

# 10 DAY SILENT RETREAT

ECOMASTE LODGE DIAMANTE VALLEY, COSTA RICA

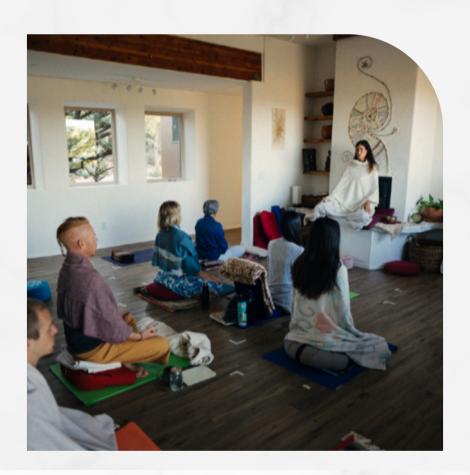
DEC 31 - JAN 10, 2024



# AN INTIMATE HRIDAYA YOGA RETREAT EXPERIENCE

Lets come together and dive deep inside.

Purifying, witnessing, transforming, receiving profound inspiration and clarity, coming back deeply to Self, to peace, to love. Includes accommodation, food, program, yoga, time in nature, journalling, lectures, and Q&A in evenings.



"Silence is the language God speaks and anything else is a bad translation." -Keating

### RETREAT LEADER

- Transpersonal psychologist (MA)
- 35 years of psycology practice
- 34 years as a yoga teacher
- 37 years practicing meditation
- Hridaya yoga teacher

### I m here to offer:

An invitation to dive into presence, with no distractions. I am committed to support your deep internal process, whatever it may be.



SITARA VAN BLOCK

### TESTIMONIALS



"I felt comfortable and encouraged, This was where I was supposed to be"- Josh



"If you are ready to look in yourself, this is the place"-Ako



"Powerful teacher, transformative teachings, inspirational venue." - Eric

### SCHEDULE

## **DEC 31**

3:30-5:30pm Arrive for orientation

6:00–8:30pm Program starts

JAN 1-10

A morning session (07:00- 1:00) and an afternoon-evening session (4:00 approximately 9:30)

7:00am Meditation will begin in shorter segments,

building to one continuous deep session

9:00am Breakfast break

9:45am Relevant lecture teaching

11:00am Hridaya Hatha Yoga

12:30pm Meditation

1:00pm Lunch break, rest, integration

4:00pm Meditation (beginning in shorter segments)

6:30pm Personal practice

7:30pm Daily themed spiritual discourse and Q&A

8:30pm Evening meditation

Program ends 10pm January 10th. Check out 11am morning of January 11th

### WHAT'S INCLUDED

- This rare intimate program is rich and full with daily guided meditations, lectures, yoga, Q&A for personal support, tools and more.
- This includes onsite accommodation
- Healthy, vegan, catered meals for the whole program, so that you can dive deeply into your meditation.

### PRICE

- Price \$999-\$2,777 includes
   program, accommodation, and food.
   There is a 20% early bird discount if
   signed up by October 31st and 10%
   discount if sign up by November 31st.
- You can also speak to coordinators about local discount.



"When mind is still, then truth gets her chance to be heard in the purity of the silence." -Sri Aurobindo

# CONTACT US TO BOOK

- loganexecassistant@gmail.com
- Or contact via telegram/ whatsapp:

August Rose +1(480)271-5654

 For bookings before or after the retreat dates please visit: www.ecomaste.com

"I have found this program to be profound and balanced, for transformative results."

