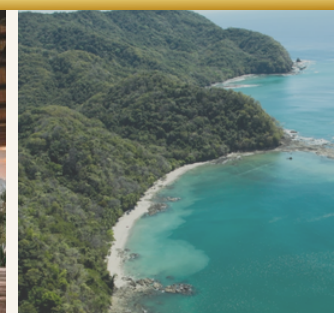
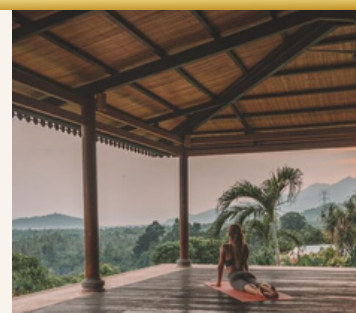


We'll be joining together in one of Costa Rica's leading retreat spaces. The bedrooms and yoga shalas overlook mountains, ocean and jungle for as far as the eye can see. We will have fresh organic food served, most of which is grown on the land. The pool and jacuzzi are salt water with very minimal chemicals, and we have a world famous waterfall next door. Expect your nervous system to unravel in the arms of our wonderful staff, our supporting angels & our beautiful venue.

— Ryan & Sarah

"THE SPACE IS HELD BY THE BEAUTIFUL MYSTICAL MOUNTAINS SO THE ENTIRE ATMOSPHERE FEELS SO SACRED. THE YOGA SHALAS ARE INCREDIBLY PRIVATE AND ALL YOU CAN SEE IS JUNGLE. SPENDING A WEEK IN THIS SANCTUARY SHIFTED ME ONTO A COMPLETELY NEW TIMELINE OF GIVING TO MYSELF IN SUCH DEEPLY WONDERFUL AND NURTURING WAYS."

— TRIPADVISOR REVIEW



SOUL REVIVAL

5-DAY REVITALISATION OF YOUR BODY, MIND & SOUL

MAY 27 - JUNE 1

Most humans are **not** living a life that makes them feel alive every single day. A life that has them crying tears of gratitude because they feel like they are always in the exact right place at the right time... as if Life is working 24/7 around the clock in support of their dreams. This feeling is called "synchronicity" or **VIBRATIONAL ALIGNMENT**.

When we live through a societal blueprint of "safety" (**THE MIND**) we remain limited with what we can create with our life force. The truth is, The Soul desires big things. Supercharged wealth, heart-explosive attraction & polarity, deep soulful connections & intimacy, creativity & downloads that create a life-changing impact on the world around you. **It's the trauma embedded into our nervous system that keeps us playing small to stay safe.**

What you'll soon find out is that it's not necessarily the \$10 million dollar house and dream relationship The Soul desires. It's the **FEELINGS** that are a by-product of that level of your growth. This retreat will skyrocket your internal expansion and worthiness in a Soul Aligned direction. You'll receive in-depth support to get very clear on the whispers of your soul you've been running from for too long.

	SAT	SUN	MON	TUES	WED	THU
<i>Embodiment</i>	—	90-minute "landing" yoga sequence	morning activation sequence	conscious movement	morning activation sequence	waterfall purification
BREAKFAST						
<i>Morning</i>	—	opening workshop	breathwork journey	TRE workshop	more info coming soon	closing circle
LUNCH						
<i>Afternoon</i>	check-in + orientation	more info coming soon	more info coming soon	more info coming soon	more info coming soon	soul REVIVAL participants check-out
DINNER						
<i>Evening</i>	opening circle	voice activation	fire ceremony	sound healing	cocoa glow party (wear white)	Ancient Awakening Immersion

*The retreat schedule is subject to change.

ANCIENT AWAKENING

RETURN TO YOUR SOURCE CODES

JUNE 1 - JUNE 3

Do you ever long for more in your life? Long to know more of who you are beyond past trauma and whom you believed you were in reference to your circumstantial reality, family & society? Do you ever long to know what you've come here to accomplish, and what would fulfill you most in this life?

The 2 day Integrative Immersion will be focused on directing everything that came up for you in Soul REVIVAL into a more unique framework, tailored to you. We'll have workshops, adventures and ceremony. Human Design and other useful tools will be weaved into this journey to support you on a more individual level. This will be a time to go deep within yourself, to restore the Ancient Wisdom of your soul.

	THU	FRI	SAT
<i>Embodiment</i>	waterfall purification	restorative yoga	sunrise beach walk
	BREAKFAST		
<i>Morning</i>	soul REVIVAL closing circle	workshop	closing circle & checkout
	LUNCH		
<i>Afternoon</i>	opening circle & intention setting fire ceremony	outside excursion	—
	DINNER		
<i>Evening</i>	workshop	evening event	—

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