



AWAKENING TO THE WISDOM WITHIN RETREAT

Monday, February 2

WELCOME & INTENTION

3:00 – 5:00 pm
Arrival & Check-in at hotels

5:00 – 7:00 pm
Opening Celebration Dinner at Moon Gate



Tuesday, February 3

GROUNDING & AWAKENING

6:30 am – 7:00 am
Meditation with Roger Gabriel

7:30 am – 8:30 am
Yoga & Movement with Sarah & Avery

9:30 am – 11:00 am
Guided Nature Walk at Moon Gate

12:30 pm – 1:30 pm
Lunch at Moon Gate

1:45 pm – 2:45 pm
Lecture - Embodying Wisdom Through the Chakras with Sarah

4:30 pm – 6:00 pm
Lecture & Meditation - How we lost our spiritual way with Roger

6:00 pm – 7:00 pm
Dinner at Moon Gate

7:15 pm – 8:15 pm
Sound Healing with Avery

Wednesday, February 4

CEREMONY & HEART EXPANSION

6:30 am – 7:00 am
Meditation with Roger Gabriel

7:30 am – 8:30 am
Yoga & Movement with Sarah & Avery

9:30 am – 12:30 pm
Forest Immersion at Wellness Park

1:00 pm – 2:00 pm
Lunch at Moon Gate

2:00 pm – 3:00 pm
Everyday Alignment: Turning Inner Clarity Into Action with Liv

4:30 pm – 6:00 pm
Lecture & Meditation - The path back home to our true Self with Roger

6:00 pm – 7:00 pm
Dinner at Moon Gate

7:15 pm – 8:15 pm
Spiritual Gathering "Satsang" with Sarah

Thursday, February 5

NATURE & RESONANCE

6:30 am – 7:00 am
Meditation with Roger Gabriel

7:30 am – 8:30 am
Yoga & Movement with Sarah & Avery

9:30 am – 12:30 pm
Free Time /La Fortuna Trip

12:30 pm – 1:30 pm
Lunch at Moon Gate

1:30 pm – 2:30 pm
Trail of the Senses — Silent Walk with Roger

4:00 pm – 5:30 pm
Cacao Ceremony

6:00 pm – 7:00 pm
Dinner at Moon Gate

7:15 pm – 8:15 pm
Spiritual Gathering "Satsang" - with Avery



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Friday, February 6

ADVENTURE & FLOW

6:30 am – 7:00 am

Meditation with Roger Gabriel

7:30 am – 8:15 am

Chair Yoga with Sarah & Avery

9:00 am – 12:30 pm

Pure Trek Canyoning Adventure

12:30 pm – 1:30 pm

Lunch at Moon Gate

2:00 pm – 3:00 pm

Integration Mastery: Embodying What You've Learned with Liv Fish

4:30 pm – 6:00 pm

Lecture & Meditation - Entering the fullness of life with Roger

6:00 pm – 7:00 pm

Dinner at Moon Gate

7:15 pm – 8:15 pm

Yoga Nidra & Sound Bath with Sarah & Avery

Saturday, February 7

INTEGRATION & CELEBRATION

6:30 am – 7:00 am

Meditation with Roger Gabriel

7:30 am – 8:30 am

Restorative Yoga with Sarah & Avery

12:30 pm – 1:30 pm

Lunch at Moon Gate

3:00 pm – 4:30 pm

Lecture & Meditation - Daily Sadhana, living a yogic lifestyle with Roger

6:00pm – 7:00 pm

Dinner at Moon Gate

7:15 pm – 8:15 pm

Panel Discussion with Roger, Sarah, Avery & Liv

8:30 pm – 9:30 pm

Closing Ceremony

Sunday, February 8

DEPARTURE DAY

6:30 am – 7:00 am

Meditation with Roger Gabriel

7:15 am – 7:45 am

Yoga flow with Sarah & Avery

8:00 am – 9:30 am

Breakfast at Moon Gate

11:30 am

Hotel 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.

