

# 6 Day Somatic Awakening Luxury Nature Retreat 'Balance & Harmony' Synergy • Uvita • Costa Rica

11 - 16 January 2025 • Facilitated by Shari Taylor and Met Salih

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

Reconnect with your inner calm and tap into your body's wisdom through yoga, breathwork, somatic movement, and more. Restore vitality, flow, and resilience. Align with your truth and unlock your inner power to step into your authentic self!



FROM  
\$2980pp



)))●((( 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.

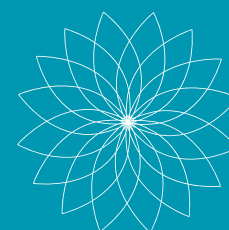
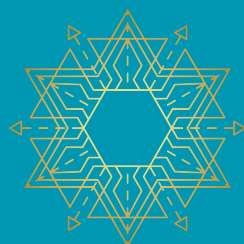


**This is not just a retreat, it is a transformational awakening - a chance to unwind, reset, and rejuvenate. Through somatic connection, we will address the parts of ourselves that need healing, deepening our self-awareness and cultivating balance and harmony that we can carry with us into our daily lives.**



**Prices include:**

**Luxury Accommodations for 6 days/5 nights**  
**All activities, including offsite adventures**  
**Waterfall Excursion, Playa Hermosa Beach, Bamboo Forest**  
**Temazcal (traditional sweat lodge)**  
**Yoga, Breathwork, and Somatic Movement**  
**Meditation and Mantra,**  
**Cacao Ceremony & Ecstatic Dance**  
**Meditative Sound Healing Journeys**  
**Art Therapy, Tantra, Trauma Release Therapy**  
**3 daily prepared local gourmet organic plant-based meals**  
**Airport transportation to and from San Jose airport (SJO)**  
**\*prices do not include flights or**  
**hotel stay in San Jose for day of arrival and departure.**



**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**

**For accommodations [click here](#)**

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

**50% deposit due by Sep 1st**

**Full payment due by Dec 10th**

**No refunds after Nov 1st**

**Contact**

**For Retreat Centre: [www.synergycostarica.com](http://www.synergycostarica.com)**

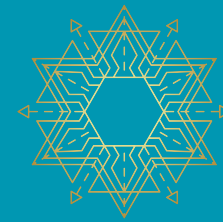
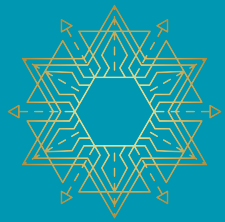
**For enquiries Email: [sharitaylor236@gmail.com](mailto:sharitaylor236@gmail.com)**

**info: [www.divinewisdomretreats.com](http://www.divinewisdomretreats.com)**

**[Register & Payment Click Here](#)**



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



## Retreat Facilitators

Your retreat hosts, Shari and Mehtap, are exceptionally seasoned and gifted space holders, facilitators, and practitioners. Together, they seamlessly blend their unique talents to guide you on a transformative journey, helping you unlock a renewed version of yourself.

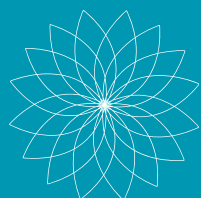
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### Mehtap / Met



With over 17 years of experience in energetic healing, Met or Mehtap has devoted her life to guiding others on their personal journeys toward healing and wholeness. As a Reiki Master, Intuitive Shamanic Healer, Sound Healer, Mentor and Yoga Teacher, Met is passionate about helping individuals find harmony within themselves. In 2013, Met founded Iridescence Healing in New Orleans. Her mission is to support people in finding inner peace and spiritual alignment by integrating various healing modalities such as Reiki, sound healing, breathwork, Kundalini yoga, wellness mentorship, and somatic nature retreats.

Met believes that a healthy body, mind, and soul provide the foundation for shedding the layers we've accumulated over time, allowing us to return to a state of freedom and connection with our true essence. It is through this holistic approach that individuals can rediscover their authentic selves and embrace the peace and clarity that reside within. Met is a Registered Hatha and Kundalini Yoga Teacher, Certified Sound Healer, Reiki Master, and breathwork, meditation facilitator.



### Shari

Shari Taylor, PhD is a somatic therapist based in New Orleans. She was a co-investigator/study therapist for the MAPS Phase III Clinical Trial of MDMA-supported psychotherapy for the treatment of PTSD. She specializes in the treatment of depression, anxiety, PTSD, and the integration of psychedelic and other non-ordinary states of consciousness experiences. Dr. Taylor is dedicated to supporting others to explore the depths of their innermost being for healing and psychospiritual growth and transformation. She also has a long-standing interest in shamanism, indigenous cultures, ancient wisdom, and healing modalities. She has been blessed to work with many wise medicine people/elders, and travel to and hold ceremonies at sacred power places across the world. She is a Registered Yoga Teacher, Certified Sound Healer, Reiki practitioner, and meditation teacher.

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### Contact

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

For enquiries WhatsApp: +44 7830 304134



[Register Here / Payment Here](#)