

***You're Invited to Carolyn Younghusband's
Reiki Level One Retreat
Costa Rica
July 28th to August 4th, 2023***

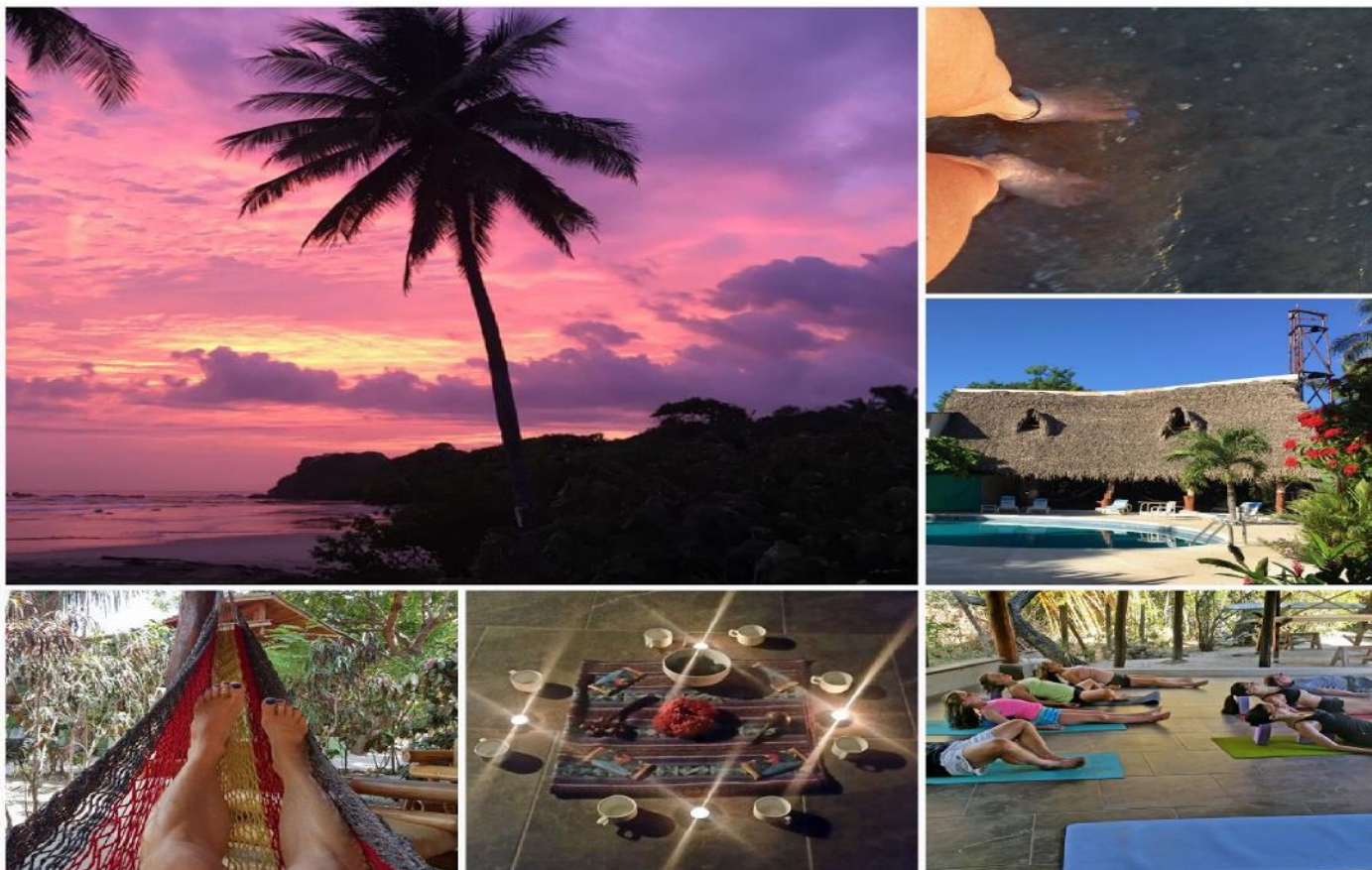


Purify your body, mind and spirit from the inside out. The traditional saying in Costa Rica is PURA VIDA, which is PURE LIFE in English. Look deeper: you'll find its more than a saying, it's a way of living life.

Having been a part of Playa Guiones, Nosara, Guanacaste, Costa Rica traveling to/from Toronto, Canada, since March 2008 I stumbled upon a rare and' precious jewel, Casa Romantica. From the

private jungle path direct access to the beach, the Rancho, the pool, the hammocks and the surrounding palm trees & floral gardens all greeting you from the moment you' arrive, you feel the purity, freshness, wholesomeness and magic that embraces you and welcomes you. Playa Guiones, Costa Rica is very special to my heart as this is where I was trained and attuned as a Certified Reiki Level One and Reiki Level Two Usui Reiki practitioner in February 2015.

I was attuned as a Reiki Master Practitioner and Reiki Master Teacher in November 2019 immediately after the death of my mother in September 2019 when I discovered my Reiki healing, I provided her as she lay in a coma before her last breath. Offering my mother my Reiki energy healing for over 3 hours (on & off) had a profound effect on my mother as she lied in the hospital her last few hours in a Coma her eyes fluttered throughout the Reiki energy, I offered her to assist in her transition from life to death. At that time, I was only a Reiki Level Two Practitioner. I realized in that exact life death experience and coma state of my mother, that I must answer my calling to pursue a higher Mastery of Usui Reiki to offer more people & to reach the world. Now, it is your turn.



Come feel relaxed and refreshed as you apply learn Reiki Level One, to nourish and purify your mind, body and heart. Partake in daily yoga, wellness workshops, and meditation. Enjoy healthy, organic meals in a deeply wholesome and natural setting. Take exciting adventures and join experiences that showcase the best that Costa Rica has to offer and will leave you with a lasting impression of its warmth and natural beauty.

Carolynn has professionally and simplistically designed the Reiki One retreat based on those who just curious and want to learn Reiki (caregivers/parents/pet owners/seekers), and also for professional practitioners like Registered Massage Therapists who want to bring this healing art to their professional offerings.

Food:



We will celebrate and be nourished by two healthy + delicious meals a day. The food will be primarily Costa Rican inspired, created with as many local + organic ingredients as possible, and made with love. We may offer a few fresh fish + chicken options depending on the preferences of the group.



The Experience

Reiki Retreats are a special gift of time that Carolynn Youngusband has created to help spread light through the Universe. Carolynn's Reiki Retreats offer the unique opportunity for people to take a step back, turn off the outside world, and allow themselves to become even greater beacons of light. Having a Reiki Session is a gift to ourselves. Attending a well-planned out and loving retreat is the equivalent of having a Reiki session that lasts for an entire 7 days or more. It gives your soul the chance to rest, renew and grow and your mind a chance to soar.

There is no previous experience necessary, only the craving to learn and grow.

There are so many amazing benefits for attending & being a part of a Reiki Retreat:

- Gifting yourself self-love
- Allowing yourself to turn off the outside world and go within
- New friendships & possibly even family
- Being with likeminded people
- Being a part of a group
- A sense of community
- Peace
- Feeling the power of group energy
- Support
- Guidance
- Love
- A feeling of accomplishment
- The excitement of having new things to share with the world after you have completed the retreat
- The sparking of new ideas within yourself
- Feeling a higher vibrational level
- Opening the door to a magical world of natural self-healing
- Realizing your own power
- Making new discoveries about the mind, body, soul connection



Reiki Level One Retreat Looks Like This:

There will be structured Reiki Level One training and attunements the first 4 mornings, in addition to classes, activities, in the following areas:

- Sunrise Yoga + Sunset Meditation (1 hour per session)
- Reiki Level One training workshop: history of Reiki, Chakras, self-reiki, practice time includes learning hand positions of Reiki, giving & receiving 2 Reiki treatments
- Reiki share circle
- Wellness and Spiritual Healing sessions offered by Carolynn and booked independently from the retreat program & price.
- Sessions being offered to book privately with Carolynn include: Reiki with Channeling, Past Life Exploration, Hypnosis, Spiritual Coaching, Chakra re-balancing, Massage, Cranial Sacral therapy.

We will start most days with a sunrise restorative flow vinyasa yoga, followed by breakfast, then 4 mornings (9 am to 12 noon) learning Reiki One while outdoors in nature on the Rancho surrounded by the gardens & the sounds of the ocean. In the afternoon is your free time to do whatever you want ~ sleep, beach, a la carte adventure activities, book a healing wellness session with Carolynn, etc. In the evening, we will enjoy a sunset meditation followed by dinner at the Casa Romantica restaurant.



Location :

Casa Romantica, Playa Guiones, Nosara, Costa Rica <https://casa-romantica.net/>





Payment + Cancellation Policy

Deposit:

***To reserve your spot for this retreat, please make the appropriate deposit. The deposit is completely non-refundable. If the retreat is postponed or you cannot attend due to an emergency, we will provide refunds or vouchers for future travel.

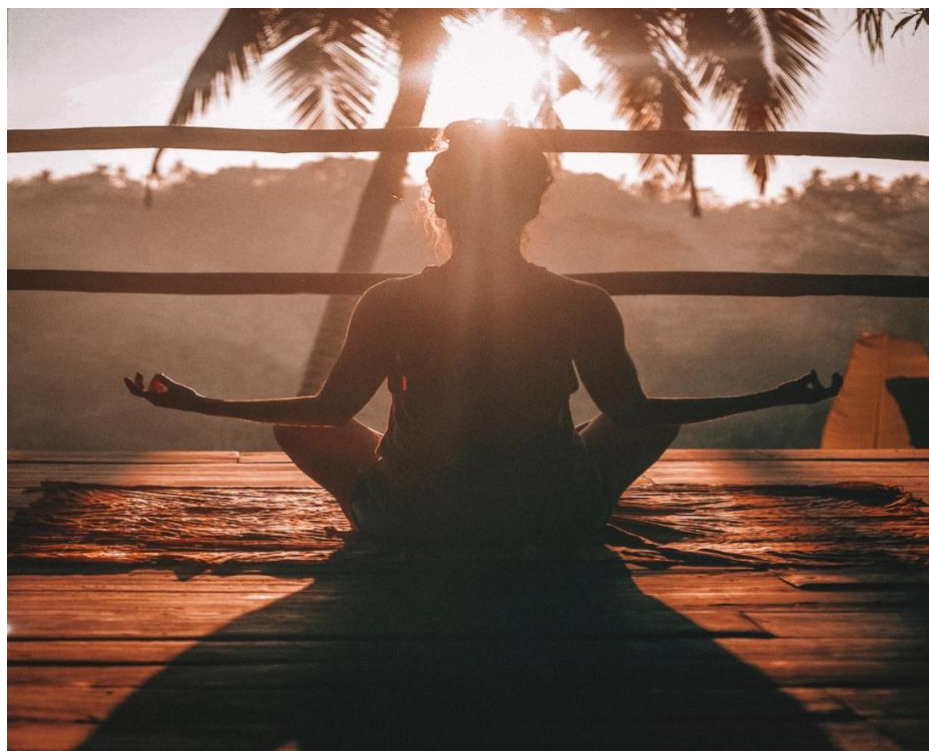
Full Payment:

When you reserve, you may either pay in full or just pay the deposit. Upon receipt of your payment, we will send you a confirmation of your deposit or full amount. Full payment is due 30 days prior to the start date of this event, July 28thth, 2023 (if you sign up on or after this date, full payment is due upon registration).

Cancellation Policy:

We understand that unforeseen circumstances can occur. Deposits are non-refundable. Stay up to date with Costa Rica entry and travel requirements by visiting this [LINK](#).

Read More

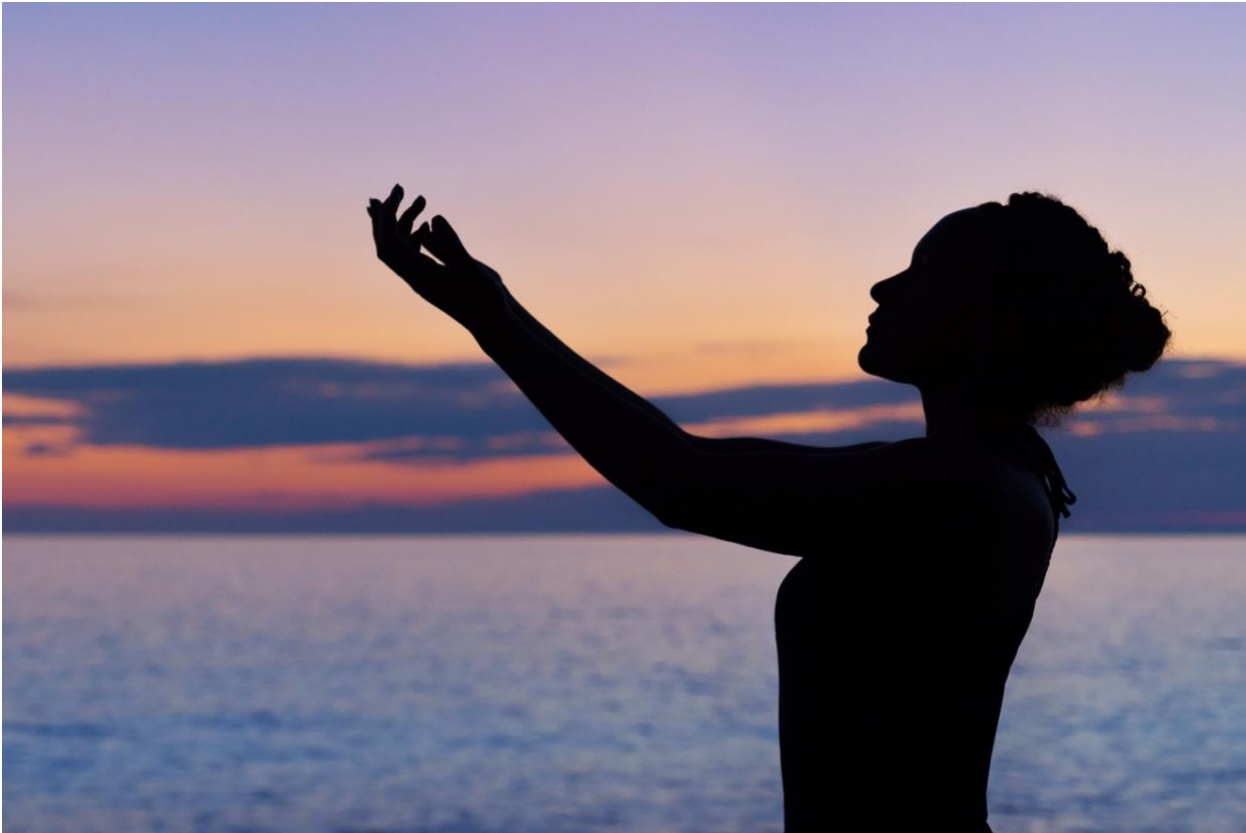


Your Retreat Includes:

- Accommodation with air conditioning, private bathroom & shower
Shared or private accommodation at Casa Romantica
- Access private secluded jungle path to beach
- Free Wi-Fi & internet access Meals
2 fresh, healthy, and DELICIOUS meals a day ~ Breakfast and Dinner
- Daily Yoga and/or meditation classes 6 days a week
- Reiki Level One Training, Attunement and Certification
- Reiki Level One Training Manual
- Mentorship and Coaching
The retreat group size is intimate with a maximum of 8 guests to allow all participants to receive Carolynn Younghusband's professional Reiki mentoring and coaching
- Reiki Level One Certification
- airport transfers from and back to Liberia airport (LIR)*

*** Airport transfers between Casa Romantica and Liberia Airport (LIR) will be available for arrival and will be available for departure.**

***If your arrival / departure is outside our pick up or drop off periods, we will provide address and directions, and recommend you arrange a taxi at your expense.**



Your Retreat *Does Not Include:

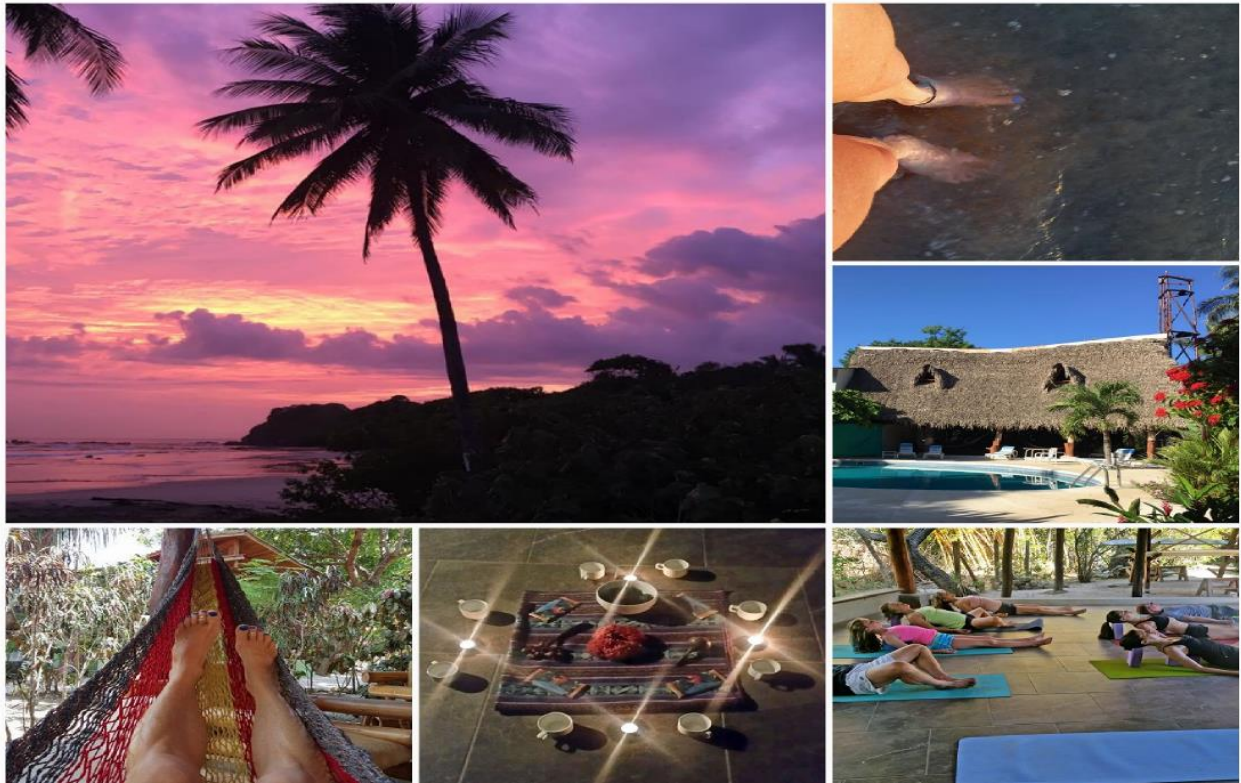
- Airfare
- Medical Insurance
- Travel Insurance
- *Yoga Mats. **Please ensure you bring your own for both Reiki training on floor & yoga class**
- A La Carte Activities
- Wellness modalities & Services
- Alcohol
- Beverages
- Lunch Meals, Snacks



Come Join Us

**ContactCarolynn with your questions at
elixirwellness.ca@gmail.com**

***A \$650 USD deposit is required to reserve your space and is non-refundable**



Accommodation Packages

All rates per person in USD dollars & Include Meals, Reiki Level One Training, Daily Yoga/Meditation, Holistic Wellness & Self Care, Chakras, Intuition Enhancing

Option One: *Shared Accommodation 2 Persons, includes 2 beds, private bathroom with shower, air condition & mini fridge, Wi-Fi Internet*

Double Occupancy: \$2,444 USD plus HST (13%)

Option Two: *Private, 1 person, includes 1 bed, private bathroom with shower, air condition & mini fridge, Wi-Fi Internet*

Single Occupancy: \$2,730 USD plus HST (13%)

Terms & Conditions

This retreat is offered by Carolynn Younghusband (henceforth referred to as the "Retreat Leader" in this document) at Casa Romantica, in Costa Rica.

****Deposit and Payment:**

****All deposits and payments are to be made in USD \$'s by one of the following ways:**

- 1) USD \$ Bank Money Order(s) payable to Carolynn Younghusband, and mailed to 816 Lansdowne Avenue, Suite 809 Toronto, Ontario Canada M6H 4K6**
- 2) payment deposited to Carolynn's CIBC USD \$ bank account. Contact Carolynn for banking information**
- 3) PayPal USD \$ Invoice with all PayPal fees added on to your Invoice price**
- 4) payment via eTransfer will be organized between yourself & Carolynn, on the day of payment, whereby Carolynn will quote you at that day/time by telephone call or email the Canadian equivalent to be eTransferred on the day of your payment**

An individual \$650 USD non-refundable Deposit made upon registering, along with your completed Registration Form, confirm your reservation at your preferred accommodation. This Deposit is applied towards your total retreat fee. **See the options on the Fee Schedule provided on the Registration Form for details. Each payment made holds your spot in the retreat. Payments must be made as noted above.** Upon your email request to register please contact Carolynn @ 416 320 6908 to confirm your method of payment.

Completed Registration Forms must be sent to Carolynn Younghusband at elixirwellness.ca@gmail.com

Once the retreat is filled, the Retreat Leader will create a wait list.

Cancellations and Refunds

Cancellation requests must be made in writing. Requests made prior to 45 days before the retreat start will be refunded 50% final payment amount (balance) listed for your chosen accommodation on the Registration Form. Cancellations made within 45 days of the retreat cannot be refunded.

Refunds for Missed Days:

We are unable to grant refunds for any missed portions of your retreat because of missed or delayed flights or early departures. Additionally, no refund is guaranteed for any feature of the retreat not used as a result of choice, weather, personal health or issues beyond control.

If We Cancel the Retreat:

We reserve the right to cancel the retreat for force majeure or any other circumstances beyond our control. We also reserve the right to cancel the retreat if registration is inadequate to make it economically feasible for us to operate or for political, travel or safety considerations that pose a risk to the group. We are not responsible for additional expenses incurred by you in preparing for the retreat (e.g. non-refundable air tickets, visa fees, gear, or medical expenses).

Acknowledgement:

I understand that all prices & retreat prices are quoted in US dollars and I am following payment method instructions noted in reference to ****Deposit and Payment**

I understand that activities offered at this retreat are not substitutes for medical attention, examination, diagnosis, or treatment. I should consult a physician prior to starting any active program. I recognize that it is my responsibility to notify Retreat Leaders of any illness or injury before any activity. I will not perform any activity to the extent of strain or pain. I accept that neither the Retreat Leaders, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from participation in this retreat.

I understand that I'm responsible for securing any mandatory Covid-19 Test prior to arrival

I understand that I'm responsible for securing mandatory travel / medical insurance

I understand that the Retreat Leaders may use retreat photos and video of myself for public relations and promotional purposes, and if I don't wish photos and video of myself be used I will notify the Retreat Leaders in writing.

Registration Form

Please reserve your spot by completing this form (one form/person) & submitting it to Carolynn. Please send your \$650 USD** deposit to Carolynn via method of payment instructions noted in ****Deposit and Payment**. Deposit is required to reserve your preferred accommodation and is non-refundable.

Questions? Contact Carolynn: elixirwellness.ca@gmail.com

Name (Print as it appears on passport) _____

Address _____ Suite/Apt _____

City _____ Prov _____ Postal Code _____

Phone _____

Email _____

Double Occupancy Accommodation & Payment. Rates below are pre-tax. Applicable HST & PayPal fees are added on final payment

\$2,444 USDplus HST (13%)**

○ 2 Payments: \$650 USD Deposit by April 20, 2023, Balance \$1794 USD plus HST by May 20, 2023

Private Occupancy Accommodation & Payment

\$2730 USD Rates below are pre-tax. Applicable HST & PayPal fees are added on final payment**

○ 2 Payments: \$650 USD, Deposit by April 20, 2023, Balance \$2080 USD plus HST by May 20, 2023

Please Read **Deposit and Payment instructions noted above. Rates are pre-tax. Applicable HST & PayPal fees are added on final payment.

Please contact Carolynn at elixirwellness.ca@gmail.com to arrange registration & payment method.

Please assign my roommate / I have a roommate (name):

Emergency Contact:

Relationship:

Phone Number:

E-mail:

Acknowledgement:

I certify that the information I have provided on this form is accurate and correct. I have also read, understood and I agree to the Terms & Conditions on the preceding page. **___ I'm sending my \$650 USD Deposit with this registration to reserve my space on the retreat.**

Signature _____ Date _____