

Transform your Life Find your Soul in the Rain Forest

Jan 22nd - Jan 29th, 2022



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 7-night retreat right in the middle of the rainforest. This retreat is a combination of Yoga, Forest Therapy, and Pranayama. We have combined these three methods in a way that supports you so you can dive deeply into your personal journey.

We have chosen Corcovado for many reasons. One is to let you evolve within 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 everyone.

Bring all of You

It is a scientific fact that stress creates reactions in the body that 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.

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 41 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 is a Yoga Alliance certified Yoga Teacher and 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". 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 31 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 and a massage therapist in 2007.

He provided individual and Group Yoga Instruction assisted in the production of the 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 the country of origin, gratuities, alcoholic drinks, activities, and excursions not specified above. Please contact reservations@lunalodge.com for transportation arrangements within Costa Rica, about the various options, and any other questions.