

Expanding Conscious Awareness Retreat April 13-16

Costa Rica



ONE LIGHT RETREATS
www.onelightministries.org



ONE LIGHT RETREATS

EXPANDING CONSCIOUS AWARENESS

April 13-16

- Find the Universe within Yourself through Meditation, Yoga, Devotionals and an Outdoor Experience with Nature
- Develop Emotional Literacy: Intelligence of the Heart
- Learn Scientifically Tested Life Tools of Positive Psychology

Thursday

5PM- Registration, Check in, Workshop Prep

6PM – Welcome and Dinner (Followed by Opening Ceremony: Sacred circle and heart agreements)

7:30PM –Workshop: Oneness and Unity (Opened and closed by Interfaith Prayers)

9PM – Evening Meditation

Friday

7AM – Yoga Class (all levels)

8AM – Morning Meditation (Yoga Nidra)

8:30AM – Breakfast

9:30AM – Explore Nature (Poas Volcano Tour)

2PM – Lunch

3PM – Workshop: Emotional Literacy (Opened and closed by Interfaith Prayers)

5PM – Workshop: Positive Psychology (Opened and closed by Interfaith Prayers)

7PM – Dinner

8:30PM – Daily Devotional: Musical Devotional

9:30PM – Evening Meditation

Saturday

7AM – Yoga Class (all levels)

8AM – Morning Meditation

8:30AM – Breakfast

9:30AM – Explore Nature (Cloud Forest Canopy/Zip Lining Tour)

2PM – Lunch

5PM – Workshop: Emotional Literacy (Opened and closed by Interfaith Prayers)

3PM –Workshop: Positive Psychology (Opened and closed by Interfaith Prayers)

7PM – Dinner

8:30PM – Musical Devotional (Opened and closed by Interfaith Prayers)

9:30PM – Evening Meditation

Sunday

7AM – Yoga Class (all levels)

8AM – Morning Meditation

8:30AM – Breakfast

9:30AM – Explore Nature

1PM – Lunch

2PM – Closing Ceremony



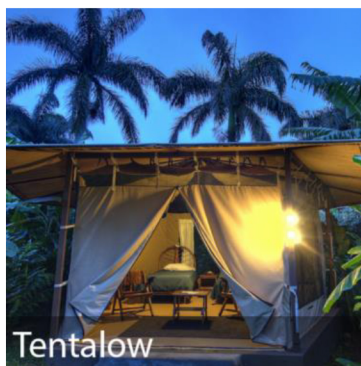
Program Packages



\$885 if sharing Vista with 1 person
\$1,065 if staying in Vista alone



\$880 if sharing A-Frame with 1 person
\$1,055 if staying in A-Frame alone



\$790 if sharing Tentalow with 1 person
\$900 if staying in Tentalow alone

