



ENLIGHTENED ADVENTURES RETREAT

Wednesday, October 1

WELCOME & INTENTION

4:00pm – 5:00pm

Early Registration at Moon Gate

5:00pm – 7:00 pm

Opening Celebration Dinner at Moon Gate

Thursday, October 2

ETHER DAY UNITY & CLARITY

6:30am -7:15 am

Yoga & Pranayama at Moon Gate

9:00am – 9:45am

Orientation & Refreshments at Moon Gate

10:00am – 10:30am

Dr. Suhas Lecture — The 9 Days of Mother Divine

1:30pm – 3:00pm

Trail of Senses Experience at Moon Gate (Self-guided)

5:00pm – 7:00pm

Dr. Manisha — Kitchen FARM-acy: Harnessing the Healing Power of Everyday Herbs & Spices (Class + Dinner)

7:15 pm - 8:30 pm

Sound Healing in the Yoga Pavilion

Friday, October 3

EARTH DAY GROUNDING & CONNECTION

6:30am -7:15 am

Yoga & Pranayama at Moon Gate

9:00am – 11:30am

Sacred Cacao Ceremony — Experience the Ritual of the Heart

1:30 – 4:00 pm

Open Time for Integration — rest, journaling, hot springs, or simply be with nature

5:00pm – 6:30pm

Dr. Suhas Talk on Vedas — *Timeless Wisdom for Modern Life*

6:30 – 8:00 pm

Dinner at Moon Gate

Saturday, October 4

AIR DAY MOVEMENT & FREEDOM

6:30am -7:15 am

Yoga & Pranayama at Moon Gate

9:00am –10:30am

Dr. Suhas & Dr. Manas Lecture + Q&A — *The Benefits of Meditation: Unlocking Holistic Healing for Body, Mind & Soul*

1:00 pm - 3:00 pm

Sacred Pause — Rest, explore, or enjoy your own renewal

3:00pm – 4:00pm

· Dr. Manisha — *Skin Deep Beauty: Ayurvedic Secrets for Lasting Radiance*

6:00 pm - 7:00 pm

Dinner at Moon Gate





ENLIGHTENED ADVENTURES RETREAT

Sunday, October 5

WATER DAY PURIFICATION & FLOW

6:30am - 7:15 am

Yoga & Pranayama at Moon Gate

9:00am - 11:00am

Pure Trek Canyoning – Waterfall Rappelling Adventure

3:00pm - 4:00pm

Dr. Suhas Lecture – Enlightened Sleep: *Restoring Vitality Through Ayurvedic Practices*

4:45 pm - 5:45pm

Dr. Suhas & Dr. Manisha Vedic Astrology: *Understanding the Cosmic Forces That Shape Your Life*

6:00 pm - 7:00 pm

Dinner at Moon Gate

7:15 pm - 8:45 pm

Yoga Nidra with Sound Bath

Monday, October 6

FIRE DAY TRANSFORMATION & RENEWAL

6:30am - 7:15 am

Yoga & Pranayama at Moon Gate

10:00 am - 12:00 pm

Rainforest Immersion & Silent Walk at Arenal 1968 — Connect with nature for restoration and inner peace

12:30 - 1:30 pm

Lunch at Moon Gate

2:00 - 3:30 pm

Lecture with Dr. Suhas — *Ayurveda for Balanced Living: Harmonizing Mind, Body, and Spirit*

7:30 - 9:00 pm

Closing Full Moon Ceremony — Celebrate under the luminous Kojagiri Poornima, honoring transformation and renewal

Tuesday, October 7

DEPARTURE DAY Grounding & Connection

6:30am - 7:15 am

Yoga & Pranayama at Moon Gate

7:30 - 8:30 am

Breakfast at Moon Gate

11:00 am

Hotels Check Out

Throughout the Retreat

Gourmet Ayurvedic-inspired meals daily at Moon Gate Wellness Sanctuary.

Access to thermal hot springs & wellness amenities.

Free time to relax, reflect, and enjoy the natural beauty of La Fortuna.

Available private transportation at your service to and from Moon Gate Wellness Sanctuary.

