Awaken in the Jungle

A Guided Journey of Healing

January 11-17, 2022
Lake Arenal, Costa Rica

Retreat Schedule

Tuesday, January 11

Arrivals.....Check-in after 3pm
6:00pm.....Welcome Dinner & Orientation
7:30pm.....Restorative Yoga by Candlelight

Wednesday, January 12

7:00am.....Yoga/Meditation
8:00am.....Breakfast & Preparation for Journey

Group A
Times TBA.....Massages & Quiet Time
5:00pm.....Plant Medicine Journey

Group B
9:30am.....Equine Healing
12:00pm.....Lunch
4:00pm.....Nordic 'Hot/Cold' Therapy
6:00pm.....Dinner & Pow-Wow

Thursday, January 13

7:00am.....Yoga/Meditation
8:00am.....Breakfast

Group A
Times TBA.....Reprogram & Release Healing Sessions & Quiet Time
12:00pm.....Lunch
4:00pm.....Nordic 'Hot/Cold' Therapy
6:00pm.....Dinner & Pow-Wow

Group B
Times TBA.....Massages & Quiet Time
5:00pm.....Plant Medicine Journey

Friday, January 14

7:00am.....Yoga/Meditation
8:00am.....Breakfast

Group A
Times TBA.....Transforming Cellular Memory Sessions & QuietTime

Group B
Times TBA.....Reprogram & Release Healing Sessions & Quiet Time

12:00pm.....Lunch & Integration Session
6:00pm.....Dinner
7:30pm.....Restorative Yoga by Candlelight

Saturday, January 15

7:00am.....Yoga/Meditation
8:00am.....Breakfast & Integration Session

Group A 9:30am.....Equine Therapy & Quiet Time

Group B Times TBA.....Transforming Cellular Memory Sessions & Quiet Time

4:00pm.....Nordic 'Hot/Cold' Therapy
6:00pm.....Dinner
7:00pm.....Bon Fire

Sunday, January 16

7:00am.....Yoga/Meditation
9:00am.....Brunch

Nature Excursion:

11:00am.....Visit 500-year-old Ceiba (inspired Tree of Life in the movie Avatar)
1:30pm.....Ecotermales Natural Hot Springs
5:30pm.....Closing sunset dinner overlookingLake Arenal

Monday, January 17

Departures
7:00am.....Breakfast

Retreat includes:

- Fully supported plant medicine journeyincluding a one-on-one preparation call with Kipper Horton & Rachel Soria
- (1) 60 minute Transforming Cellular Memory Session with Johanna Harmala
- (1) 60 minute Reprogram & Release Healing Session with Jennifer Miller, LMT, RYT, Reiki Master
- (1) 60 minute Relaxing Massage
- (1) Equine Healing Session
- Nordic 'Hot/Cold 'Therapy experiences (alternate between sauna & a dip in the jungle river)
- Nature excursion including a trip to a 500 year-old Ceiba Tree, natural hot springs, and a sunset dinner overlooking Lake Arenal
- Daily meditation & yoga
- Shared housing (2 people per spacious room; plus large, shared bathrooms)
- 3 healthy meals per day featuring local flavors & cuisine (allergies/restrictions will be accommodated)
- Shared transportation to & from Liberia Airport (LIR)
- Group informational call in-advance of the retreat

Contact:

www.awakeninthejungle.com
info@awakeninthejungle.com
+1.817.523.1103