KINGDOM © OF TRUTH

LUNA RETREAT 2023/24

A TRANSFORMATIVE 30-DAY JOURNEY ALIGNED WITH THE MOON'S CYCLE

programme



HOW BIG ARE YOU WILLING TO SHOW UP FOR LIFE?

(IMAGINE

Imagine waking each morning to natures gentle alarm. Discover a secluded bench as you watch the sun rise illuminating the mountains, breath in new life filling yourself with infinite possibilites. Make your way to the temple for a grounded, heart centred yoga and meditation practice followed by an abundant vegan breakfast on the terrace.

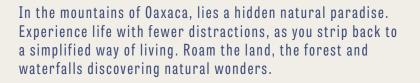
Rest, digest and soak in some vitamin D before walking barefoot to Arbol La Luna, a 800 year old oak tree. Sit, tune in, and feel your intentintions for your retreat. Share your prayers and offerings, knowing that this is your time to make change, you are loved and supported. In the afternoon recieve a nurturing massage that will support you to land and feel held in a loving cocoon where you are safe to be yourself.

Come evening, find yourself in the warm glow of a candlelit restaurant, connect with kindred spirits on shared paths of self-discovery and growth. Finish your day unwinding in the natural sauna, emerge under a blanket of twinkling stars, ready to slip into a restful night's sleep.











TEMAZCAL

YOGA

CAMINO LA LUN

CASCADA



30 DAYS

Arrive one day before the New Moon and depart one day after

2023

12th November - 13th December

2024

10th January - 10th February

2024

9th March - 9th April

ACCOMODATION

Cosy Stylish Cabana with bathroom, desk and fireplace

MEALS

2x Vegan Meals daily Breakfast & Dinner Weekly meal out in local area

MOVEMENT & MEDITATION

Daily Meditation and Yoga Weekly Movement session Breathwork session

NATURE IMMERSION

2x Guided Nature Hikes Horse Riding Weekly Natural Sauna

CREATIVITY

Clay Making Workshop Creative Expression Workshop Journalling, and creative writing

MENTORSHIP

Weekly mentorship Session

SOUND

2x Sound Bath Voice Activation session

NATURAL HEALING

Massage Reflexology Reiki and Energy Healing Tarot Reading Egg and Copal Cleanse

RITUAL

3x Temazcal
Full Moon Temple of Isis Ritual
Opening & Closing ceremony
Psilocybin (mushroom) ceremony

CULTURE

Day Trip to San Matteo Rio Hondo Day Trip to San Sebastian Experience Day One Truth

EDUCATION

Yogic Lecture Heart Sharing Circle Non Violent Communication





EARTH &





GROUND, CONNECT, NURTURE

- + Earth Mentorship session
- + Welcome Ceremony
- + Yoga, meditation & personalized movement class
- + Massage
- + Local Village visit San Sebastian
- + Spiritual cleanse
- + Guided Hike with cold water plunge
- + Clay Making (2x days)
- + Temazcal
- + Free Day

example

8am - 8:40am - Meditation 9am- 10:30am- Yoga 10:30am- 11:30am- Breakfast 12pm- 2pm Welcome ceremony & intention setting 4pm-6pm- Massage 7:30pm - Dinner 9pm- Sauna

FEEL, EXPRESS, DISCOVER

- + Water Mentorship session
- + Yoga, meditation & personalised movement
- + Waterfall Hike with cold water therapy
- + Reflexology
- + Creative Expression workshop
- + Dance Session
- + Sound Bath
- + Voice activation
- + Free Day

example

8am - 9am - Meditation 9am- 10:30am- Yoga 10:30am- 11:30am- Breakfast 1pm- 4:30pm- Waterfall Hike 7:30pm - Dinner 9pm- Sound Bath

PASSION, PURPOSE, TRANSFORMATION

- + Fire Mentorship session
- + Yoga, meditation & personalized movement
- + Breathwork Session
- + Psilocybin Ceremony
- + Integration Hike
- + Temple of Isis Full Moon Ritual
- + Temazcal
- + Free Day

example

8am - 9am - Meditation

9am-10am-Light Breakfast

11am-7pm-Psilocybin Mushroom Ceremony

8pm - Dinner

SURRENDER, EXPAND, SERVICE

- + Air Mentorship session
- + Yoga, meditation & personalized movement
- + Local village visit San Matteo
- + Reiki and Crystal healing
- + Yogic Lecture
- + Your offering to community
- + Sound Bath
- + Heart Sharing Circle
- + One Truth Experience (local cultural experience)
- + Closing Ceremony
- + Free Day

example

8am - 8:40am - Meditation 9am- 10:30am- Yoga 10:30am- 11:30am- Breakfast 12pm- 6pm- Day trip to Local Village San Matteo 7:30pm - Dinner

ETHER 🖧





OPTIONAL EXTRA

- + Silent Retreat, 6 nights
- + Daily morning Yoga & Meditation
- + Meals served in Cabana
- + 1:1 support, daily check ins



FULL RETREAT

4,600 USD

EXTRA WEEK

700 USD

ABOUT ME

Hi I'm Alex, I am passionate about creating intimate, safe containers held by mother nature. My mission is to empower you to connect with your truth, your dreams, and take courageous steps towards them.

As a firm believer in the power of the heart, I offer transformative experiences, coaching, embodiment practices, and energy healing to guide you to connect with your True Self and embrace more of your unique expression. With a playful, vulnerable, and deep approach, my intention is to help you delve into the depths of your being, to unlock your innate potential.

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"I catch myself re-living moments of my time in the mountains, remembering the beauty I experienced and knowledge I gained. I learned to trust my instincts, listen to my body and embrace my feelings. I reconnected with nature, explored the vast forest...listened to the birdsong and followed the dance of oh so many butterflies. I was in good hands with Alex, she is such a caring wonderful person, and friend. She listens with a compassionate heart, and guided me through tough times, helping me to open up and live to my fullest. Alex created a safe space and helped with the process of being vulnerable with myself and others. It was fun to take part in the creative process of slowly discovering the inner landscapes of mind, body and soul. Through reflecting and sharing, I connected to my true calling, in order to follow my passions and interests in life."

- Julian, Germany

LEAVE THE RETREAT WITH:

- + A renewed sense of self & inspired direction
- + Tools and techniques to support you to connect, gain resilience and overcome challenges
- + A new perspective & connection to what's truly important in life
- + A deeper understanding of who you authentically are
- + A connection to your heart and mother earth
- + A new community of like minded souls and supporters
- + A feeling of renewal, reset and balance
- + Wisdom about the local indigenous people
- + Clarity on your purpose and innate gifts
- + Connection to your creativity and intuition

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