

# 6 Day Somatic Awakening

## Luxury Nature Retreat

### 'Balance & Harmony'

Synergy • Uvita • Costa Rica

Somatic Movement • Kundalini & Hatha Yoga • Breathwork • Mantra • Meditation  
Temescal • Tantra • Sound Bath • Cacao Ceremony • Art • Ecstatic Dance

12 - 17 January 2025 • Facilitated by Shari Taylor and Met Salih



FROM:  
\$2880pp

Reconnect with your inner calm and access the wisdom of the body through somatic embodiment practices - yoga, breathwork, movement and more.

Experience mind-body unity, restore vitality, flow and resilience.

Align with your internal compass, create clarity and connection with your highest truth.

Unlock your inner power and step into your authentic self.



### ALL INCLUSIVE

Daily wellness and somatic sessions in a paradise setting

Excursions to explore Costa Rica's natural beauty - Waterfalls, Beach

Delicious, organic healthy meals prepared with local ingredients

Time for personal reflection and connecting with fellow participants

[www.synergycostarica.com](http://www.synergycostarica.com) • [sharitaylor236@gmail.com](mailto:sharitaylor236@gmail.com)

**This is more than a retreat, it is a transformational awakening,  
a time to relax, reset, and restore.**

**By connecting somatically to the parts of ourselves that  
need attention, we will deepen our understanding of ourselves and  
find balance and harmony that we can continue to  
embody in our everyday lives.**

**Prices include:**

- **Luxury Accommodations for 6 days/5 nights**
- **All activities, including offsite adventures**
  - **Waterfall Excursion**
  - **Whales Tail - Uvita Beach**
  - **Bamboo Forest**
  - **Temescal (sweat lodge)**
  - **Cacao Tour and Cacao Ceremony**
- **3 daily prepared local gourmet organic plant-based meals**
- **Airport transportation to and from San Jose airport (SJO)**

During our six days together, we will explore:

- Yoga, Breathwork, and Body-centered practices to release tension, deepen our connection to our intuition, and manifest balance and harmony.
- Meditative sound healing journeys to open our hearts and awaken our sense of play.
- Activities such as creative writing, vocal activation, art, movement, and tantra.
- Somatic practices to remind ourselves of the power of gratitude, joy, and awe.
- Holistic pathways to inner transformation that traditional talk therapies might not fully address.
- Powerful tools for releasing trauma, focusing on the connection between the mind and body.
- Integrating our emotional experiences and stepping into our highest purpose.

**Price:**

**Private suite with King bed and private bathroom: \$3,380pp**

**Private suite with Queen bed & private bathroom: \$3,180pp**

**Private room with shared bathroom: \$2,980pp**

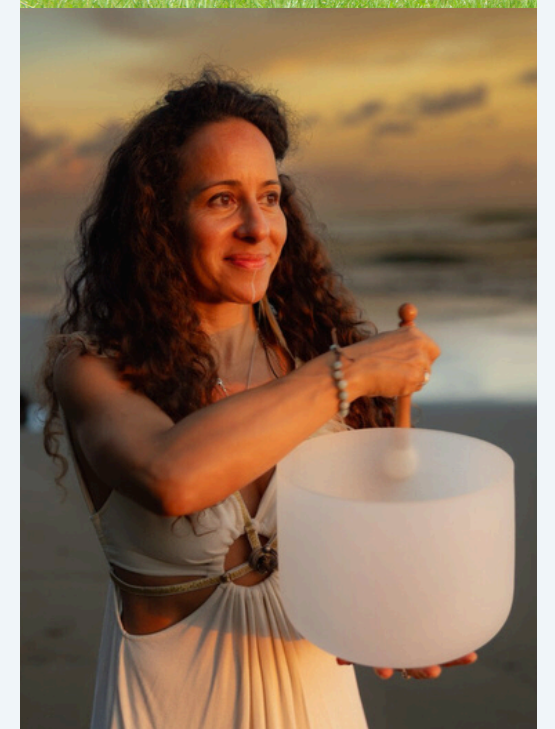
**Shared room: \$2,780pp** For accommodations [click here](#)

\*Early Bird Special: \$100 off if booked by Sept 1st

50% deposit due by Oct 1st

Full payment due by Dec 10th

No refunds after Nov 1st



**\*Spaces are limited  
\*To ensure an intimate  
and enriching  
experience, it is  
encouraged to secure  
your spot soon.**

**Contact**

**For accommodations & Info: [www.synergycostarica.com](http://www.synergycostarica.com)**

**For enquiries Email: [sharitaylor236@gmail.com](mailto:sharitaylor236@gmail.com)**

**For payments & info: [www.iridescencehealing.com](http://www.iridescencehealing.com)**