

Connect Retreat

About:

Connect, connects you with your inner power and helps to regain your confidence, passion so that you can walk pass all hurdles and achieve your dreams and desires of your life. Connect retreat believes in authentic organic inner evolution.

Connect retreat consists of urban and unique methods and techniques of learning. It introduces fusion of excursion exploring new places with new inner experiences. Connect is beneficial for you in many ways, it will help you to have a lifelong golden formulas and principles in your pocket useful for any kind of situation in your life.

Purpose:

- ❖ Introspect – Examine your subconscious mind, thoughts, feelings .
- ❖ Connect – Deepen your connection between self and rest of the world
- ❖ Reflect – Reflect your inner light back into the world
- ❖ The main focus of the retreat is providing inner calmness
- ❖ Bring stability in life
- ❖ Developing better understanding of self and other
- ❖ Clarity
- ❖ Active mind, body and spirit
- ❖ Improvement in relationships
- ❖ Exploring your Inner Power
- ❖ Strengthening your emotional journey
- ❖ Developing Self Awareness

Costa Rica, 2019

Benefits:

- ❖ Attract wealth
- ❖ Gain success at work
- ❖ Overcoming emotional blocks
- ❖ Anger ,Depression and Anxiety
- ❖ Improved relationships
- ❖ Strengthening your left and right brain
- ❖ Relaxation techniques for your nervous system
- ❖ Memory improvement.
- ❖ Developing Leadership qualities
- ❖ Calmness
- ❖ Sharpness of Mind
- ❖ Developing Self awareness
- ❖ Strengthening Focus
- ❖ Goal setting
- ❖ Direction of Path
- ❖ Understanding others well
- ❖ Developing love and Security
- ❖ Strengthening Confidence
- ❖ Clearing old patterns
- ❖ Overcoming Fear
- ❖ Developing Gratitude
- ❖ Strengthening Psychic powers
- ❖ Releasing Traumas
- ❖ Understanding Subconscious Powers
- ❖ Strengthening Body
- ❖ Learning to Cope with difficulties of life
- ❖ Meeting your higher self
- ❖ Developing Compassion
- ❖ Learning Self-love
- ❖ Breaking poverty mind patterns
- ❖ Attaining Wealth confidence
- ❖ Grounding
- ❖ Bonding with mother earth
- ❖ Raising Vibration

Retreat Session Includes:

- ❖ Meditation
- ❖ Yoga
- ❖ Mirror work
- ❖ Mandala Making
- ❖ Subconscious – Letting go technique
- ❖ Inner child
- ❖ NLP (Trauma Release)
- ❖ Strengthening Left and Right Brain Exercise
- ❖ Body Elements
- ❖ Drumming
- ❖ Dream Work
- ❖ Sacred Geometry
- ❖ Confidence Building Exercise
- ❖ Acceptance Exercise
- ❖ Third Eye Work
- ❖ Raising Your Kundalini
- ❖ Wealth Cultivation work
- ❖ Right Profession Selection
- ❖ Laughing Exercises

What to Expect:

- ❖ Connects you to yourself
- ❖ Connect to new destinations
- ❖ Connect to new culture and experience
- ❖ Transformation
- ❖ Energy development
- ❖ Attaining unique knowledge
- ❖ Creative development
- ❖ Expect friendship and Community
- ❖ Support
- ❖ Love
- ❖ Abundance
- ❖ Calmness
- ❖ Relaxation
- ❖ Journaling
- ❖ Light Physical Exercises
- ❖ Playing Drums
- ❖ Painting
- ❖ Imagining
- ❖ Absorbing

Valuable Suggestion

For good results kindly attend your retreat without any expectations.

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Retreat Schedule:

- ❖ 7 am – Meditation
- ❖ 7:30 am – Yoga
- ❖ 8:30am - Breakfast
- ❖ 10 am – Retreat Session
- ❖ 11am – Retreat Session
- ❖ 12pm – Retreat Session
- ❖ 1pm - Lunch Break
- ❖ 2 pm - Rest time
- ❖ 3pm - Outdoor excursions
- ❖ 6pm – 8pm Retreat session
- ❖ 8 pm - Dinner
- ❖ 9:30 pm Retire to Room

Please Note:

Daily date wise program schedule will be provided upon arrival.

What to Bring for Retreat:

- ❖ Comfortable sitting outfit
- ❖ Mostly Spring/Summer clothing
- ❖ Light Jackets
- ❖ Small Blankets or shawls
- ❖ Sun Hat or cap
- ❖ Sunglasses
- ❖ Beach outfit
- ❖ Flip Flops
- ❖ Running shoes
- ❖ Small outdoor backpack bags
- ❖ Rain Jackets/umbrella
- ❖ Yoga Matt

About Costa Rica

Costa Rica means “Rich Coast”. It is located in the continent of Central America. It is a country proud of its heritage and traditions. Costa Rica is blessed with its scenic beauty with rainforests and many recognizable volcanos. It has the greatest density and biodiversity and environmental conservations of species in the world. Costa Rica is famous for Lush Green forests, exotic birds, mineral hot springs, Pink black and white beaches. Country of spiritual energies, fresh organic food and honest people and loving environment.



Costa Rica Weather/Temperatures

- ❖ Mor/Eve -26 Degree Celsius (78.8F)
 - ❖ Night – 17 Degrees Celsius (62.6 F)
 - ❖ Dry season (Rains occasionally)
 - ❖ Sea -28 Degree Celsius (82.7F)
- Pleasant Weather