

5 - 10 April 2021 Dominical - Costa Rica



Hello beautiful soul,

We are happy to see you here with a calling for this powerful

6 days BE HERE.NOW SELF DISCOVERY & WELLNESS RETREAT in the beautiful paradise of Costa Rica!

You're being invited for this retreat where you will experience an immersive healing journey while reconnecting with your body, mind and spirit. Whatever concerns you are coming to work with, mental, emotional or physical, you are about to come to the place of a profound healing, diving deeply into the depths of your heart where your inner light resides. The core of the work is deeply healing, transformative and life-changing.

Combining wisdom and traditions used for thousands of years by the Amazonian shamans and Indian Masters, this blend of tools will help you discover who you really are and restore balance into your life. Together with yoga, meditations, breath-work, workshops and plant medicine, the healing work deepens and has a long-lasting impact.

The intent is to offer a safe, comfortable and nurturing retreat for you to be able to fully surrender to the experience and remember how to live in the present moment. During this intensive 6 days retreat you are about to dive deep into the core of your being, let go of what is no longer serving you, achieve clarity, reinvent your life's perspective & boost your physical and emotional health. Using simple, safe and natural tools, your state of consciousness is going to be expanded, and nervous system stimulated to clear and revitalize.

Reconnect with your true self and start working on removing each layer of self-limiting beliefs and concepts.

Here it is, your heart's calling! This is what you have been seeking!



WHAT ARE PSILOCYBIN MUSHROOMS

Psilocybin mushrooms is the name given to a type of fungi that contains psilocybin, a naturally occurring psychoactive and hallucinogenic compound. With a very long history of being associated with healing, spiritual experiences and self-discovery, psilocybin mushrooms have been used in ancient indigenous religious rituals and ceremonies throughout Central and South America since thousands of years. They are used in various therapeutic ways to treat a wide variety of disorders including headaches, obsessive-compulsive disorders, anxiety, depression, and addiction.

Psilocybin mushrooms are powerful healers, they have been used for thousands of years for both spiritual and medicinal uses treating mood and anxiety disorders, psychiatric issues, cancer, depression, substance and nicotine addiction and so much more. They have the capacity to create longlasting changes in one's personality, behavior and attitude. In spiritual practices, their benefits are often a sense of gratitude, higher intuition, self-awareness, creativity and pure joy.



WHAT ARE THE BENEFITS

- deep relaxation on the physical, mental and emotional level
- release of stress, fear, anger, anxiety, depression and trauma
- awareness and productivity increase
- stepping out of your comfort zone to realize your full potential
- discovering who you really are without doubts, fears and illusions
- pure happiness, integrity and fulfillment
- regeneration of neural cells while detoxifying the body
- treats mood disorders, emotional regulation and drug dependence

CACAO CEREMONIES

Cacao ceremonies usually involve a communal gathering with a sacred circle, music and of course ceremonial organic raw cacao drink. Cacao ceremonies are a centuries old shamanic ritual with a clear intent for healing, seen also as the ultimate heart-opener. These ceremonies are helpful for detoxifying and stimulating the body, boosting the immune system, getting clarity, setting intentions, emotional healing, opening the heart, rebalance energies, and restore good health. In addition to being packed with vitamins and minerals, cacao increases blood flow to the brain which helps strengthen awareness and focus.

WHAT DO I NEED TO BRING WITH ME (for the ceremonies)

For the ceremony we like to wear white therefore it is advisable for the guests too to wear white or light colours. You should also bring your swim suit, a water bottle and your ceremonial crystals or favorite charms. Also don't forget to bring a journal, it is important to write down what you will experience.

RETREAT SCHEDULE

DAY 1	<ul style="list-style-type: none"> ● 1 pm WELCOME ARRIVAL / CHECK IN ● 3 pm SNACKS - GROUP INTRO & WELCOME TALK ● 4 pm ONE-ON-ONE ● FREE TIME ● 7:30 pm DINNER
DAY 2	<ul style="list-style-type: none"> ● 6:45 am EARLY MORNING OCEAN BREATH-WORK ● 7:30 am YOGA CLASS ON THE BEACH ● 9 am BREAKFAST ● 9:30 am ONE-ON-ONE & WORKSHOP MIND - UNDERSTANDING CONDITIONING ● 1 pm LIGHT LUNCH ● FREE TIME & REST ● 3 pm INTRO TO PSILOCYBIN MUSHROOMS ● 3:30 pm CONNECT WITH YOUR HEART MEDITATION ● 4 pm MUSHROOMS CEREMONY IN THE GARDEN
DAY 3	<ul style="list-style-type: none"> ● 7 am MORNING BEACH MEDITATION ● 8:00 am YOGA CLASS ● 9 am BREAKFAST ● 9:30 am SHARING CIRCLE ● POOL TIME & REST ● 1 pm LUNCH ● 1:45 pm WORKSHOP BODY - INTUITIVE EATING ● FREE TIME & REST (OPTIONAL INDIVIDUAL TALKS) ● 7:30 pm DINNER & MUSIC AND FIRE CIRCLE
DAY 4	<ul style="list-style-type: none"> ● 6:45 am EARLY MORNING YOGA CLASS ● 7 am BREAKFAST ● 8:30 am WORKSHOP SOUL - DISCOVER WHO YOU ARE ● 12:30 am LIGHT LUNCH ● FREE TIME & REST ● 3:30 pm CACAO CEREMONY ● 7:30 pm DINNER & RELEASE & FLOW DANCE CIRCLE
DAY 5	<ul style="list-style-type: none"> ● 6:45 am EARLY MORNING MEDITATION BY THE POOL ● 7:30 am YOGA CLASS ● 8:30 am BREAKFAST ● 9 am FREE TIME & BEACH ● 1:30 am LUNCH ● 2 pm SHARING CIRCLE & WORKSHOP INTEGRATION ● FREE TIME & EXPLORE AROUND ● 7:30 pm DINNER OUT & REST
DAY 6	<ul style="list-style-type: none"> ● BREAKFAST ● PHOTOS & HUGS & DEPARTURE

**Please note that the none of the activities are mandatory. Most people enjoy them, however it is all about you and you wellbeing first, so whenever you just feel like spending time just by yourself, it will be respected.

RETREAT LOCATION - DOMINICAL COSTA RICA - TRIBE BOUTIQUE HOTEL

THIS BEAUTIFUL HOTEL HAS DELUXE PRIVATE & SHARED ACCOMODATIONS AVAILABLE



Tribe
BOUTIQUE HOTEL
RELEASE ▼ EXPAND ▼ CONNECT



RETREAT LOCATION

Neten works in collaboration with Tribe Boutique Hotel located in the incredible beach&surf town Dominical in Costa Rica.

The hotel is a place of tranquillity and pure nature, the ideal location to get away from the concrete jungle and truly immerse into reconnecting with yourself and work on deep healing, surrounded by nature, stars and unconditional loving energy. *If you wish to extend your stay please inform Neten in advance on contact@netenbiri.com.*

ABOUT NETEN



Neten is a Certified Life & Wellness Coach with over 9 years experience, a Spiritual teacher, Holistic Healing Facilitator, a simple Being filled with love and compassion, navigating this beautiful planet with the sole purpose to be in service and in complete flow with Grace.

She is currently based in Costa Rica and has travelled the world for more than 20 years. She started her spiritual journey since very young, always curious about everything around and with a deep passion for psychology - human behavior & psyche, spirituality & consciousness, healing & self-realization, holistic therapies and plant medicine. Her spiritual awakening begun many years ago while living abroad exploring different cultures and studying continuously.

The journey has led her to reach even the Amazonian Jungle of Peru where she received understandings, healing and training directly from Shipibo shamans, blessed by the Vasquez family for over 6 years. Since then she continued working with various healing centers across South & Central America, facilitating ceremonies, guiding meditations, leading her own retreats, workshops and one-on-one sessions. She has devoted her life to being in service and with a humble heart is here to share what has touched & transformed her life with you. At the core of her work, she is here to guide you in discovering your Inner Light by helping you break down conditionings and belief systems that bind and hold you back from living your truest potential.



YOUR JOURNEY

Once you are confirmed and have booked and secured your place, in appropriate time, you'll receive emails about your preparation and the remaining details. From SJO airport there are multiple ways to get to Dominical (taxi, shuttle or bus TRACOPO or MUSOK stations), if you arrive in the country late night, then you can book a hotel in Alajuela and come to Dominical in the morning.

You should arrive in **Dominical** at **TRIBE BOUTIQUE HOTEL** not later than **1 pm**.

WHEN YOU DECIDE TO PARTICIPATE

- Step 1** If you decide to take part in this retreat, please email us on **contact@netenbiri.com** and tell us a bit more about you and your reason for joining. We will then get back to you with a brief pre-questionnaire form that you will have to fill in and send it back to us for review and approval. Do not worry all the personal information that you provide will be considered fully confidential.
- Step 2** Once approved via email, you will have to make the first deposit to secure your place in the retreat. Below you will find more information on payment and conditions. Once we receive the deposit, you will receive an email with the confirmation and remaining details.
- Step 3** Two weeks before the retreat you must finalize the payment for the retreat and start packing your bags! Make sure you arrive at the hotel in **Dominical** in time.

CONFIDENTIALITY & DATA PROTECTION

Neten follows a strict policy of participant's confidentiality and will not disclose any information about you, shared before or during the retreat.

CIRCUMSTANCES OUTSIDE OUR CONTROL

Neten holds the right to cancel the event any time in case of any unexpected circumstances may occur that we do not control. In such case all the participants will be informed and deposits refunded for those who booked their place.

BOOKING CANCELLATION

Cancellation must be made in writing and acknowledged immediately. If for any reason you cancel your booking 35 days before the retreat starting date or more, the deposit you made (either full or partial) will be returned to you. If you cancel your booking in less than 35 days before the retreat, the deposit you made (either full or partial) will not be refundable.

LIABILITY & INSURANCE & COVID RESTRICTIONS

Neten (Camino De Luz) and Tribe Boutique Hotel cannot be held liable for any damages of whatsoever nature, property loss, injuries or death caused or suffered by a participant who was under influence of alcohol or any other drugs or did not follow up instructions and safety guidelines instructed by us.

Adequate travel insurance in accordance to the COVID regulations for Costa Rica and filling the Paseo De Salud online form is your responsibility and must be obtained prior to the arrival in the country. Details and links will be communicated via email.



YOUR INVESTMENT

DELUXE PRIVATE ROOM

1900\$ / per person

1st Deposit - 1300\$

2nd Deposit (2 weeks prior) - 600\$

DELUXE SHARED ROOM

1600\$ / per person

1st Deposit - 1100\$

2nd Deposit (2 weeks prior) - 500\$

WHAT IS INCLUDED

- Sacred Plant Ceremonies
- Yoga classes
- Guided Meditations
- Sharing Circles
- Listen to your body – Intuitive Eating workshop
- Empty your mind - Guided Therapy
- One-on-One's with Neten
- Understanding your conditioning and life challenges - workshop
- Guided breath-work – Embrace, forgive, release
- Integration workshop
- Vegetarian organic meals
- Deluxe Private and Shared lodging
- Lifelong friendships
- Fire Song Circle & dance

WHAT IS NOT INCLUDED

- Your flight and travel insurance
- Transportation to hotel in Dominical



PAYMENT METHOD & DEPOSIT CONDITIONS

PAYPAL: contact@netenbiri.com

- 1. When using PayPal, please note that the transfer fees are covered only by you**
- 3. MAKE SURE THAT you use Friends & Family option (to avoid high transferring fees)**
- 4. MAKE SURE THAT you mention your name if it is not your own account.**

Deposit conditions: 70% deposit upon registration – 30% deposit due two weeks prior your arrival (Dates will be mentioned via email). Keep in mind that if you cancel your booking in less than 35 days before the retreat, the deposit you made (either full or partial) will not be refundable.