

Anchored in Peace

A NERVOUS SYSTEM RESET RETREAT GUIDED BY
NATURE'S WISDOM : **SEPTEMBER 21ST-26 2025**

About

During this retreat, you will learn to listen to the signals of your body, understand how it functions, & regulate your nervous system with tools based on **Polyvagal Theory**.

Each day is intentionally designed to provide rest, reflection & learning, with practices that include **meditations, somatic exercises, mindful movement, breathing techniques & conscious eating**. You will also have the opportunity to enjoy optional massages, nature walks, and personal integration time.



Facilitators

Michelle: A Venezuelan **biologist & holistic therapist** specializing in the **mind-body connection**.

Dr. Cruz Chen: **Taichi Master** from Taiwan who practices **acupuncture** in Liberia who will be leading us in **Qigong**.



Location *Sueno Rio Celeste*

*In the mountains of **Costa Rica**, Nestled between the Tenorio and Miravalles Volcanos, surrounded by a **serene rainforest** - The home base of this retreat is the perfect oasis to connect with nature and restore equilibrium to your nervous system.*



Objectives

Deeply **connect** with your
body

Identify nervous system
states

Regulate your nervous
system

Understand the connection
between the nervous system
and health

Recover a state of safety
and well-being

Create sustainable healing
habits:



Is this retreat right for you?

If you **constantly feel on high alert, stressed or exhausted** and you want **regain a connection to nature** and **learn how to live in a state of calm** we invite you to **join us** in this amazing experience in September.

Contact us for booking and additional
details on the RETREATS page at

Suenoriocelste.com



Methodology

Our holistic approach blends **scientific theories with spiritual practices**, offering a perfect balance between body, mind, and emotions. The methodology focuses on **nervous system regulation, based on Polyvagal Theory**, and incorporates cutting-edge techniques alongside **ancestral practices** that promote **deep relaxation**, reconnection with the self, and rooting into calm.

What is included?

Lodging & property amenities, retreat sessions & activities, meals & snacks, transportation & welcome gift .

not included : Airfare & additional services

Per Bungalow rate: \$2150 per participant + IVA (2 participants minimum)

***option to add a 3rd guest at discounted rate
Private Bungalow: \$3250.00 + IVA**

15% Early Bird discount - book prior to June 1

Email us for booking and additional details.
Suenocelstereservations@gmail.com