



Pathways to Presence

Join us on a profound week-long journey of renewed self-discovery and rejuvenation as we explore various practices that will help lead you down the path to presence and well-being in all areas mentally, physically and spiritually. Guided by a team of experienced facilitators, the retreat's mission is to empower you with necessary tools and insights needed to cultivate your own skills to stay in tune with presence and well-being long after you leave the retreat.

Inclusions:

Meditation: Daily mindfulness meditation and movement meditation practices.

Breath: A deep dive into sacred breath-work to deepen your connection to presence and well-being.

Movement: Develop more presence through body awareness with yoga and ecstatic dance.

Sound: Tap more fully into your energy body through sacred sound practices.

Natures Medicine: Through healthy eating and through a sacred plant medicine ceremony

Facilitators

Anne Bernard ~ Naturopathic Doctor & Licensed Acupuncturist

www.TierraEncantadaCr.com

Ron Nikel ~ Mindfulness Meditation Teacher & Plant Medicine Facilitator

www.RonNikel.com

Paul Jarreau ~ Sound as Medicine Practitioner & Plant Medicine Facilitator

www.EnergybodyWellness.com

Yali McGregor ~ Yoga & Movement Teacher

www.YaliYoga.com

Ashley Ludman ~ Breathwork Facilitator

www.AshleyLudman.com



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Tierra Encantada is truly an enchanting haven nestled amidst the untouched beauty of nature. Embraced by the splendor of the ocean, mountains, and Rio Montana, our sanctuary invites you to immerse yourself in the Costa Rican jungle's vibrant energy. The symphony of exotic birdsong, the playful antics of monkeys, and the lush tapestry of flora create an atmosphere that resonates with the heart of this remarkable land.

what is included

- 7 nights of accommodation in our beautifully designed eco casitas and luxury glamping tents
- High vibration organic and handmade daily meals
- Refreshing juices, smoothies, coconut water, and organic teas
- Access to resort amenities, encompassing the saltwater pool area, restaurant, and ceremonial tipi
- Spa services at La vista Clinic & Spa
- Hike and jungle bathing experiences, immersing you in the vitality of the surroundings
- Wi-Fi accessibility throughout the premises

March 30th - Apr 05th - 2024

Rates:	Private Accommodation \$3,795	Shared Accommodation \$3,495	Luxury Glamping Tents \$3,295
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Taxes, airfares and transportation are not included

Contact us: tierraencantadacr@gmail.com / +506 8867 - 4804