

# Transform your Life Find your Heart in the Rain Forest

**April 18th - 24th, 2021**



What if there was something in nature that could change the way you see the world and offer you happiness and peace of mind.

We have created a 6-day retreat right in the middle of the rain forest. This retreat is a combination of Yoga, Forest Therapy and Pranayama. We have combined these three methods in a way that they support you so you can dive deeply into your personal journey.

We have chosen Corcovado for many reasons. One is to let you evolve with-in the natural world. Nature truly is the best medicine and will support you on your personal path.

If you are ready to open your hearts, to embrace your new potentials, then this Journey could be for you. National Geographic calls Corcovado “the most biologically intense place on Earth.” This retreat is designed for couples, single men or woman

## Bring all of You

It is a scientific fact that stress creates reactions in the body which affect our physical, mental and emotional responses. Stress comes from our environment, our body and mostly from our thoughts.

We support you wherever you are in your life. Bring your true authentic self. We will help you step into your unconscious.

## Why is this Journey Exceptional?

- Intimacy with Tropical Rainforest
- Intimate group

- Two Certified Yoga Teachers
- One Certified Forest Therapy Guide
- Focus on physical, mental, and spiritual healing
- Dialogue with your heart
- Awaken your creativity
- Commune with your inner-healing system
- Sacred space for deep listening to your needs
- Delicious healthy meals
- And much more...

## Your Teachers

[Lana Wedmore](#) and Amed Bermudez.

Amed Bermudez is an Experienced Registered Yoga Teacher and a Yoga Alliance Certified

Education Professional. He became a Yoga instructor in 2005 and massage therapist on 2007

He provided individual and Group Yoga Instruction, assisted in the production of yoga Instruction DVD for commercial distribution. He also, created Individualized Massage Techniques Including Deep Tissue, Hot Stone, Reflexology, Gem Therapy, Reiki, Aromatherapy, Tantra massage and Shiatsu and offered tropical therapeutic facials, body wraps, and scrubs.



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.

## What is Not Included

Flights from country of origin, gratuities, alcoholic drinks, activities, and excursions not specified above.