

Embrace Your Path Reclaim Your Feminine Find Your Beauty in the Wild

March 7th-14th, 2021

Life is about remembering who we are and coming back home to ourselves.

Join me for this transformational retreat where Mother Nature supports you to define the magic of your own feminine strength and wisdom.

Allow yourself to be embraced by Pachamama, here in the wild rain forest of Corcovado. Reconnect with your body, breath and nature. Remember who you are at your core and learn to get out of your own way. This is an opportunity to connect with your sensual, earthly nature.

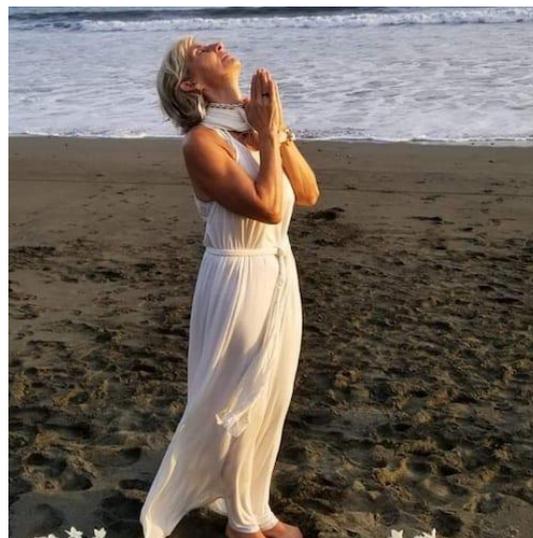
Embrace what you see, hear, feel, taste and touch, – experience the present moment through your senses. Here you have time to listen to your own feminine wisdom; to slow down and allow your feminine nature to move you.

Here, you will find that you can allow space to just BE – to relax, to journal, to pamper your beautiful soul. Where you learn to LOVE and APPRECIATE your feminine body and sensuality. Through practice, you may learn skills that you can take home with you and into your daily life in order to stay connected to heart, body, and soul, and to your truth.

May we learn to fill our own cups as we gather in sisterhood, finding the support from one another to step more into love and truth.

What is Included

- 7 restful nights in an eco-luxury accommodation with stunning rainforest and or ocean views
- Transfers from San Jose or Puerto Jimenez and return by plane
- Nourishing organic healthy meals



- 7 days of Transformational awakening
- Forest Bathing and other ceremonies to honor self, sisterhood, nature, and spirit
- Daily Sacred Female yoga
- One Shamanic Reiki session with Lana
- Heart opening cacao everyday

What is Not Included

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