



**PRESENTS**

**A Retreat of Self-Awareness and Healing**

**April 24-28, 2025**

## Overview

In Puerto Rico's mountains high, where emerald peaks caress the sky, a tranquil retreat calls your name, amidst nature's grand, untamed frame.

In Utuado, where the rivers sing, and birds with vibrant feathers wing, find peace in Hacienda's embrace, where dawn's soft light begins to trace.

Casa Grande whispers calm and pure, through trails where forests hearts endure. Discover secrets forests made where mountains meet the mist and rain. In Puerto Rico's lush retreat, feel earth beneath your wandering feet, let mountain breezes cleanse your mind, and leave the urban rush behind.

Here, amidst the green and blue, find the peace that calls to you to heal.

This retreat will offer a safe space in which to reflect on your childhood however supported or unsupported it may have been. It will guide you to be curious about how your adult life today is influenced, and sometimes sabotaged, by those experiences. It will introduce you to your inner child: the part of you that was wounded during your childhood and that is reactive when it is triggered. It will offer you the skills both to recognize what was positive about your childhood, and to re-parent yourself in the ways that you wished you had been parented.

When you listen to and soothe your inner child, when you connect to the child you once were, you can allow your thoughts and actions to come from an adult space of calm rather than from an inner child's space of hurt and lashing out.

## The Retreat: Re-Parent Your Inner Child



When we experience trauma (including what some might consider small, inconsequential traumas) and when we don't process them effectively, we become more fragmented in ourselves. We create survival methods that protect ourselves from more harm, yet in the process, parts of us may get suppressed, compartmentalized, or taken advantage of. This retreat seeks to help you reunite your fragmented pieces so that you can embrace the whole you!

Befriending your inner child and re-parenting it may sound strange, but it can help you navigate the world more smoothly, including all of your relationships be it with your parents, family, friends, partner, children, or even with yourself. It can also support you to live life from a more balanced space, with more confidence, joy, self-acceptance, and compassion. Throughout this retreat, we will practice yoga - including movement, meditation, breath work, and yoga philosophy, such as the concept of svadhyaya, or self study - to guide us through this journey.

## Benefits of the Retreat

- Receive practical guidance on how to navigate life more smoothly through inner child and re-parenting work.
- Learn tools to improve your relationship with yourself, your partner/future relationships, family, and friends.
- Gain knowledge about how to reframe your childhood and how to better support yourself as an adult in triggering moments.
- Become less reactive to what triggers you in life.
- Find more self-acceptance, appreciation, and self-love.
- Learn to embrace all parts of yourself.
- Practice daily yoga, plus journaling, mediation, breathing exercises, hiking and water exploration.
- Experience self-care in a stunning space with good healthy food, comfortable and beautiful accommodation, and fresh air while surrounded by nature.
- Enjoy time to reflect and grow in a supportive environment.
- Connect with other lovely people also willing to learn and grow.

## Location: Puerto Rico



You will travel to San Juan, Puerto Rico and spend the first night in an Old San Juan Hotel. Then, the following day, travel to the Majestic City of Ponce and Utuado.

# Itinerary of Journey



## Day 1 April 24



Participants will book their flights and travel to San Juan to meet the Journey Leader at Casa Blanca Hotel in Old San Juan. Upon arrival, you'll find convenient transportation options. Ubers are readily available at the airport, making your journey to the retreat smooth and hassle-free. In the evening we will meet for a welcome dinner.

## Day 2 April 25

After breakfast we will begin our transfer to Ponce, over the Central Mountains into the Valley of Cayey, then south to Ponce. Our visit to the City of Ponce will expand our understanding of Puerto Rican history and culture, when we explore its unique architectural venues. Ponce is also known as the "Ciudad Señorial" (Majestic or Noble City), because of its many beautiful neoclassical buildings and facades.

We will start our exploration with a tour that unveils an enchanting portrait of colonial history, architecture, and culture at Plaza of Delights. The architectural splendor and detailed neoclassic and art deco style of the city makes Ponce an essential part in our journey. The city's buildings such as the City Hall, Cathedral and Fire House demonstrate more than 300 years of an elegant tradition.



The tour will be followed with lunch. Then, after lunch, we will travel to the municipality of Utuado for check in at Casa Grande Mountain Retreat.

Sweet dreams with the soothing song of million of coquis.

### Retreat PART 1 4 pm – 10 pm (Dinner at 5 pm)

- 4pm Opening Ceremony – meet your inner child and understand why this work is key to improving your life.
- 5pm Dinner
- 8pm Reflection Workshop - be curious about your childhood, both the positives and the challenges, and find awareness about which of your needs went unmet. End the night with a slow yoga practice.

### **Day 3      April 26**

**Retreat PART 2**      8 am–8 pm (Breakfast 9 am–Lunch Snack 12 pm–Dinner at 5 pm)

- 8:00 AM      Yoga and Pranayama (yoga breathing) – breathe and stretch with your inner child!
- 9:00 AM      Breakfast
- 10:00 AM      Compassion, Validation, and Acceptance Workshop - befriend and listen to your inner child through journaling
- 12:00 PM      Lunch
- 1:00 PM      Curiosity - explore your inner child's playfulness and creativity including creative mandala project and river exploration
- 5:00 PM      Dinner
- 7:00 PM      Transformation and Metamorphosis Workshop - let go of patterns in which you have got stuck through a fire ceremony followed by breath work.

### **Day 4      April 27**

Pack your bags and prepare to check out by 11 am

**Retreat PART 3** 8 am – 5 pm      (Breakfast 9 am – Lunch Snack 12 pm)

- 8:00 AM      Yoga and Mantra Chanting - as you re-parent, and hold space for your inner child
- 9:00 AM      Breakfast
- 10:00 AM      Re-Parent Your Inner Child Workshop - be the parent you always needed, supporting your inner child in a way that transforms your life
- 12:00 PM      Lunch
- 3:00 PM      Closing Ceremony
- 5 pm      After the Closing Ceremony we will transfer to Casa Blanca Hotel in Old San Juan for hotel check-in and in the evening we will meet and share favorite experiences during our farewell dinner.

### **Day 5      April 28      ¡Hasta Luego Puerto Rico! – Departure**

Transfer to the airport for your return flight home. If you are returning home, safe travels. If you are staying on independently, have a wonderful time.



## **Inclusions Package** For 6-8 participants

April 24-28, 2025

Deadline for Registration - December 24, 2025

\$1500 in double room pp.     \$1900 in single room

- Two nights at Casa Blanca Hotel in Old San Juan
- Two nights at Casa Grande Mountain Retreat in Utuado, PR
- Re-Parent Your Inner Child: A Retreat for Self-Awareness & Healing
- Meals: 2 breakfasts, 2 lunches and 2 dinners
- Ground transportation: San Juan-Casa Grande-San Juan
- Tour of City of Ponce
- Pre-departure readings and face-to-face / online orientation
- Travel Guide to plan for the trip
- Culturally sensitive-bilingual Puerto Rican Journey Leader

## **What is not included?**

- Round trip airfare to San Juan, Puerto Rico. Check-in at Casa Blanca Hotel is at 3pm. Departure flight to return home should be booked after 1 pm on can have no arrival time
- Ground transportation Airport - hotel in San Juan - Airport
- Meals: 1 breakfast, 1 lunch and 2 dinner
- Tips for hotels staff
- Travel Insurance

## **Casa Blanca Hotel in Old San Juan**



To walk into centric Hotel Casa Blanca is to be transported to a parallel reality in which colors explode and eclecticism reigns.

Voted **Best Hotel in Old San Juan**, This quaint old San Juan hotel is conveniently located in the heart of Old San Juan, Puerto Rico one of America's oldest cities on famous Calle Fortaleza.

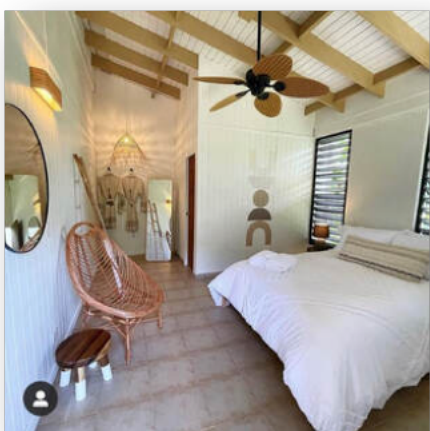
## Casa Grande Mountain Retreat

Casa Grande is located on 125 acres in the beautiful mountains of Utuado, a 90-minute drive from San Juan. It is nestled into a valley with views of the mountains that are covered in lush tropical vegetation. Bordered by a lovely river, it is possible to hike on the property as well as to the river, where there are waterfalls and swimming holes. Casa Grande is fully equipped with an airy yoga studio and an outdoor salt-water pool.

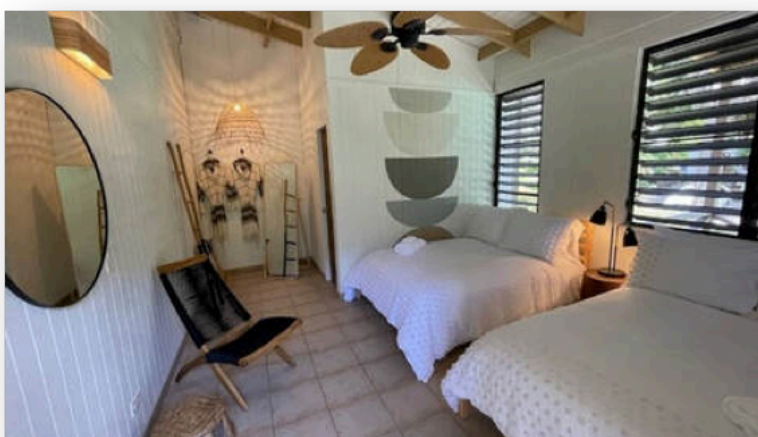


## Casa Grande Mountain Retreat Accommodation

Casitas are built on stilts and are surrounded by lush vegetation, fruit trees, and the sounds of nature. Each room comes with an en suite bathroom as well as a private porch and hammock. Rooms are tastefully decorated and boast comfortable beds with hypoallergenic, organic bedding. Both single and double occupancy rooms are available.



Single Room



Double Room

## Meals

The retreat includes all meals from dinner on Friday night to lunch on Sunday. All meals are plant-based with much of the ingredients sourced from local farms. Our communal meals will be enjoyed in a covered outdoor space, overlooking the pool.

area and the mountains. Tea, coffee, infusions, and snacks are also included. Please note that alcohol will not be served during the retreat.

## **Documentation to Travel to Puerto Rico**

Citizens of the United States traveling to Puerto Rico need only a government-issued form of photo identification. Acceptable forms of ID include a passport, a driver's license or a photo ID card issued by a U.S. Department of Motor Vehicles.



## **Payments, Cancellation and Refund Policy**

### **PAYMENT SCHEDULE – REGISTRATION DEADLINE (December 24, 2024)**

1ST PAYMENT (December 24, 2024)

Registration Deadline - 50% of the Inclusion Package

2ND PAYMENT (January 24, 2024)

90 days before departure - remaining 50% of the Inclusions Package

#### **PAYMENT OPTIONS**

Check - payable to Marcos Carvajal

### **CANCELLATIONS**

1. All cancellations must be submitted via email in writing and dated to cubartedu@gmail.com
2. If we decide to cancel a program due to insufficient number of participants, all funds received will be 100% refunded.
3. If we cancel the entire program for any reason, participants shall have no claim other than for a 100% refund.
4. Refunds for airline tickets are based on individual airline policies.

### **IMPORTANT DATES FOR REFUND**

Cancel December 25 - January 23	100% Refund
Cancel Jan 25 - Feb 24	50% Refund
Cancel Feb 25 - Apr 23	0% Refund

## **For Reservations**

Please call 978-998-0039 or send an email to cubartedu@gmail.com

As soon as we hear from you, we will email a registration packet with required forms and instructions.



## About your Retreat Leader – Daniella Gould



Daniella is Owner and Instructor of Santosa Yoga and Health based in San Juan, Puerto Rico. She holds a MA in Asian Studies from UC Berkeley, is RYT 200, Y12SR (addiction recovery), and breath work certified. She has also attended multiple trainings, including on trauma, resilience, self-regulation, inner child work, parenting, social justice, meditation, and mindfulness. Daniella has applied yoga philosophy to many facets of her own life. It has changed how she views and relates to herself, her husband, and their son in such a transformative way that she loves to share the practical benefits of yoga, meditation, breath work, and yoga

philosophy with others.

For Daniella, yoga is about connecting people with their bodies and breath in order to quiet the noise and distractions that often accompany our hectic lives. She loves to help students apply yoga philosophy to their lives in a practical, understandable way. Ultimately, she thinks that yoga allows us to find contentment and satisfaction, making it easier to navigate life's challenges.

She enjoys working with students of all levels, and believes that everyone can benefit from yoga, meditation, breathing practices, and yoga philosophy regardless of flexibility and/or experience. She teaches with humor and playfulness, and she aims to make all students feel welcome and at ease in a supportive, safe space.

Daniella has taught retreats in a number of locations, but Casa Grande is her favorite space-to-date to take people on transformative journeys.

## About your Journey Leader – Pedro Schuck

Pedro Schuck is Professor Emeritus of Education in Cambridge College, Massachusetts and PuertoRicoCubArtEdu Co-Founder, Program Coordinator and Journey Leader.

Pedro's 50 years in the field of education represents an accumulation of professional experiences as elementary school teacher, training specialist, community educator, consultant, professor and administrator in higher education institutions.

His philosophy of education is a testimony of how empowerment through education can be the decisive force in personal and social liberation and progress. Empowerment through education can be the decisive force in personal transformation.



A graduate from Inter American University of Puerto Rico, Harvard and Boston universities, Pedro specialized in instructional design, learning environments, social education and educational administration. Pedro was the founder of the Cambridge College Puerto Rico Center, implementing graduate programs in education, management, and counseling psychology.

## Testimonials

### Amazing Experience

This is my 2nd retreat with Daniella at Casa Grande Mountain Retreat and it has been a life changing experience. If you have a chance to take a yoga class or attend a retreat with Daniella, do not hesitate, just do it! You will not regret it. Daniella provides knowledge, wisdom, humor, and kindness. The topic of this past retreat was Re-Parenting your Inner Child and wow did we ever, LOL. Daniella provided us a safe space so we could be vulnerable and imperfect but also providing us with guidance, tools, and materials to understand ourselves and our emotional needs; to heal/love ourselves. Daniella is a treasure, the community she has created is amazing, and I hope I will be able to attend more retreats with her in the future.

### Give yourself a mental reset!

I can't say enough good things about Daniella and her workshops! I attended her Inner Child Work Retreat this past weekend at the beautiful Casa Grande in Utuado, Puerto Rico. From the start of the booking experience, Daniella was very responsive and offered advice and resources about how to get to & from the airport to Utuado, which is something I was worried about as I was traveling from off of the island.

This truly was a one-of-a-kind experience to disconnect from work and the struggles of life in general. Our group was able to spend valuable time in nature and workshops to better connect with ourselves and with each other which I will carry with me for the rest of my life. If I lived in Puerto Rico, I would be attending Daniella's workshops and classes all the time! From the minute the retreat started, she offered a safe space for everyone and continued support throughout the process, which is truly unforgettable. 100% recommend for anyone who is looking for ways to better understand their inner child and learn that you don't need to change or fix anything, but merely accept who you are. I'll be back to visit someday (hopefully soon!) and would give 10 stars if I could!

### Highly recommended yoga classes!

Daniella is so kind and offers great yoga classes! I was nervous to go by myself but I felt so welcomed and comfortable. I highly recommend her classes/retreats.

### Gift for yourself!

Daniella hosted a retreat focused on Inner Child work and it was so much more than I expected. A weekend in beautiful Casa Grande, Utuado filled with amazing people and life changing experiences. Daniella's guidance during workshops and yoga enabled us to be aware of our feelings, emotional needs and our power to heal ourselves. Highly recommend for anyone who wants to feel re-charged and just better at showing up for yourself and others.

### Re-Parent Your Inner Child Retreat

I recently attended a retreat led by Daniella. She was outstanding. She took a group of complete strangers and made us feel like a family. She's incredibly knowledgeable, thoughtful and put together an amazing itinerary with a breadth of resources and tools.

### Don't overthink it! Just do it!

I just came back from a yoga/reparenting/inner child retreat with Daniella. I wouldn't know how to classify the retreat because it is all this and more. Daniella has attracted a curated experience of wellness and merged it with the experience of having an awesome community to help people heal, and grow from within. What makes Daniella great is her openness to listen empathetically, fostering a safe space and non-judgmental facilitation style. Her authenticity (and the fact that she has been able to incorporate what she teaches to her own approach in life) showed all throughout the weekend. I came out understanding that I don't need to be perfect and that nobody is but I can confidently say that Daniella was perfect for us over the 3 days we spent together. Oh! And the food at Casa Grande Retreat Center in Utuado was also outstanding, and the setting in the luscious mountain!