

Explore and Discover: A Quest in the Osa Peninsula

February 1 – 8, 2020

“Mindfulness of our continuous, interbreathing relationship with trees and green plants can provide us with a vivid awareness of our interconnectedness with all beings.”

- Jan Chozen-Bays, M.D.



Join us for an exploration in the Osa Peninsula and discover your authentic self. Awake each morning to the sounds of nature and bask in the beautiful rainforest. Experience the peninsula from its' beaches, waterfalls and rainforest. Observe animals in their natural habitat. Nourish your body with organic delicious food each day. Replenish your body with yoga and mindfulness sessions. Agnes facilitates mindfulness, meditation and yoga sessions to enhance awareness of your true self. Our focus is exploration and discovery. Our body, mind and heart have an amazing capacity; it is vital to take time away from the chaos to renew those energies within us. Immerse yourself in nature and appreciate the beauty around you and within you. Luna Lodge is the perfect place for this quest. You will be transformed!

Your Facilitator

Agnes has been in the healing field for 32 years as a physical therapist, as a yoga and mindfulness instructor for 12 years and leading wellness workshops for 20 years. She is a wellcoach; guiding clients via yoga, mindfulness, fitness, bodywork and meditation.

To learn more about her, view www.asyogaworks.com. Click on the “Testimonials” tab to read what participants enjoyed about the 2018 Costa Rica trip: “Enlighten Up!”.



For more information: View Luna Lodge website : www.lunalodge.com

Want more info? Contact Agnes at agnesyh@gmail.com for a “Things to know” fact sheet and more details!

E-MAIL AGNES AND RESERVE YOUR SPOT