

2020 Vision Retreat in Costa Rica

January 18 - 25, 2020

Launch the next decade with your 2020 vision – a clear intention about who you are and what matters most to you. An intimate gathering of 20 participants from across the globe

Join us for a week of clarity, creativity and connection at nature's edge, on the Osa peninsula in Costa Rica. In this uniquely vibrant place, we will blend the practices of yoga, free writing, play and communion with nature to create your personal Life Brief, a living document that captures what matters most to YOU. This is an invaluable tool for making decisions and taking action in your relationships, your work and for yourself.

Your discoveries will be captured into language that you will take home with you in the form of The Life Brief – along with a clear set of actions, and a fire in your belly. This is your north star, your deepest wisdom, and the starting place for all that you create for yourself and the world over the next 10 years.

With the 2020 Vision Retreat, you will enter the decade and begin your next chapter with courage, clarity and creativity.

What's included:

- 7-day retreat program
- Your personal Life Brief workbook
- Lodging overlooking the rainforest
- Round trip ground transport between Puerto Jimenez Airport and Luna Lodge
- 3 nourishing meals daily (can accommodate vegan, vegetarian, and GF diets)
- Daily yoga and meditation
- Hikes through the rainforest on the private lodge land
- Free time to rest, relax, enjoy the pool or beach, and other activities: lunalodge.com/activities
- Additional spa treatments and adventure opportunities are available for purchase through the resort upon arrival

International and Domestic air travel not included with retreat. Once you arrive in Puerto Jimenez, drivers will transport you to Luna Lodge (cost included).

Arrive at Luna Lodge anytime between lunch and dinner. Our first retreat gathering will be at dinner around 6pm on Saturday, January 18th. Departure after breakfast on Saturday, January 25th.

Retreat Teachers



Bonnie Wan

I'm Bonnie Wan, a career brand strategist who has spent the last three decades working with companies to articulate the essence of who they are and why they exist through a tool called the Brief. This simple and sharp articulation of purpose is used to keep brands anchored in who they are while offering a springboard for creative action.

In 2010, I applied this approach to my life and everything changed...my career, my marriage, myself. I call this The Life Brief and have designed a workbook and workshop to help you write yours.



Sarah Pemberton, MA

Sarah is a teacher, a writing group facilitator, and the founder of Write Now Portland, which offers writing groups to women and children, supporting them in creativity and self-discovery as they develop their writing skills. She has studied shamanism for 5 years at Lightsong School of Shamanic Studies and is passionate about transformation and holding space for others. Sarah guides students in accessing their own wisdom through journaling, creative prompts, and shamanic journey.



Alesha Hanson Yoga 500hr E-RYT

Alesha believes that at our core we are all desire connection....to ourselves, each other and the greater world. Yoga takes us there through body, breath and awareness again and again, where we find there is no separation. She inspires students to practice from a place of authenticity with respect for individual skeletal structure, muscular strength and flexibility. Her teaching style is slow and soulful, woven with inspiration and playfulness. Teaching is one of Alesha's greatest joys along with deep belly laughs with her family and friends and exploring everything in the natural world.

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