



10 DAY SILENT RETREAT

ECOMASTE LODGE
DIAMANTE VALLEY,
COSTA RICA

DEC 31 - JAN 10, 2024



www.ecomaste.com

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 psychology 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

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- 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.”**

