

Deep Within Costa Rica Retreat

16-23 Feb. 2019



with Ann-Marie Ahye

Emotional Wellness * Mindful Yoga * Meditation

■ STILLNESS | FOCUS | AWARENESS ■

Your innermost sense of self, of who you are, is inseparable from stillness.

"This is the I Am that is deeper than name and form."

Eckhart Tolle



Retreat

After leading 15 transformational Retreats to Tobago over the years, I am following through on an inner feeling to venture further afield. A synchronicity with an image that I saw in a Shamanic Journey and a prompt from the AMATierra Retreat Centre, has led me to create DEEP WITHIN - Our first Retreat to Costa Rica.

Daily, we will journey into Stillness within the soma of the Breathing Body, with a Focus of Mind that grows and deepens Awareness. We will discover and experience together the Bodily Responsiveness and Mind Clearing that ripens through the week. Mindful Yoga, Meditation, Emotional Wellness, Sounding & Self-Inquiry will be the practice ground through which we explore and mine an 'Inner Excavation', supported by Mother Earth and our healing sanctum.

Whether you have journeyed with me before or you are a new explorer, I invite you to gift yourself this Retreat experience. We will dive **DEEP WITHIN**; connecting with a Self-Compassion that acknowledges unresolved stress and trauma while actualizing real clearing of the very same. Slowly, gently and with kindness, we will nurture depth healing that is transformative and empowering. All of this within the lush, tropical and vibrational sanctuary that is AmaTierra, Costa Rica.



Testimonial

"I am a complete beginner with yoga and its techniques, and to be honest was a bit sceptical that it would do anything more than help me learn how to stretch my body without harm. But I am glad I kept an open mind, as this retreat has exceeded any expectations I had.

Under Ann-Marie's calm and compassionate guidance, the effects of correct practice became a life-changing experience. Inner stillness and learning to let go of "mind chatter" is continuing to open up new insights, including Loving Kindness towards those who may have harmed me in the past, and perhaps more importantly, towards myself. I feel more resilient, and more able to cope with the stresses life can (and will!) throw at me." - FK, London, England



Retreat Includes

- 2 Workshops daily, am & pm (begins Sat. pm)
- 7 nights at AmaTierra Retreat Centre - 3 meals daily (on site only)
- Airport transfer to and from San Jose Int'l
- Cocoa Ceremony

Cost & Registration

- Double/pp | **US\$1725** Single | **US\$2125**
- Airfare excluded. See below.

Travel

Marilyn Shalma of New Wave Travel is our travel rep. Marilyn will assist with flights and provide a group rate for 10 or more travelling together (from Toronto) TICO #50023509.



Additional

Day and half-day sightseeing - US\$95-\$175

Link: <https://www.amatierra.com/tours/>

Wellness services available at AmaTierra

Link: <https://www.amatierra.com/wellness-hotel-costa-rica/>

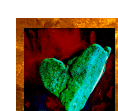
Meals outside of AmaTierra, drinks & other expenses



For further information and to Register for DEEP WITHIN contact

Ann-Marie

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Cancellation Policy Notice: Kindly read

- No refund for a cancellation with less than 120 days written notice, prior to the Retreat start date.
- Deposit is non-refundable.