



8 Days of Self Discovery in Nature

‘Freedom & Embodiment’

Pacific Coast • Costa Rica

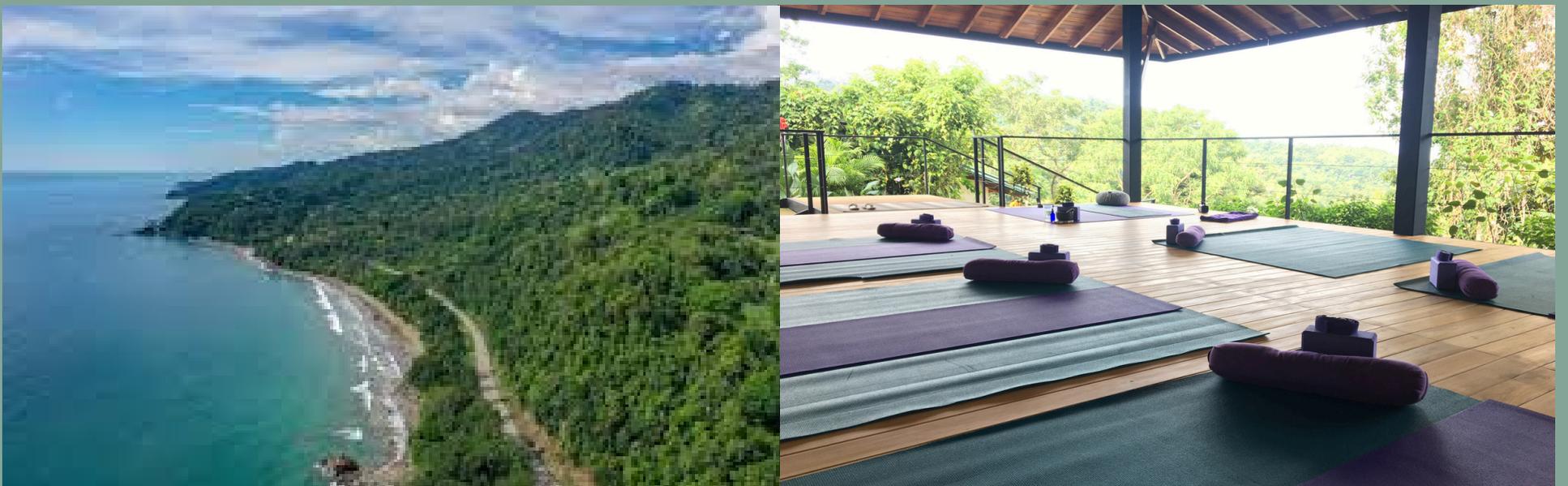
April 22 - 29 2026



Darren and Met invite you to embark on a deeply transformative journey at a stunning luxury nature resort in Costa Rica. This is a unique opportunity to dissolve old patterns and be guided by the healing power of nature's medicine.

There will be facilitated reflection circles and the practice of somatic techniques to further ground and integrate your experience. You will be supported by trusted and experienced practitioners.

Let go of limiting beliefs and step into a state of abundance and empowerment!



The setting is the breathtaking southern Pacific region of Costa Rica, where nature's most vibrant beauty will embrace you. You'll have the opportunity to explore serene waterfalls, connect with the healing power of the land, and rediscover the inner medicine that resides within you.

This retreat will guide you to uncover the hidden stories that have long been holding you back, you will let go of self-doubt, and fully embrace your true self. It is time for a rebirth, redefining your motives, rewiring your being and renewing your life with passion and purpose!



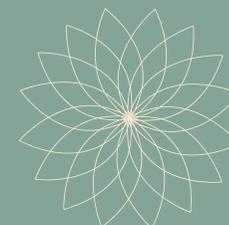
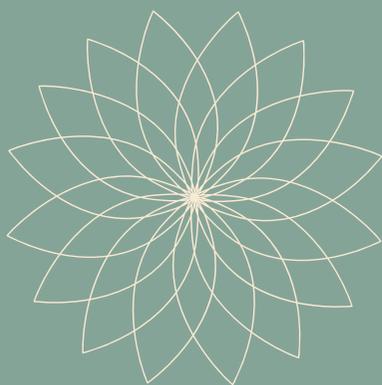
***Only 10-12 spaces**

Grandmother Francisquinha and her daughter Andreia Shawan, from the Shawandawa tribe of Acre, Brazil - descendants of a powerful lineage of women healers, midwives, and shamans - will lead you through three ceremonial circles. These medicine journeys will guide you to align with your true purpose and ignite your inner joy.



Price Includes:

**Accommodation for 7 nights
Three Medicine Ceremonies
Somatic Emotional Reflection & Integration
Yoga & Breathwork
Cacao Ceremony
Meditative Sound Healing Journey
Reiki Therapy
Temazcal (traditional sweat lodge)
Offsite adventures: Waterfall and Beach
3 daily prepared delicious organic plant-based meals
Transport to and from your hotel in San Jose**



***prices do not include flights or hotel stay in San Jose on day of arrival and departure.**

Price:

\$4100 - \$4400 / £3100 - £3400

Dorm Style Rooms with Private Bathroom

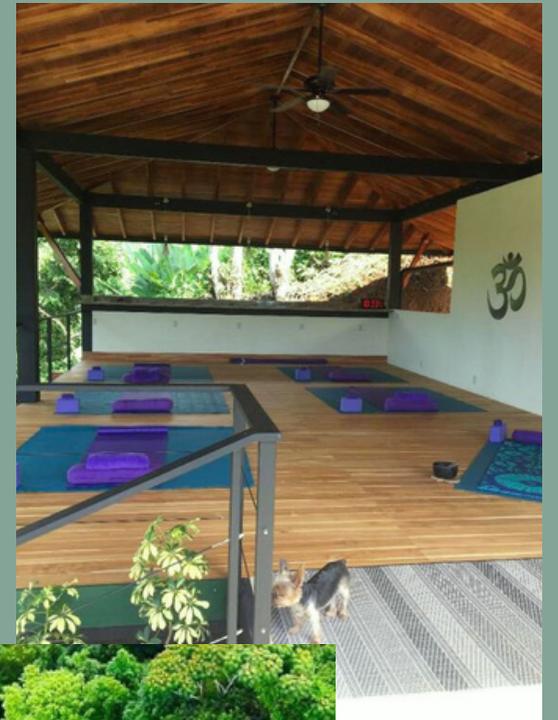
*50% deposit to reserve a space
Full payment due by March 1st
No refunds after March 1st

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Step away from the noise and immerse yourself in nature. Nestled deep in the lush Costa Rican jungle, this stunning retreat center offers the perfect escape to slow down, reflect, and experience something truly magical. Thoughtfully designed to harmonize with the land, this serene space invites healing, connection, and deep transformation.

We can't wait to host you here!



Facilitators

Met is devoted to creating transformative spaces that nurture heart-centered healing and inspire spiritual growth. With over 17 years of experience, she blends Reiki, intuitive shamanic healing, sound therapy, and Kundalini yoga, to empower individuals to release self doubt and reconnect with their divine wisdom. Met will lead a sound bath, cacao ceremony, and reiki. She will offer integration and nurturing support throughout, creating a grounded space where participants can feel safe to let go and step into their truth with authenticity.

Darren has been a practitioner in the healing arts for over 25 years. He holds a grounded understanding of the human condition, and with a strong intuitive sense he is able to support people through their process. On the retreat Darren will be contributing with Iyengar yoga classes and integration and reflection circles. His main therapy is SomatoEmotional Release, this helps people to unwind old behavioural patterns and release stored trauma. It helps to re-write the emotional code in the psyche - the work can be life changing.

Accommodations

- One Cozy Cabina Suite
Queen Bed
Private Bathroom
AC & Kitchenette
- Four Spacious Deluxe Villas - kitchen, queen bed, twin bunk beds, AC, private bathroom, living area and epic jungle view balcony.

