

# Take A Chance To Change Your Life Retreat



## With Author and Relationship Teacher Kate Rose

- Alchemist of the heart
- Teacher of authenticity
- Practitioner of masculine & feminine polarity flow
- Author of *You Only Fall In Love Three Times*

### July 9th-14th 2022

A Six Day Luxury Adventure Retreat To Heal Your Heart & Surrender To Your Inner Feminine

Join me in the jungle of the Osa Peninsula to allow yourself to soften into trust and open your heart so that you can more fully step into your divine feminine energetic presence.

What's included:

- Round trip ground transport between Puerto Jimenez Airport and Luna Lodge
- 5 nights stay at Luna Lodge
- 3 nourishing meals daily (can accommodate vegan, vegetarian, and GF diets)
- Bird watching (over 460 species live in Osa Peninsula, and many on the Luna Lodge property, including Scarlet Macaws and Toucans)

- Stargazing free from light pollution (telescope on-site)
- Hiking to waterfalls on the property
- Sunbathing and swimming at the Luna Lodge pool
- Smudging and Energy Clearing
- Guided day-long hike in Corcovado National Park
- Nightly Workshops with Kate Rose
- Daily Yoga & Meditation time
- One Tantra Massage
- Lagoon Kayaking Expedition
- Nighttime Jungle Walk
- Full Moon in Capricorn Ceremony
- Cacao Ceremony
- Hikes through the rainforest on the private Luna Lodge property
- Free time to rest, relax, enjoy the pool or beach, and other activities: [lunalodge.com/activities](https://lunalodge.com/activities)
- Additional spa treatments and adventure opportunities are available for purchase through the resort upon arrival

## Retreat Instructors



## Kate Rose

Kate Rose is an artist, free thinker, lover, writer, passionate yogi, mother, rule breaker, relationship coach, motivational speaker and rebel. She approaches relationships as an opportunity to learn and is an alchemist of the heart. She inspires and teaches authenticity as well as the masculine and feminine polarity flow. As a spiritual intuitive she practices the religion of astrology and love. She can usually be found walking barefoot in the moonlight between worlds with the dreams of stars still hanging in her hair while swaying her hips to the music of life, smelling of soft rain and sweet honeysuckle. She lives for adventure and wakes each morning with the excitement of a new day waiting to unfold at her feet. She truly believes the best is yet to come and waits, with bated breath, to see what it may hold.

Her first book, *You Only Fall In Love Three Times* is an International Best Seller.