

Date: Friday, Apr 12, 2024 -Thursday, Apr 18 2024
From: 11:45 AM - 12:00 PM
Fully Immersive 7-day, 6 night Retreat.

Rewild, Rejuvenate, Connect

A fun filled, fully immersive jungle retreat in Costa Rica! Crafted to help you connect more deeply with aligned community, beautiful nature, and your truest self.

Retreat schedule:

April 12th

Shuttle picks up from hotel at 10a, guest arrival at 2p

Arrival, orientation 2-4p

Opening circle - EFT tapping to land, fire ceremony intention setting 4-6p

Dinner 6-7p

Connecting games, 7-8

8-9 wind down free time, evening tea

Sacred silence after 9

April 13th

Connect

7am Morning practices - Yoga & Breathwork

8am Breakfast

9-11am Morning class - Workbook exercises

11-12 River time

12pm lunch

1-3pm somatic embodiment workshop with Jane

3-4pm Free time (sacred silence for integration)

4-6pm Eft circle workshop time

6pm dinner

7-8pm *optional* connection games

8-9pm evening tea, wind down time

9pm sacred silence

April 14th

Rewild

7am Morning practices - Ecstatic Dance and meditation

8am Breakfast

9-12pm Jungle Fitness - Team Building obstacle course/scavenger hunt

12pm lunch

1-3pm Ayurvedic Principles with Liz

3-4pm Free time (sacred silence for integration)

4-6pm Art therapy workshop time with Caitlin

6pm dinner

7-8:30pm Sound Journey with guest facilitator
8:30-9 pm evening tea, wind down time, immediately going into sacred silence for the evening

April 15th

Connect+Rewild

Adventure day!!

6:30-7am breakfast

7:30-8:30am shuttle for Nauyaca

8:30-1pm, enjoy the waterfall! (with snacks)

1-2pm lunch

2-2:45pm Shuttle to Uvita Beach

2:45-5:30pm Beach trip to Uvita

5:30-6:30 transport to Candombe

6:30-7:30pm Group dinner at Candombe

7:30-8:30pm transport back to Nueva Vida

8:30pm Evening Tea+ wind down

9pm Sacred Silence

April 16th

Rejuvenate

Spa+Recovery Day!!

6:30am yin morning practice

7:30-8am breakfast

8-12:30pm group 1 massages, facials, foot soaking (group 2 can utilize free time.)

12:30-1:30 lunch

1:30-6pm group 2 massages, facials, foot soaking (group 1 can utilize free time in various ways)

6pm dinner

7pm connection games

8:30pm evening tea+wind down exercises

9pm sacred silence

April 17th

Connect+Rejuvenate

7am Morning practices – Yoga+Breathwork with Liz

8am Breakfast

9-11am Morning class – Workbook exercises

11-12 Free time (sacred silence)

12-1pm lunch

1-3:30pm somatic embodiment workshop with Jane

3:30-6pm Art therapy workshop with Caitlin

6pm dinner

7-8pm *optional* connection games

8-9pm evening tea, wind down time

9pm sacred silence

April 18th

Connect+Rewild+Rejuvenate

7am Morning practices – Ecstatic Dance

8am Breakfast

9-11am Morning class – How to self tap

12pm lunch

1-3pm ayurvedic principles with Liz

3-4pm Free time (sacred silence for integration)

4-5:30pm Eft circle workshop time

5:30-6pm group photo, and testimonials

6pm Highest self dinner party

7-8:30pm Closing Fire circle

8:30pm evening tea, wind down+integration exercises

9pm sacred silence

April 19th

Departure Day!!

7am breakfast

8 final goodbyes, Shuttle leaves!

The Being Well Retreat includes:

+opening circle and closing circle

+2 sacred fire ceremonies to connect with the elements and your inner self

+4 EFT tapping workshops

+2 Art Therapy sessions

+2 Somatic Embodiment workshops

+2 Ecstatic Dances

+2 Ayurvedic Principles workshops

+Full adventure day to visit the famous Nauyaca waterfall and the Whales Tale beach in Uvita!

+Full Holistic Spa day with massage, facial, and foot soak

+Workbook with effective exercises and journal prompts to help you drop in and find your ideal future self you are becoming + set easy goals and action steps to get there

+Immersive Sound Journey

+Fun Group games and exercises

+Jungle Fitness + Scavenger Hunt

+2 zoom calls, pre and post retreat, to set the intentions for your journey and have some integration support afterwards!

...And many more bonus surprises along the way!

\$3000/ per person

500 down reserves your spot.

Lizard Yoga Member? 10% off!

Early bird special 7% off (ends Dec. 30)

Facilitators:

Jane Jennings, Caitlin Austin, and Liz Wolf

15 spots available. More info to come.

Email: liz@lizardyoga.com

Or call: 737.213.7363 to learn more.