

Family Adventure Healing Retreat

with Lana Wedmore and Bermudez

July 25 – August 1, 2020

Nature is the best medicine

Unite together at Luna Lodge with Lana and Amed.

We invite you to come to the heart of the rain forest to find happiness and understanding with your family again. Would you as parents like to know how to do this? Nature is a powerful medicine and it will support your family thru your journey together. If you are ready to open your hearts and to embrace your new potentials this journey is for you and your family.

National Geographic calls Corcovado “the most biologically intense place on Earth,” and Luna Lodge borders Corcovado and is surrounded 360 degrees by nature.

We have created an 8-day retreat that is a combination of tours in the rain forest to see animals, yoga, forest therapy, sound healing, spa treatments and separate workshops for children and couples. Bring you and your family to unite together. We support you and your family wherever you are in your lives. Bring your authentic selves and we will help you have fun and bring back love and harmony into your families.



Why is this journey exceptional?

It will provide an opportunity to:

- Have intimate time with your family and other families
- Experience an intimate relationship with a tropical rain forest

- Practice with 2 certified yoga instructors
- Hike with 2 certified forest therapy guides
- Focus on physical, mental and spiritually healing
- Deepen the connection with your partner, your children, others, and nature
- Experience a dialogue with your heart, awaken creativity, and commune with your whole family as a core
- Create a sacred space for deep listening to each other
- Enjoy healthy meals, fun and much, much more

Your Instructors

- Lana Wedmore
- Amed Bermudez



Lana Wedmore is the owner of Luna Lodge and the Founder of the White Hawk Foundation on the Osa Peninsula in Costa Rica. She was raised in Ski Country —Crested Butte, Colorado, graduated from Colorado State University and decided to travel the world. She fell in love with Costa Rica and has lived there for 39 years. She is a Conservationist, Community leader and Healer. Lana’s mission is to: heal within, to help heal others, to heal Mother Earth. She has been teaching yoga for the past 30 years. She is a Shamanic Reiki Master, Life Health Coach and ANFT Forest Therapy Guide. She also just co-authored her first book. “Married to Paradise” which will be out in early 2020. She would love to

share with you, not only the knowledge that she has gained through these various disciplines, but also what she has learned by living in the rain forest for the past 29 years. Please join us here at Luna Lodge where— when you go back into nature you fall in love with yourself again.

Amed Bermudez is an experienced registered yoga teacher and a Yoga Alliance certified education professional. He became a Yoga instructor in 2005, a massage therapist in 2007, and provides both individual and group yoga instruction.

Amed has also created some individualized massage techniques, including deep tissue, hot stone, reflexology, gem therapy, Reiki, aromatherapy, Tantra massage, and Shiatsu. He also offers tropical therapeutic facials, body wraps, and scrubs. He even assisted in the production of a yoga instructional DVD for commercial distribution.



Amed comes from a heritage of Shamans and offers a holistic approach to both massage and yoga instruction. His belief is your yoga practice is an opportunity to give yourself love and attention, and to become more aware of the body.

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