

Connect to your Essential Nature

March 19-24, 2023





In the rainforest jungle of

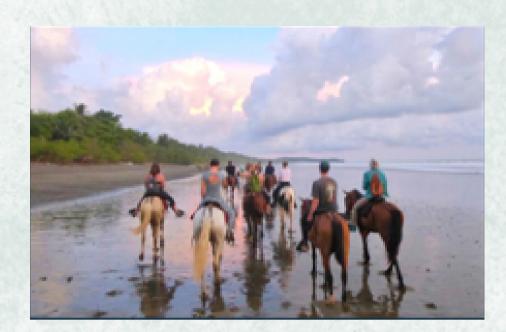
Gosta Rica





Connect to your Exertial Nature In Costa Rica

- March 19-23, 2023
- Arrive in San Jose before 11am on March 19th
- Retreat includes 5 days/nights of accommodations, meals, and much, much more
- We conclude after breakfast March 24th, 2023
- Option to Add-On Plant Medicine Journey













We will Gather on the Earth
Attuning our rhythms to our Mother
Connecting with nature, each other and ourselves



Connect to Nature

Be in awe and inspired with the beauty of the natural world.

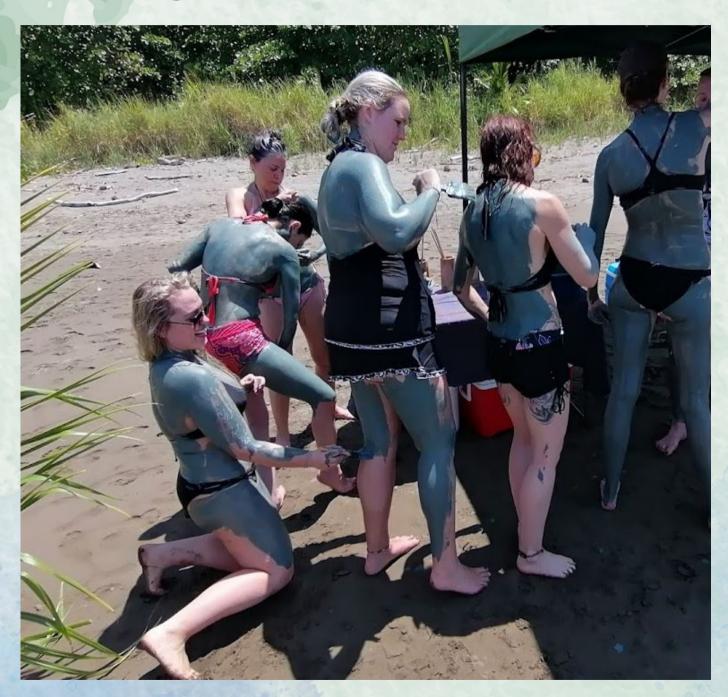
Slow down and breathe.

Wander.....Unfold





Connect with Each Other



Be captivated with the mysteries of each other's lives. See and be seen Share and story-tell Celebrate in ceremony Share and be supported in your challenges Be willing to allow emotional honesty

Connect with Yourself

Disconnect first from the outside world.

Allow In

Mindfulness | Kindness | Courage

Silence

New Ways of Being

Make room for what wants to be revealed.





Connect with Sense of Place

Immerse Yourself In Costa Rica

Language
Culture
People
Environment
Sights | Scents | Sounds | Tastes



Included in Retreat

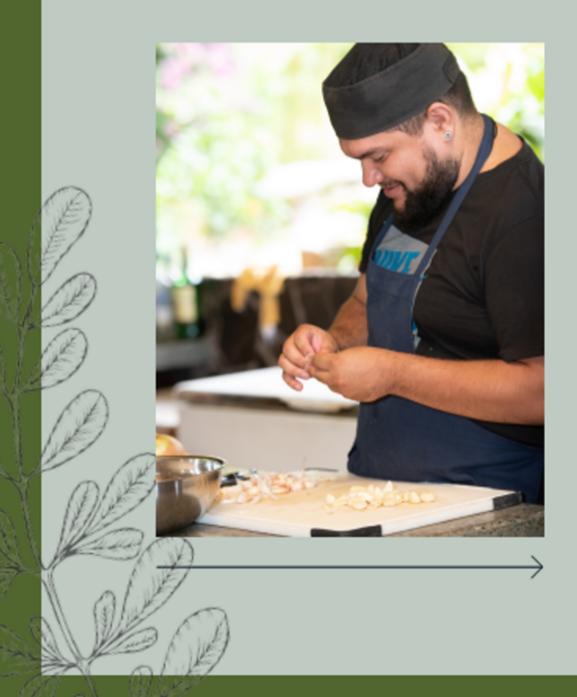
- 5 Nights of accommodations luxury and modern convenience set in the natural beauty of the jungle of Costa Rica
- Round Trip Airport Shuttle from SJO (San Jose Airport) to Uvita Bali Bosque
- Freshly prepared *daily nourishing cuisine* including 5 breakfast's, 5 lunches and 5 dinners.
- Daily Yoga and meditation led by Bianca Whaley
- Sound Healing Cacao Ceremony
- Horseback Riding at Sunset
- One Massage
- Healing Blue Clay Experience at Beach
- Taxes and gratuities



Not Included Atreat

- Airfare to San Jose International Airport, Costa Rica
- All insurance, including personal liability, medical and/or baggage insurance, etc.
- All items not specified, mentioned or covered as part of this itinerary
- Pre/Post night accommodations
- Activities beyond retreat
- Alcoholic and non-alcoholic beverages in between meals
- Plant Medicine Journey Add-On option with Suri Sawyer and Everest Bond
- Additional nights of accommodation beyond 5 at \$199 per night.

CHEF YERY



INTRODUCTION

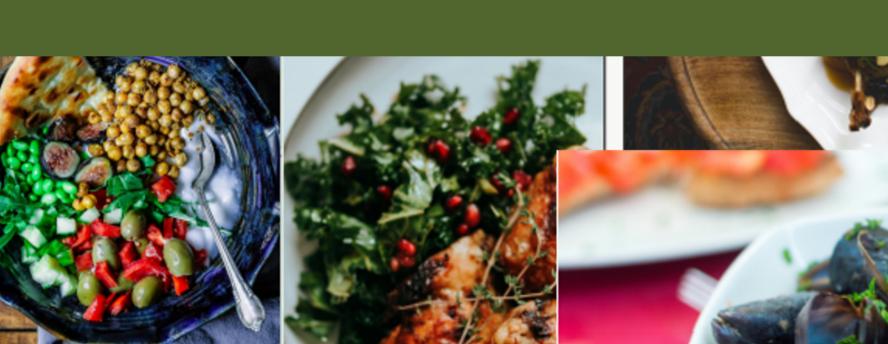
Yery Picado is a local Costa Rican chef with over 15 years of professional experience in the kitchen creating mouthwatering menus with fresh, organic & locally sourced ingredients. He is passionate about crafting local dishes with a twist, and specializes in Vegan concoctions sure to delight any palette! Excelling in creating unforgettable sensorial experiences, Chef Yery is the perfect addition to your next event or gathering! Gluten Free? We have options available for any preference.

Fresh Ingredients Promise

All of Chef Yery's dishes are dependent on locally sourced, fresh and organic ingredients. As a result, we reserve the right to adjust our menu offerings based upon ingredient availability – we will only serve you the absolute best! Rest assured, any changes to our offerings will be communicated promptly in order to ensure the smoothest experience for you and your guests.







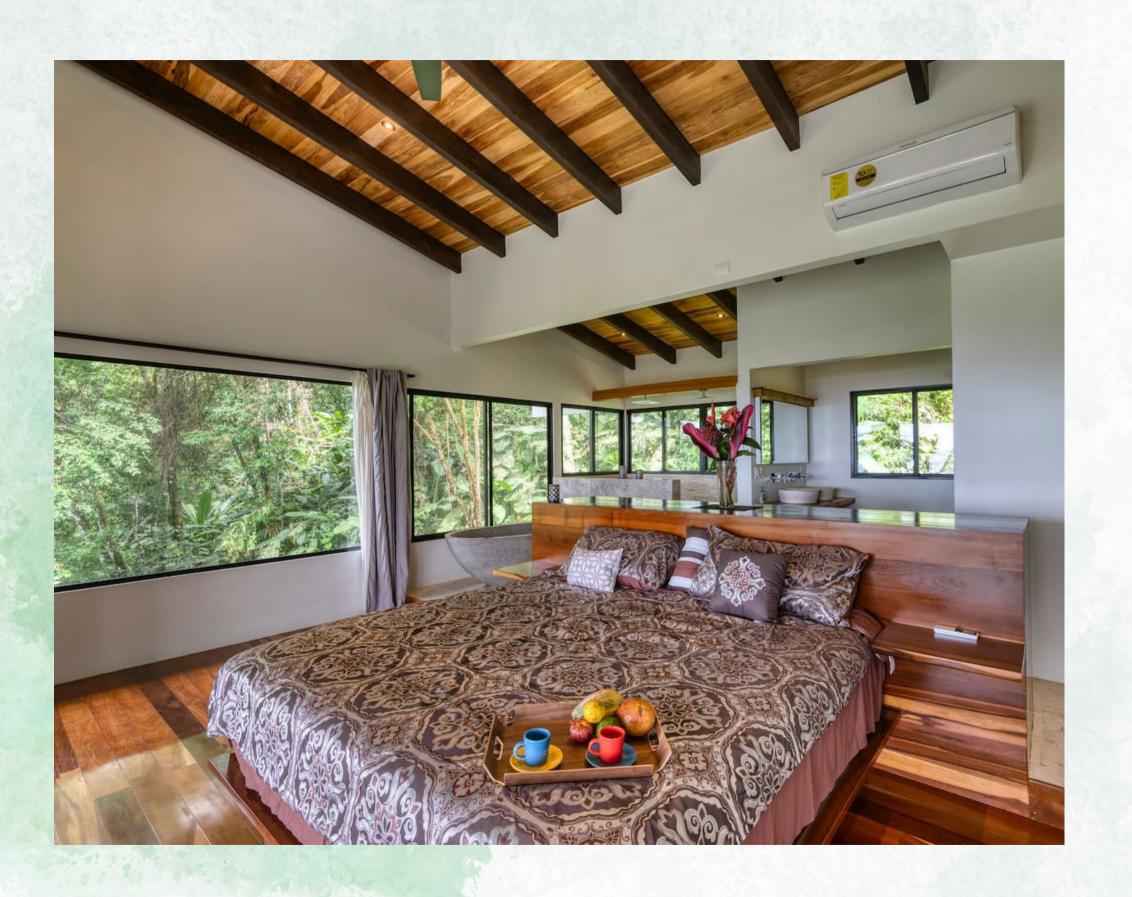




Stary Night \$5.000

- King bed
- Private bathroom
- Bathtub
- Air conditioner
- Deck
- Breathtaking view of the jungle and ocean





Pure Spirit \$5.000

- King bed
- Private bathroom
- Bathtub
- Air conditioner
- Deck
- Breathtaking view of the jungle and ocean



Humingbird \$4,895

- Queen bed
- Private bathroom
- Shower
- Air-conditioning
- Outdoor access



Bee Spirit \$4,895

- Queen bed
- Private bathroom
- Shower
- Air-conditioning
- Outdoor access

Fairy Cove \$4,895

- Queen bed
- Private bathroom
- Shower
- Air-conditioning
- Outdoor access



Nize Noman \$4,795

- Queen bed
- Private bathroom
- Shower
- Air-conditioning
- \$3,500 xtra person



Ancient Wijdom \$4.695

- Queen bed
- Private bathroom
- Shower
- Air-conditioning



Tree Magic \$4,500

- Outdoor queen bed
 Tree house
- Private bathroom
- Shower



Retreat Sample Schedule

7:00AM Yoga & Meditation

8:30AM Breakfast

9:30AM Morning gathering

12:30PM Lunch

1:00PM Add-ons, outings, free time

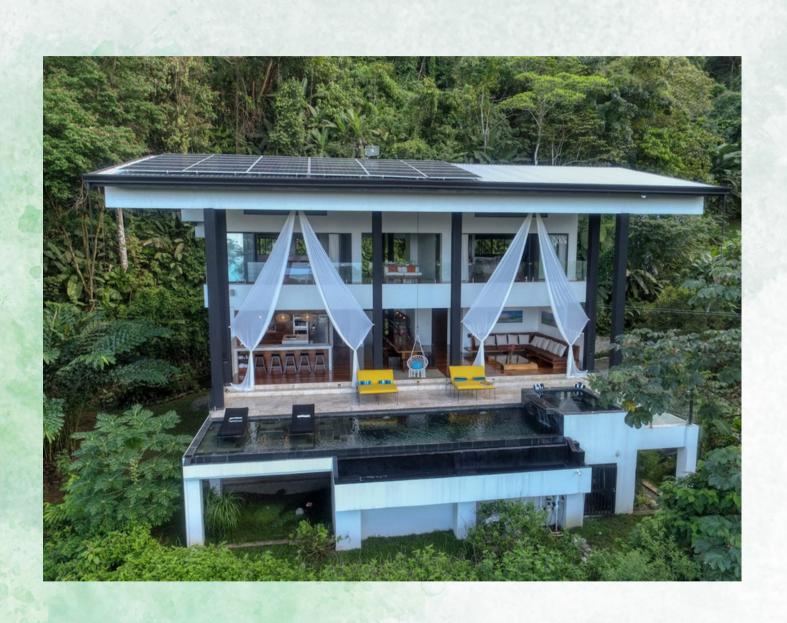
4:00PM Afternoon gathering

6:30PM Dinner

daily agenda

*The detailed agenda is revealed with your committment

To Reserve Your Place



Non-refundable deposit of \$750 holds your place.

Connect to Your Essential Nature

- To book contact Bianca Whaley directly at Bianca@donnabond.com
- For more information about Donna Bond visit www.donnabond.com

