

INVIGORATE

A Yoga + Consciousness Expansion Retreat with Zoë Freedman

March 12 - 19, 2022

INVIGORATE: to give life and energy to

The focus of this retreat is on the invigoration of your mind, body, and spirit.



The yoga shala at Luna Lodge

Invigorate your MIND with Expansion Masterclasses centered on expanding your consciousness, guided meditations and visualization journey's, authentic conversations, and more

Invigorate your BODY with daily yoga + movement classes, forest bathing (shinrin yoku rainforest-style), delicious fresh chef-cooked meals, morning cacao, sand bathing, ocean dips, hiking, and so much more

Invigorate your SPIRIT with the sounds + sights of the jungle (monkeys anyone?!), stepping out of your comfort zone, trying new activities, contemplating new ideas, making new friends, simplifying your daily existence, basking in the frequency of Expansion every single day in a multitude of ways

We are journeying deep into the remote rainforest of the Osa Peninsula in Costa Rica, to spend a week fully immersed in the jungle lushness.

This idyllic setting will inspire and nourish us, as we embark on the profound journey of diving deep within ourselves and expanding into more of our potential.

Liberated from your typical daily regimen, only one true task is asked of you during this retreat: P R E S E N C E.

Over the course of our wild week together, presence will be your guiding light to re-meet yourself as the Expansive, Embodied, and Empowered being you truly are.

Each day we will gather for our daily practices of yoga, breath work, meditation, transformative workshops, authentic relating games, and playful adventuring.

What to expect:

This is a Consciousness Expanding retreat, meaning that our emphasis will be on increasing our levels of self-awareness, under the guidance and facilitation of Personal Development Coach Zoë Freedman.

Each day will have a theme and a particular flow of practices, adventures, and relaxation time. You will be encouraged to make this experience your own, prioritizing what you need and want most. If waking up and coming to the morning yoga, breath-work, and meditation practice each day enlivens you then great. If you decide that you'd like to sleep in longer, take it slower in the morning, then you are welcome to do so.

You can expect to be in a group of conscious, curious, and generous people who are excited to forge new friendships while on their path of self-discovery.

You can expect three delicious meals each day, lovingly prepared by the incredible team at the lodge.

You can expect to be fully immersed in the sounds, sights, and sensations of the jungle. The howl of the howler monkeys at night, the wake-up symphony of insect chirps and birdsongs. An occasional rain shower will sweeten the air with the scent

of nutrient-dense soil. The roar of the ocean will beckon you towards the seashore, just a walk away from the lodge.

What's included:

- 1 nights stay at Luna Inn in San Jose
- Round trip charter plane and car transport to Luna Lodge from San Jose
- 6 nights stay at Luna Lodge
- 3 nourishing meals daily (can accommodate vegan, vegetarian, and GF diets)
- Daily yoga, breath work, and meditation sessions
- Daily personal mastery experiences focusing on topics such as intuition, empowerment, envisioning, and embodiment
- Daily Cacao Ritual to energize, nourish, and open the heart
- Forest Bathing - known as "shinrin yoku" a practice that began in Japan. This is a specially made jungle version that will connect you more intimately with the natural world and with yourself
- Detoxifying Sand Bath - you'll see, this is a special treat!
- 1:1 pre-retreat personal empowerment + planning session with Zoë
- Stargazing free from light pollution (telescope onsite)
- Hiking to waterfalls on the property
- Sunbathing and swimming at the Luna Lodge pool
- Hikes through the rainforest on the extensive private Luna Lodge property
- Bird watching (over 460 species live in Osa Penninsula, and many on the Luna Lodge property, including Scarlet Mackaws and Toucans)
- Free time to rest, relax, enjoy the pool or beach, and other activities:
lunalodge.com/activities

Retreat Instructors

Zoë Freedman

Zoë is a Personal Development Coach, yoga instructor, event facilitator and planner, energy healer, dancer, writer, and birth-doula. At the heart of everything she does is a passion for exploring every facet of the human experience. She believes our collective purpose is to expand into the most conscious and loving beings possible. Zoë's mission is to share personal

development and empowerment tools with her community, which she does through 1:1 coaching, courses, masterclasses and global retreats. She is based in San Diego, CA where she lives with her husband.

To chat with Zoë directly, you may email her.

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Zoë Freedman, Personal Development Coach and
Yoga Instructor