

Deep Relaxation & Healing Retreat



Playa Chiquita, Costa Rica

Jan 29 - Feb 4, 2023

Join Kundalini yoga, breath worker & podcaster Trinati George (aka Mother in the Wild), yoga teacher & naturopathic doctor Yasmin Fudakowska-Gow and Thai massage master & Watsu therapist Julie Hickey in Costa Rica for a week of deep relaxation and healing.

Daily opportunities to enjoy sunrise & sunset meditations, Thai massage, Watsu therapy, Ayurveda and plenty of time to restore yourself, relaxing and healing. Reconnect with yourself, connect with others from around the world, prioritize your health & rest, learn & practice ancient techniques and be cared for in a gorgeous oceanside villa directly on the Caribbean sea.



What to Expect

- Private shuttle from San José airport to Playa Chiquita
- Shared accommodation at Wahoo Vacations Villa - two people per room
- 2 meals a day
- 3 treatments: Thai Massage and/or Watsu Therapy
- 1 Ayurvedic Consultation
- Sunrise Sadhana : Meditation & Breathwork & Gentle Movement
- Daily Yoga
- Journaling / creative project
- Sunset healing workshop & practice
- Evening soul circles
- Impromptu dance parties
- Private shuttle from Playa Chiquita to San José airport

We want you to relax and do whatever is best for you.
ALL ACTIVITIES ARE OPTIONAL

INVESTMENT: \$2023 USD - Airfare not included

For locals who wish to attend classes and therapeutic treatments, please contact us directly for the rates without accommodations and/or meals included.

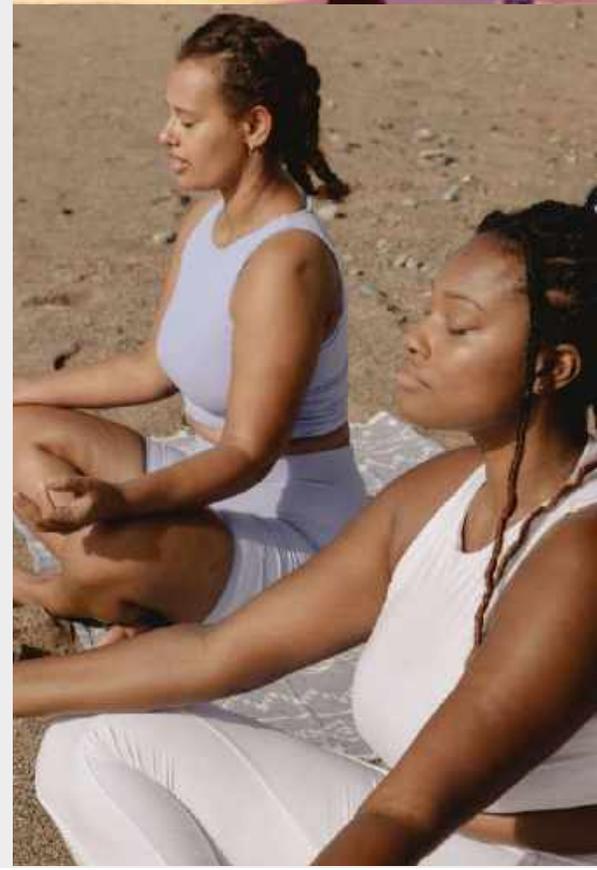
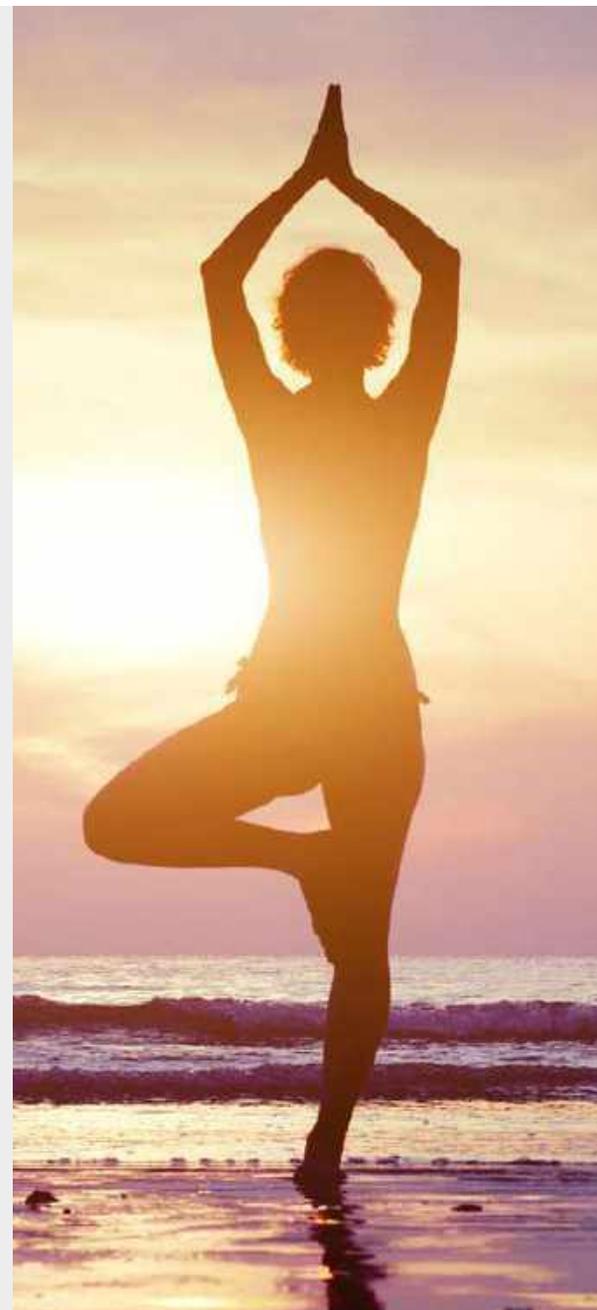
* The shuttle to and from the San José airport is about five hours
It will depart SJO airport at 7pm on Jan 29
and leave the villa for SJO at 7am on Feb. 4.
There is also the option to take a short domestic flight
with Sansa Air from SJO to Limon and then a taxi to the villa.

Other optional activities:

Surf lessons, snorkeling, ziplining, horseback riding and/or
jungle excursions.

[CLICK HERE TO REGISTER](#)

Questions? Contact Trinati +1-438-821-1111 | trinati@motherinthewild.com
or Yasmin +1-514-622-8020 | yfgow@yasminyoga.com



Your Retreat Facilitators



Trinati George

*Kundalini Yoga
Thai Yoga Massage
Meditation & Breathwork*

Trinati George has been practicing yoga and massage for over 20 years. Life experience, passion and opportunity led her to obtain certification in both Kundalini Yoga and Thai Yoga Massage therapy. Supporting people of all ages in their healing, development and expansion has become her life's work. Operating a private Nature-Based preschool and summer camp in Montreal Canada, She is most herself when surrounded by nature, connecting with humans and life force energy. She is realizing a dream by bringing people together to rest, heal and expand in her favourite place on earth, Costa Rica, alongside some of her most trusted teachers and colleagues.

[@motherinthewild](#)



Yasmin Fudakowska-Gow

*Yoga Teacher
Naturopathic Doctor
Ayurvedic Practitioner*

Yasmin Fudakowska-Gow, ND has been teaching yoga for over 20 years. She is also a naturopathic doctor specializing in ayurvedic medicine, a writer and entrepreneur. Yasmin is best known for breaking a Guinness World Record for the longest Yoga Marathon (32 hours) in 2010 and raising over \$12,000 in private donations for charity. She is the producer of five acclaimed yoga video series and has led numerous yoga and meditation retreats internationally. Although passionate about travel, Yasmin's home base is her Old Montreal studio, [Loft108](#), where she facilitates workshops, yoga teacher trainings, hosts events and offers consultations in Ayurveda and naturopathy.

[@yasminyoga](#)



Julie Hickey

*Thai Yoga Massage
Reiki Master
Watsu Therapy*

Julie Hickey is the founder of One Love Wellness, in Cocles, Costa Rica, where she offers certifications in yoga, Thai massage and Reiki. She treats clients using Thai and deep tissue massage, Reiki, cranial sacral and Watsu, which is an aquatic somatic therapy. Julie recently installed a Watsu pool at her wellness center which is the first therapy pool on the Caribbean coast. She's been working in the healing arts in Costa Rica since 2000. She is a mermaid at heart, she loves the water. Most of her free time is spent surfing, so she created a surf school that her two adult sons have taken over. She would love to share her teachings, treatments and pura vida, pure life, lifestyle with you.

[@one_love_massage_watsu_yoga](#)



WATSU THERAPY



OUR VILLA



PLAYA CHIQUITA