

# Earth Song Retreat with True

## Earth Day 50<sup>th</sup> Anniversary Celebration - A Jubilant Exploration of Being Human on Planet Earth

April 18-25, 2020



Our entire experience of being Human... and being alive on Planet Earth is through the portals of our Senses. As we celebrate the 50th Anniversary of Earth Day, let us immerse in and explore our experience of and connection to the planet so that we may come to know and appreciate our selves and our home world more intimately.

We'll begin and end each day with Kundalini Yoga & Meditation (the Yoga of Awareness, and grandmother of all yogic practices...). Creative "homework" and journaling assignments will inspire your day's adventures as you explore the lush environs of Costa Rica's Osa Peninsula... &/or luxuriate in various healing modalities at the lovely Luna Lodge. Astrology readings will connect you to the cosmos, as we enjoy stargazing and meteor showers by night. (Readings, healings & guided activities will be available for scheduling & purchase through the resort).

Wednesday, April 22 is Earth Day's 50<sup>th</sup> Anniversary. In addition, the Sun and Moon meet up in Taurus for the New Moon... AND it's the peak of the Lyrid Meteor Shower. We'll have a special evening Kundalini Meditation for the occasion. There WILL be dancing!

You are invited to participate in any or all of the planned activities... or simply create your own personal immersion. It's a beautiful opportunity to just BE in each precious moment of our life on Planet Earth!

- Retreat Package prices available for Single or Multiple occupancy. Bring a friend! &/Or make a new one!
- Please pack lightly (30 pounds max), and use soft-cover luggage for sake of the Charter Plane.

What's included:

- 1 night stay at Luna Inn in San Jose
- Round trip charter plane to Luna Lodge from San Jose and return – or – domestic flight with ground transportation (please contact Luna Lodge for details)
- 7 nights stay at Luna Lodge (April 18-25)
- 3 nourishing meals daily (can accommodate vegan, vegetarian, and GF diets)
- Daily morning & afternoon Kundalini Yoga & Meditation sessions
- Daily journaling and homework inspiration
- Cacao Ceremony & Sound Healing under the stars
- Stargazing free from light pollution (telescope onsite)
- Sunbathing and swimming at the Luna Lodge pool or nearby beach
- Hikes through the rainforest on the private Luna Lodge property
- Hiking to waterfalls on the property
- Bird watching (over 460 species live in Osa Peninsula, and many on the Luna Lodge property, including Scarlet Macaws and Toucans)
- Optional guided day-long hike in Corcovado National Park and other excursions
- Spa treatments, personal astrology readings and adventure opportunities available for schedule and purchase through the resort upon arrival.
- Free time to rest, relax & just be.
- [lunalodge.com/activities](http://lunalodge.com/activities)

## Retreat Instructor

### True

True speaks the language of waveform, vibration and flow. She rode these waves through her music industry career and her art & design business, inspired by a deep exploration of healing and spiritual practices following a life-changing injury. She has found profound purpose and understanding of these energy waves in her energetic healing work and in her practice and teaching of the ancient technology of Kundalini Yoga & Meditation. She feels blessed to be able to share the magic of the practice with so many who are discovering the powerful teachings for themselves. True is on staff at RA MA Institute for Applied Yogic Science & Technology in Venice, California and Astro Gong Yoga in Hollywood; and teaches privately. Her classes can also be found on RA MA's international online platform: rama-tv.com. True is a Certified Kundalini Yoga Teacher, Mystic, Astrologer, Energy Healer (Reiki Master & Matrix Energetics certified), Artist, Musician & Counselor. In a world often focused on doing and going everywhere but the "here and now", True lives and teaches her credo: "Just BE"!



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