



## A Private Retreat to Embody Your Spirituality with Rachel Costa Rican Mountain Sanctuary

Some journeys ask you to go inward. This is one of them.

Nestled at 1,800 meters in the wild heart of Costa Rica's cloud forest, this intimate 4-day retreat is an invitation to come home to yourself — fully, deeply, and without distraction.

Just you, me, and the medicine of nature.

### What awaits you

Here, the forest is your therapist. The mountain air opens your heart. The water purifies what no longer serves you. And the fire teaches you to move with your own vital energy — consciously, powerfully, on your own terms.

*My name is Rachel* — a psychic astrologer, tarot reader, and holistic naturopath — and I am honored to craft a retreat experience woven entirely around you. Through the lens of your astrological chart, numerology, tarot, and a complete holistic naturopathy study, I will design rituals, healing exercises, and natural remedies uniquely suited to your soul's journey.

***This is not a program. It's a revelation.***

### Your 4 Days

**Day 1** — Arrive & Release Be welcomed with herbal medicine, elemental cleansing rituals, and the gift of silence. Let the mountain begin its work.

**Day 2** — See & Know Walk the forest. Sit in contemplation. Then go deep — astrology, numerology, tarot, and naturopathy sessions illuminate the map of your inner world.

**Day 3** — Embody & Transform Practice what has awakened you. Elemental rituals, healing exercises, and the preparation of your personalized holistic treatment anchor your insights into the body.

**Day 4** — Protect & Carry Forward a Closing ritual of protection. Your Magic Vial — your personal natural remedy — placed in your hands. Departure with gratitude, tools, and a transformed sense of self.

### What's Included in the price

Everything you need is taken care of:

- Round-trip transportation
- A private room in my mountain cottage
- Daily personalized meals and snacks
- 3 therapeutic sessions
- Your natural remedies, your rituals, and your Magic Vial.

"My work is to lift the veil on your invisible self — to transform the unconscious into consciousness. It is through the places that challenge us where we discover our deepest roots."

Reach me via WhatsApp at +(506) 86 08 08 41 or at [info.naturroots@gmail.com](mailto:info.naturroots@gmail.com) to schedule a personal video call. I will get to know you, and together you'll prepare for the journey.

With love, Rachel 🌿