# Holistic Harmony – Transformational Retreat

## 7 Day Self-Discovery Costa Rica 2025

Join us for an exclusive, transformative, 7-day Ayahuasca Plant Medicine experience, set in the serene heart of the Costa Rican rainforest. Led by 2 Medicinal Shipibo Shamans, direct from Iquitos, Peru, this unique retreat offers a safe and sacred space for deep healing and self-discovery. Each week is thoughtfully designed to include, 3 guided Ayahuasca ceremonies, ceremonial flower cleanse, phytotherapy, and restorative activities for healing the mind-body-soul, all tailored to support you on your inner journey. Limited space with small groups, this intimate retreat allows for personalized guidance, ensuring you experience the profound teachings of Ayahuasca in harmony with nature...

**- 3 Ayahuasca Ceremonies**
Guided ceremonies led by experienced shamans with traditional songs (*icaros*) and rituals for deep healing

**- Plant Bath Cleansing**
Supports energetic cleansing, allowing integration with the subtle bodies

**- Accommodation in Eco-Friendly Lodging**
Comfortable, private or shared accommodations surrounded by nature

**- All Nutritious Meals Aligned with Ayahuasca Diet**
Organic meals that follow dietary guidelines for Ayahuasca ceremonies

**- Integration Circles and Support**
One-on-one sessions with facilitators to process and integrate experiences after ceremonies

**- Body, Mind, Soul Healing Pracitces**
Phytotherapy, Meditation, Forest Bathing

**- Nature Excursions and Guided Jungle Walks**

**- Airport transfers To and From**
To Holistica Harmony, from San Jose (Juan Santamaria airport "SJO")

**Available Retreat booking Dates 2025:**

Arrival to SJO Oct. 4 to Departue Oct. on 11
Arrival to SJO Oct. 11 to Departue Oct.on 18
Arrival to SJO Oct. 18 to Departue Oct. on 25
Arrival to SJO Oct. 25 to Departue Nov. on 1

Price:  $1600

This package covers everything needed for a deeply immersive and supportive Ayahuasca experience at Holistic Harmony, from spiritual guidance to holistic care and integration support - www.holisticharmonycenter.org