

# Costa Rica, 2019

## About the training:

Are you ready for a life changing 6 days and 5 nights? On April 24-29, we are headed to Costa Rica for an intensive retreat that focuses on sexual healing, intimacy and tantric touch. My 10-week course will be compressed into 2 modules per day, with excursions, meals, daily yoga and meditation, \$1400 pp. This cost includes the 10-week course and materials, all meals, shared accommodations, and transfers. Airfare must be purchased on your own, although discounted airfare will be made available in December.



Several years ago, I was reading Urban Tantra and was introduced to “The Resilient Edge of Resistance,” a concept coined by Chester Mainard. At the time my practice was called “Intuitive Bodywork” because I didn’t have a way to describe what I was doing, but I knew I was doing it right and I was doing it well. Since then, I have spoken at a variety of events and taught lovers HOW to administer erotic touch, and now in 2019 I am teaching my second intensive class abroad, as we practice touch together in a hands on, safe space.



I launched this class as an introductory to the style of work that I do. Upon our return, this 10-week level 1 certification program will include a practicum and internship for those that decide this is their life’s calling. This class is designed to launch your professional career in sacred sexual healing.

The deposit for this journey is \$250 and the final payment is due 30 days before departure. To apply for one of the 8 beds click [here](#).

## About the location:

Enjoy 5 nights of privacy and tranquility at this 160 acre estate. The elevation of 900 meters provides a climate of perpetual springtime with no need for air conditioning. In fact, even though day temperatures may climb into the high 80s, it is advisable to bring a sweater for the evenings!! The home is a custom-designed spanish style mountain villa which overlooks nearly 30 miles of pristine Pacific coast and mountains. The view behind the house is of the beautiful Gulf of Nicoya while the Pacific Ocean stretches endlessly in front. The design of the house allows you to be surrounding by the gorgeous views in every direction.



There is an open concept design on the main floor with large kitchen, dining room, and living room flowing easily into one another. The indoors and outdoors blend seamlessly with a wall of glass doors that opens directly to the wraparound terrace and infinity pool. On the property there are hiking trails, gardens, waterfalls, an infinity pool, and an outdoor hot tub.

Guanacaste, a province in northwestern Costa Rica bordering the Pacific, is known for its beaches and biodiverse parkland. Its Santa Rosa National Park is home to rare dry tropical forest, surfing sites and some 250 bird species. Guanacaste's endless beaches include Playa Blanca, with its calm waters, and Playa Hermosa, popular for diving and water sports.

## Daily Itinerary:

5am-7am Silent Meditation

7am-8am Yoga

8am-9am Breakfast

10am-1pm Class

1pm-5pm free time\*

5pm-7pm Class

7pm-8pm Dinner

\*final evening in free time will be extended for a group excursion to the isla de chirra.



*"One of the most beautiful beaches of the Pacific North Costa Rica is named after the beautiful princess, Nosara. Legend tells us that Nosara, the daughter of the powerful cacique Nicoya, was in love with the young Curime, the son of a high ruler who lived in a village near Nicoya.*

*Nacaome, a ferocious warrior who lived on the island of Chira and great rival of the Chorotegas, was in love with Nosara, but the cacique, Nicoya, did not accept it. To make matters worse, the princess did not reciprocate his love either.*

*During one of the Sun Feasts (one of the greatest celebrations of the town), it was agreed that they would perform a union ceremony between Princess Nosara and the young Curime. After the ritual, destinies united between Curime and Nosara, but as the sun was setting on the horizon, Nacaome suddenly appeared with his great army.*

*The disgraced Nacaome took the Nicoyan people, who were gathered in the main plaza. Many were victims of the spears and arrows of the warriors. In the midst of the skirmish, newlyweds Curime and Nosara fled to safeguard their lives.*

*Nacaome did not give up and led a ruthless persecution against the lovers, who managed to sneak a few times from the warriors who continued to follow them. Finally, Nacaome surprised them on the beach that today bears the name of Princess Nosara. Pledging eternal love, the lovers could only merge in a hug, as the arrows of their pursuers mercilessly pierced the hearts of the young lovers."*

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