

Radical Self-Love Retreat

Hosts: Lana Wedmore & Jennifer Masley

April 30 - May 7, 2022

This seven day self-love journey creates a deep soul connection where you will illuminate the wisdom of your heart and re-discover the wild beauty of your authentic self. Set deep in the lush jungle of the Osa Peninsula Costa Rica, Luna Lodge is a natural catalyst for personal transformation. As you ground yourself to nature's rhythm, you will open up to your most authentic self-expression. There will be easeful opportunities to excavate your fears and remove blocks that are keeping you from living your highest potential and purpose.

While immersing yourself in self-care for the mind, the body and the soul, you will be deeply nurtured by the sights and sounds of the rainforest. You will be served 3 delicious organic meals each day, much of the produce coming from the gardens on-site and also from local growers. You will be cared for down to the cellular level as Costa Rica has some of the most nutrient rich soil on the planet. Your body will be met with the frequency of love as the Luna kitchen team meets all of your dietary needs.

Together we will flow through meditations and yoga practices, easing your mind and enlivening your spirit. We will tap into the medicinal energy of the ocean, hike with the howler monkeys and bath in the tide pools beneath some of the earth's most stunning waterfalls.

You will make extraordinary and life long connections in this group of powerful women. We truly cannot wait to share this magical experience of self-love and personal transformation with you.

Come drop into an inspired flow state and be a part of the alchemy of a life well lived.

Your Adventure Includes...

1 night stay at the boutique Luna Inn in San Jose (on the 30th)

6 night 7 day stay at the exquisite Luna Lodge

Round trip charter plane and car transport to Luna Lodge from San Jose

3 nourishing meals daily (can accommodate vegan, vegetarian, and GF diets)

Daily yoga, breath work, and meditation sessions

Daily personal transformation experiences & workshops led by Lana & Jennifer focusing on self-love, removing fear blocks, finding your authentic voice and purpose

Daily Cacao Ritual to energize, nourish, and open the heart

Cacao Ceremony for deep intention setting & manifesting our path & purpose

Forest Bathing - known as “shinrin yoku” a practice that began in Japan, this is a specially created 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!

Wedding Ceremony - a deeply immersive self-love experience 🌟

Additional Available Activities *included in the both packages*

Stargazing nightly free from light pollution (telescope onsite)

Hikes to waterfalls and through the rainforest on the extensive private property @ Luna Lodge

Sunbathing and swimming at the Luna Lodge pool

Bird watching (over 460 species live in Osa Peninsula, and many on the Luna Lodge property, including Scarlet Macaws and Toucans)

Free time to rest, relax, enjoy the pool or beach, and other activities

Go to Lunalodge.com for more detail on the retreat space & additional activities

PACKAGES & PRICING

Package Toucan... speak your truth, don't think, instead feel your way from your heart

Includes all of the above experiences, adventures and activities + double occupancy in the Bungalows

\$3,330.00 (includes round trip charter from San Jose)

Package Scarlet Macaw... deep healing & *becoming* unapologetically you from a place of deep reverence and love

Includes all of the above experiences, adventures and activities + double occupancy in the Bungalows + *the additional detail below*

In addition to the Toucan Package, you will receive

1:1 powerful coaching session with Jennifer to identify and create action around your blocks & your authenticity + follow up post retreat zoom call

1:1 powerful shamanic reiki healing session with Lana

1:1 private photo shoot for you to create your *new* essence of self-love

\$4,050.00 (includes round trip charter from San Jose)

How do I know this adventure of radical self-love is for me?

- You need time to slow down and retreat from your daily life, *you seek adventure!*
- You are ready to get quiet and help usher your vision through to reality
- You crave quality self-care time to nourish your body, mind and soul connection
- You seek clarity in key aspects of your life
- You are in transition &/or feel stuck, you are ready to move through this
- You want to deepen your understanding of self and understand the source of your personal power
- You are integrating a recent personal development process
- You are curious about the nature of reality & how to shift into your highest potential
- You are looking for guidance and community support in the unfolding of your expansion
- You want to better understand self-love and how to create a life you truly love living every day

What will I gain from this experience?

- Clarity with an inspired perspective on your authentic self and your life
- A renewed sense of joy and fulfillment
- An expanded awareness of trust, forgiveness, acceptance, compassion, truth, and connection - all in your own being
- Increased awareness of the subconscious roots of the fears that hold you back & keep you stuck
- Grounding mental & spiritual practices to help you stay in your flow of brilliance & genius
- The opportunity to transcend through the wounds we all carry and must face to find true peace and liberation: fear, repression, denial, shame, rejection, guilt, and disconnection
- A stronger connection to your body, mind and soul
- A stronger connection to nature and more understanding on how connected we all are, and what this means for you
- Clarity on your path forward and tools to vision with and create the next phase of joyful expression for your life
- A new and expansive community of powerful friends
- Deep cellular healing from being immersed in the nourishing jungle & tropical rainforest

Logistics

Our incredible retreat lodge is located in a beautiful and very remote part of Costa Rica - the Osa Peninsula. It's situated near one of the entrances to the world-renowned Corcovado National Park. To get there, we will take a private charter flight from San Jose airport to the airstrip nearest the retreat center, in Carate. This private charter flight is included in the price of the retreat.

Saturday, April 30

We will meet in San Jose and make our way to the Luna Inn, a quaint bed and breakfast near the airport. What time you arrive at the bed and breakfast is flexible and entirely up to you.

Sunday, May 1

We will wake up early and get on our private charter to the Osa Peninsula. The flight is an hour and features incredible views of Costa Rica from the air! This is a really incredible experience, you will see a good portion of this gorgeous country. The lodge will have a vehicle waiting to pick us up when we land and we will drive 15 minutes up the majestic mountain to the lodge. This alone is quite the adventure!

Once we arrive and settle in we will have a delicious breakfast and make our way to our opening ceremony. Let the adventure & fun begin!

Saturday, May 7

Our final morning together. We will have breakfast together and take an early private charter flight back to the San Jose airport.

all micro-detail will be provided after sign-up

Your Hosts

Lana Wedmore is truly what one might call "a force of nature". Carving out a home in the unforgiving rainforest, while respecting and working with the land to create a paradise in the process. She is a Spiritual Alchemist, Shamanic healer, Certified Reiki Master, Certified Yoga Instructor and Certified Forest Therapy Guide, Author, Conservationist, and Women's empowerment advocate whose compassion, dedication, and determination have all earned her the reputation as a Service-centered thought leader. As a transformation-driven humanitarian, her lifelong vision is to empower people to heal not only themselves, but our home and all of her beautiful inhabitants.

Nearly four decades ago, Lana left her Colorado home to study in Costa Rica. She traveled the world and still felt an unwavering pull to Costa Rica's Osa Peninsula where she has built LunaLodge.



Jennifer Masley is an entrepreneur and a coach with 25 years of experience in leading people through personal & professional transformation by way of coaching, food energetics, sacred movement, yoga, reiki, sound healing, meditation and nature immersion. Jennifer has created, owned and operated seven restaurants and juice bars throughout the United States. She believes that real health starts with building strong networks and is steadfast in her commitment to deepening community

connection. Having spent her life committed to the well-being of people and the planet, she feels strongly that better understanding and experiencing the connection between the two is where true healing happens. Jennifer is known for her immersive coaching & cleansing experiences that are designed for the consciously-connected who wish to bridge the gap between the body, the mind, the soul, and money consciousness in order to nurture a deeper sense of self-love and gain clarity around living a more purposeful & joyful life.

