



AWAKENING TO THE WISDOM WITHIN

Releasing Limitations to Live the Life You Deserve

*A Transformational Retreat in Costa Rica
February 2–8, 2026*



Introduction:

Moon Gate Wellness Sanctuary

Nestled in the lush rainforest of La Fortuna, Costa Rica, Moon Gate Wellness Sanctuary is a sacred space designed to foster healing, inner peace, and conscious transformation.

Surrounded by the majestic Arenal Volcano, our sanctuary is an oasis for soul seekers, travelers, and wellness enthusiasts looking to reconnect with nature and themselves.

Moon Gate is a space for reflection, activation, and integration. With every retreat we host, our community grows more conscious, more courageous, and more connected.



Moon Gate features:



Moon Gate spans over 3,000 square meters, offering expansive spaces to explore, reflect, and reconnect with yourself and nature. Located just 50 meters from Pure Trek Canyoning and 100 meters from Nayara Springs.

Guests can enjoy:

- The Enchanted Garden – a serene space for meditation, journaling, or quiet contemplation.
- The inspiring Trail of Senses, a multi-sensory experience honoring the elements of ether, air, water, fire, and earth.
- A spacious yoga pavilion overlooking lush tropical landscapes
- Café Chandra, serving vibrant, Ayurvedic-inspired cuisine, cold-pressed juices, and nourishing snacks—all crafted with locally sourced ingredients to support balance, energy, and well-being throughout your journey.
- Elegant spa bathrooms, showers, and private lockers for your comfort.
- Relaxation areas designed to encourage you to linger, unwind, and soak in the atmosphere all day
- Complimentary private vehicles available to take you back to your hotel at any time.

With every retreat we host, our community grows more conscious, more courageous, and more connected. Moon Gate is a home where you are invited to breathe, rest, and rediscover yourself.

Ayurveda, meaning “the science of life,” is one of the world’s oldest holistic healing systems, originating in India over 5,000 years ago.

At its heart, Ayurveda teaches that well-being arises when your mind, body, and spirit are in harmony with each other and with nature’s rhythms.

Core Principles:

- Each person has a unique constitution, or dosha—Vata, Pitta, or Kapha—that shapes how they experience the world.
- Imbalances in these energies can create stress, fatigue, or illness.
- Ayurveda restores balance through nourishing food, daily rituals, herbal support, and conscious practices.

Benefits of Practicing Ayurveda:

- Enhanced vitality and natural energy
- Improved digestion and gentle detoxification
- Emotional resilience and a sense of calm
- Deeper sleep and a stronger immune system
- A profound connection to purpose and inner wisdom

What is Ayurveda?

Ayurveda: Ancient Wisdom for Modern Life



A Journey of Intuition and Renewal in the Heart of Costa Rica



Join us for a 6-night, immersive retreat that weaves together ancient yogic traditions, sacred rituals, and the restorative power of nature.

This transformational experience—intentionally limited to just 40 guests—is designed to awaken your intuition, reconnect you with your deepest wisdom, and inspire soulful creation. Guided by renowned teachers, you will explore practices that align body, mind, and spirit in a setting of luxury, serenity, and natural beauty—rooted in Costa Rica’s Blue Zone, where longevity and well-being are part of daily life.

Dates: February 2–8, 2026

Location Moon Gate Wellness Sanctuary,
La Fortuna, Costa Rica

Retreat Overview: Awakening to the Wisdom Within

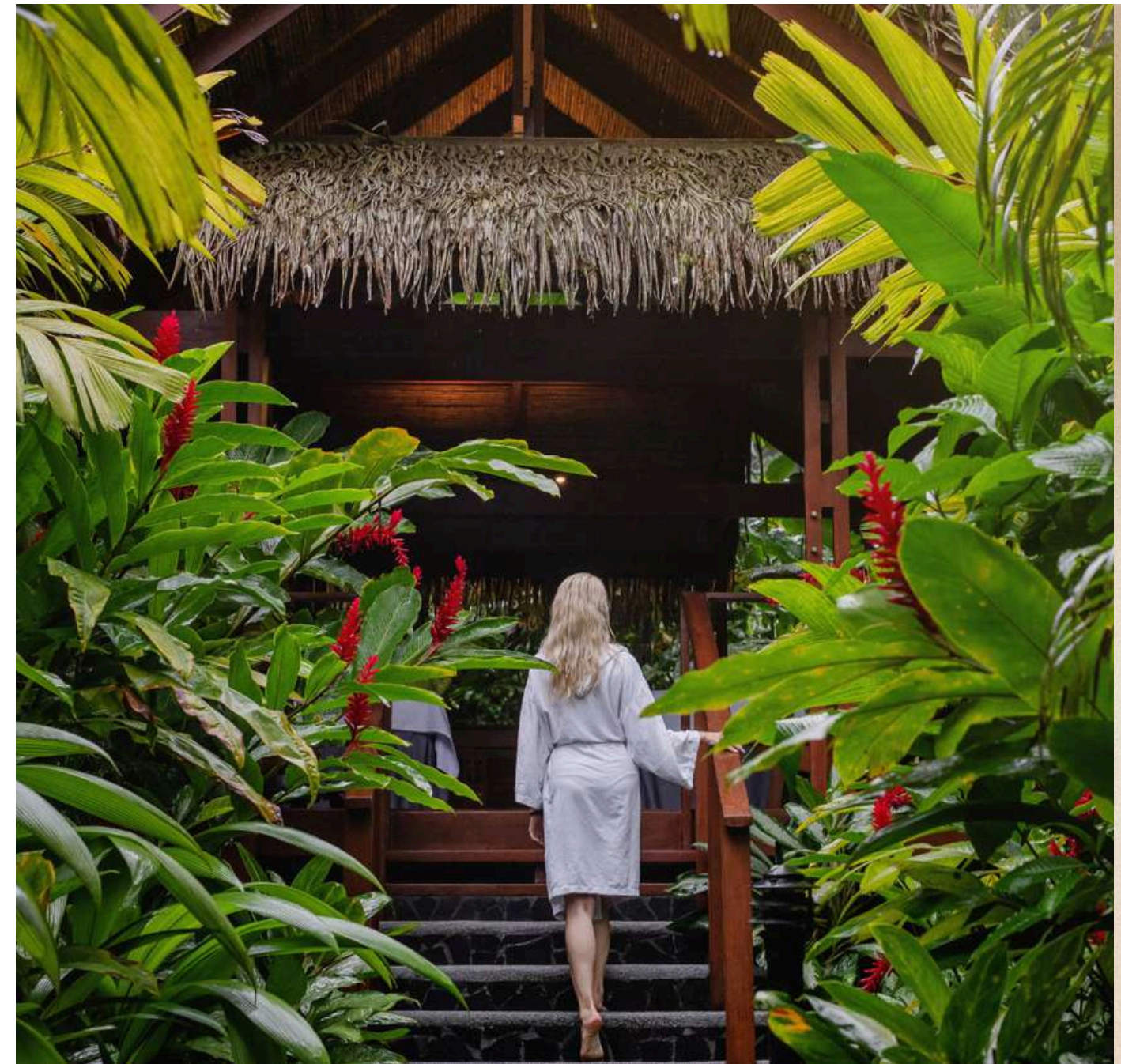


What Awaits You

Each day invites you into deeper clarity,
connection, and renewal.

Here's what you'll experience:

- 🌀 6 nights of luxury accommodations—guests may choose between Amor Arenal or Tabacón Thermal Resort for their stay
- 🌀 Daily yoga, meditation, breathwork, sound healing, and transformational practices led by Sarah Platt-Finger, Roger Gabriel, Oliveyah Fisch, and Avery Whitmore
- 🌀 Guided wisdom sessions exploring themes of purpose, intuition, and living in alignment with your true nature
- 🌀 Restorative sound healing, Yoga Nidra, and evening satsangs to support integration and reflection
- 🌀 A powerful cacao ceremony, sacred rituals, and a closing fire celebration with music and dance
- 🌀 Exciting adventures to build courage and presence, including the unforgettable Pure Trek Canyoning waterfall rappelling experience
- 🌀 An immersive Arenal Volcano trail walk, connecting with the elements and the energy of the land
- 🌀 Integration & Reflection Circles with expert guidance from Oliveyah Fisch, these circles help you ground your retreat experience and carry the transformation into everyday life.
- 🌀 Gourmet Ayurvedic-inspired meals prepared daily with fresh, organic ingredients sourced from local farmers—reflecting the vitality and nourishment of Costa Rica's Blue Zone region
- 🌀 Private round-trip transfers to and from Liberia (LIR) or San José (SJO) airports



The Tabacón Thermal Resort & Spa is an award-winning sanctuary of luxury and natural beauty, nestled at the base of the majestic Arenal Volcano. Recognized as one of Costa Rica's most iconic wellness destinations, it offers an unforgettable blend of relaxation, adventure, and rejuvenation.

Each beautifully appointed guest room and suite has been thoughtfully designed to immerse you in the sights and sounds of the rainforest, with private terraces that open to lush jungle gardens and the soothing flow of natural hot springs. Soak in your own mineral-rich tub, unwind in a hammock, or simply savor the serenity of this extraordinary setting.

Throughout the resort, you will find a world-class collection of amenities to restore body and mind:

- Natural thermal hot springs—over 20 mineral-rich pools of varying temperatures, all naturally heated by the volcano and cascading through beautifully landscaped gardens
- The award-winning Spa at Tabacón, offering open-air treatments inspired by local traditions and the healing power of water
- Gourmet restaurants and bars featuring fresh, locally sourced cuisine, signature cocktails, and spectacular views of Arenal Volcano
- Secluded pathways, meditation spaces, and the exclusive adults-only Shangri-La Gardens, inviting moments of quiet reflection and deep relaxation

Tabacon

As a guest of Awakening to the Wisdom Within, you'll enjoy the perfect balance of connection and privacy—returning each evening to this serene haven to restore, integrate, and recharge.

Tabacón Thermal Resort & Spa is more than a place to stay—it is an experience of Costa Rica's wild beauty elevated to extraordinary comfort.





Orchid Room

Experience a spacious, modern retreat with unobstructed views of the surrounding tropical gardens. Each room features cozy living areas, colorful décor, and private terraces that invite relaxation and connection with nature. Choose a king bed or two queen beds, with connecting rooms available on request.

- 387 sq. ft. of open space
- Modern design with tropical views
- Direct access to Tabacón's renowned thermal hot springs



The Amor Arenal Resort is an award-winning sanctuary of natural beauty and refined comfort, nestled at the foothills of Arenal Volcano. Recognized as one of Costa Rica's premier boutique retreats, it offers an unforgettable blend of serenity, luxury, and connection with the rainforest.

Each elegantly designed casita has been thoughtfully created to immerse you in nature's embrace. Soaring vaulted ceilings, warm wood interiors, and expansive glass walls invite in the sights and sounds of the jungle. Private decks with plunge pools and sweeping volcano views create the perfect space for reflection and renewal.

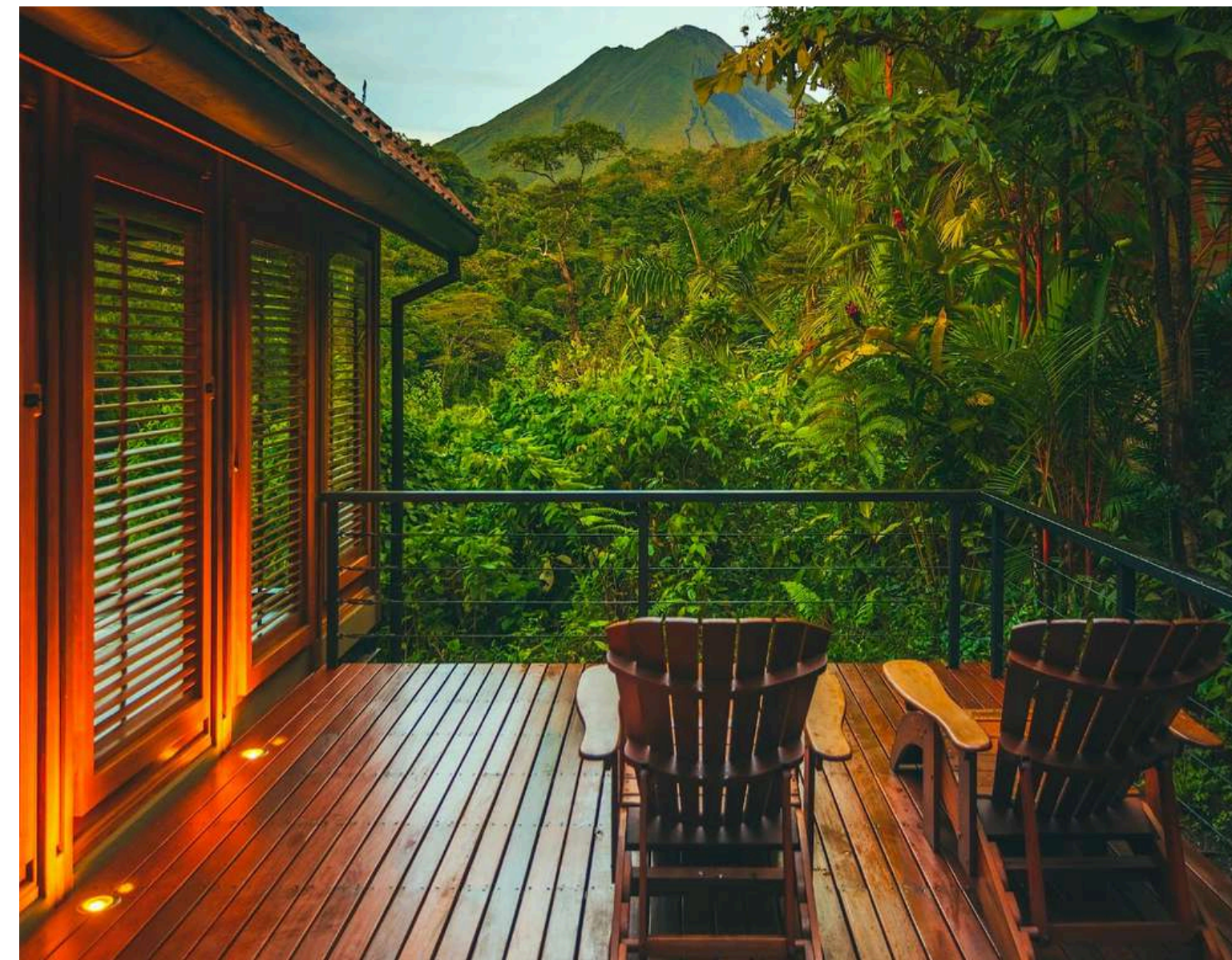
Throughout the resort, you will find a world-class collection of amenities to restore body and mind:

- Luxury casitas—spacious freestanding cabins with private decks, warm cedar finishes, and panoramic rainforest views
- Volcanic spring-fed plunge pools in every room, inviting daily relaxation in privacy
- Full-service spa and wellness center, offering massage therapies, facials, and body treatments inspired by local traditions
- Gourmet dining with organic, locally sourced ingredients and menus crafted to nourish and energize
- Private trails, meditation spaces, and serene gardens designed to inspire a deeper connection to nature

Amor Arenal

As a guest of Awakening to the Wisdom Within, you'll enjoy the perfect balance of seclusion and luxury—returning each evening to this peaceful haven to rest, integrate, and reconnect with yourself.

Amor Arenal is more than a place to stay—it is an invitation to experience Costa Rica's vibrant landscape in a setting of extraordinary comfort.





Canyon Casita

Experience the warmth and elegance of your own luxury cabin crafted from precious tropical hardwoods. Overlooking a virgin rainforest canyon, each casita offers unobstructed views of Arenal Volcano and a tranquil setting to unwind.

- 872 sq. ft. of refined living space
- Private deck with panoramic rainforest views
- Air conditioning, minibar, and coffee/tea maker
- Complimentary breakfast and WiFi
- Access to the resort's swimming pool and wellness amenities



Meet the Facilitators



Roger Gabriel

A master teacher of meditation and Vedic wisdom, Roger has guided thousands on the path to self-realization. His sessions blend timeless philosophy with experiential practices, helping you remember the magnificence of who you truly are.



Sarah Platt-Finger

Director of Yoga at Chopra Global and co-author of Living in the Light, Sarah shares alignment-based yoga, breathwork, and ancient tools to awaken conscious living and embodied awareness.



Avery Whitmore

Transformational coach and breathwork guide specializing in somatic release and sound healing. Avery's sessions invite deep rest, insight, and clarity through the power of breath and sound.



Oliveyah Fisch

Renowned integration teacher and spiritual mentor. Oliveyah helps you anchor the transformation of retreat into everyday life with grace, presence, and inspired action.



**Karina Rodríguez
& Jessica Solís**

Jessica and Karina are guides blending ancient wisdom with embodied practice. Karina offers transformative movement and holistic therapies for self-discovery. Jessica leads aromatherapy and forest immersion to reconnect you with nature's healing power.

Arrival Day – Welcome & Intention February 2

- Arrival & Check-in at Hotels
- Welcome Dinner & Opening Circle

Day 1 – Grounding & Awakening February 3

- Sunrise meditation with Roger Gabriel
- Morning yoga with Sarah & Avery
- Workshops & lectures
- Trail of Senses immersion
- Evening Yoga Nidra & Sound Healing

AWAKENING TO THE WISDOM WITHIN

Retreat Schedule at a Glance



Day 2 – Ceremony & Heart Expansion February 4

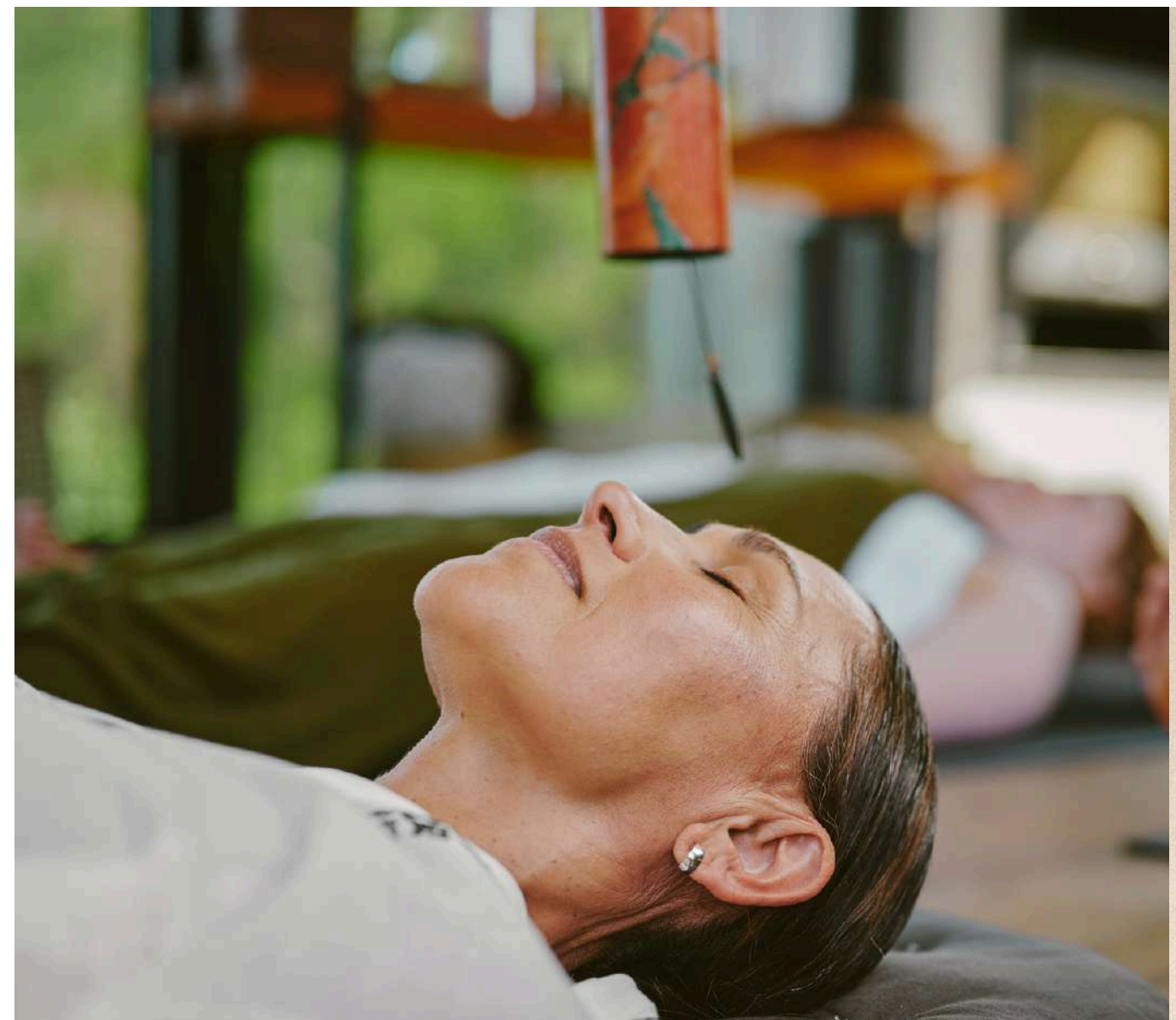
- Sunrise meditation with Roger Gabriel
- Morning yoga with Sarah & Avery
- Wisdom Teachings and Reflection
- Cacao Ceremony
- Evening Satsang Gathering

Day 3 – Nature & Resonance February 5

- Sunrise meditation with Roger Gabriel
- Morning yoga with Sarah & Avery
- Arenal Volcano 1968 trail walk
- Afternoon lectures
- Sound Healing with Avery
- Evening satsang

AWAKENING TO THE WISDOM WITHIN

Retreat Schedule at a Glance



Day 4 – Courage & Flow February 6

- Sunrise meditation with Roger Gabriel
- Pure Trek Canyoning adventure
- Afternoon lectures
- Evening Satsang Circle

Day 5 – Integration & Celebration February 7

- Sunrise meditation with Roger Gabriel
- Morning yoga with Sarah & Avery
- Wisdom Lectures and Reflection
- Silence Meditation
- Closing Celebration and fire ceremony

AWAKENING TO THE WISDOM WITHIN

Retreat Schedule at a Glance



Departure Day – Integration & Farewell February 8

- Final morning Yoga with Sarah & Avery
- Integration Session with Oliveyah Fisch
- Departure & Check-Out

Throughout the Retreat

- Gourmet Ayurvedic-inspired meals, prepared daily with organic, locally sourced ingredients.
- Access to natural thermal hot springs and serene wellness amenities
- Ample time to unwind, reflect, and connect with the vibrant nature of La Fortuna
- Private roundtrip transportation to and from Moon Gate Wellness Sanctuary for a smooth, stress-free journey
- An intimate retreat experience, limited to just 40 guests, ensuring personalized attention and meaningful connection
- Travel concierge available for extensions and local adventures

AWAKENING TO THE WISDOM WITHIN

Retreat Schedule at a Glance



Retreat Experiences

Ayurvedic Gourmet Cuisine & Juice Bar

Locally sourced, beautifully prepared Gourmet Ayurvedic meals crafted to restore balance and energize. Our juice bar offers detoxifying and revitalizing elixirs.



Trail of Senses at Moon Gate

An elemental journey combining breathwork, mindful movement, observation, and intention. A sacred immersion into the energy of nature and self.

Cacao Ceremony

A heart-opening ritual rooted in ancient Mesoamerican tradition. Facilitates deep emotional release and spiritual clarity through sacred cacao.





Sound Healing Experience

A restorative journey of therapeutic sounds, and guided meditation to harmonize body and mind. Supports deep relaxation, emotional release, and inner stillness.



Yoga & Pranayama at Moon Gate

Somatic movement practices, fascia release, and breathwork for mobility, presence, and deep internal strength. All levels welcome.



Pure Trek Canyoning

Waterfall rappelling in the heart of the jungle. A spiritual experience of courage, surrender, and trust in nature's flow.



Arenal 1968 Volcano Hike

A reflective hike on ancient lava trails with 360° views of the volcano and lake. A ritual of rebirth and personal transformation.



Forest Immersion

A meditative practice of immersion in the rainforest to restore the nervous system and awaken a deep connection to the Earth.

RETREAT PRICING & ROOM OPTIONS

Your 6-night journey includes luxury accommodations, gourmet meals made with organic, locally sourced ingredients, private transportation, and daily transformational programming.

With only 40 guests per retreat, you'll enjoy a more intimate experience—offering deeper connection, personalized attention, and direct access to every workshop led by our master facilitators.

Choose the room and setting that best supports your journey:

Amor Arenal – Casita Canyon Suites

\$10,250 USD per person - Single Occupancy

\$8,525 USD per person - Double Occupancy

Tabacón Thermal Resort – Orchid Rooms

\$8,425 USD per person - Single Occupancy

\$6,525 USD per person - Double Occupancy

Availability is limited. Early booking is recommended to secure your preferred room type.

Reserve your place and step into an experience that can transform your life.

✉ reservations@moongatecostarica.com

📞 WhatsApp: +506 8546 7979

🌐 moongatecostarica.com



Reserving your space for Awakening to the Wisdom Within is simple. Because this is an intimate experience limited to only 40 guests, we recommend confirming your spot early.

Booking Steps:

- Reach out by email or WhatsApp to check availability and ask any questions you may have.
- Secure Your Reservation. A deposit holds your spot and guarantees your room and participation in the retreat. While deposits are non-refundable, they can be fully applied toward a future retreat if your plans change.
- Your remaining balance can be split into payments. If you prefer, we're happy to create a personalized payment schedule to suit your needs.
- Once your deposit is received, you'll receive a confirmation email with your receipt, a detailed itinerary, and helpful pre-arrival information to guide your preparation.

Reserve your place and step into an experience that can transform your life.

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HOW TO BOOK YOUR RETREAT

Awakening to the wisdom within

Dates: February 2–8, 2026

Location La Fortuna, Costa Rica





Join Us on This Transformational Journey

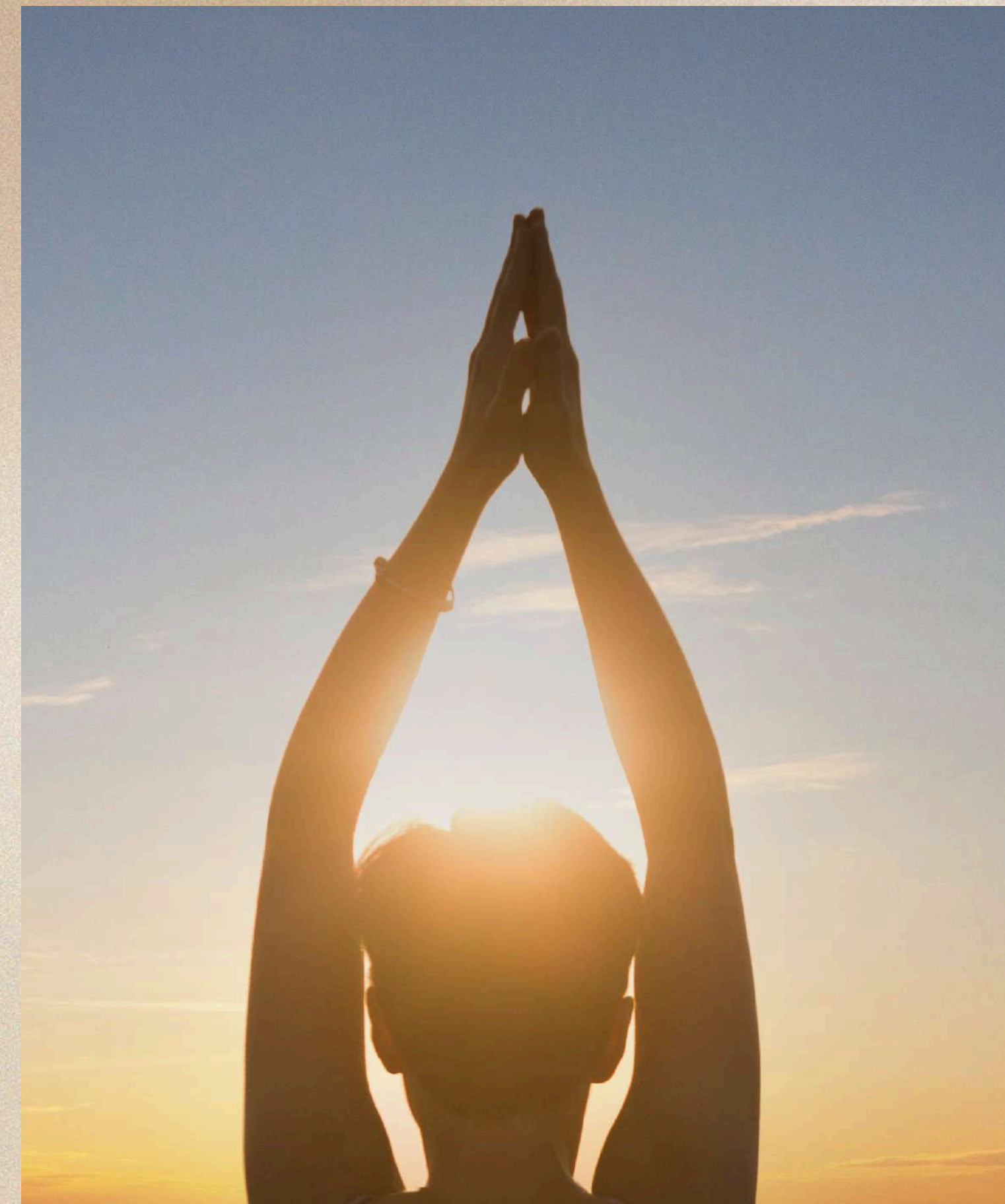
Awakening to the Wisdom Within is more than a retreat—it's an invitation to remember who you are beneath the layers of routine and expectation.

If you feel called to reconnect with your essence, to breathe more deeply, and to feel fully alive—this is your time.

Your journey begins here.

Reserve your place and step into an experience that can transform your life.

[Join the Journey](#)





MOON GATE
wellness sanctuary

Rise in divine courage.
Lead with love.
Be the light.
Infinitely free

- Cynthia Crummer

mooongatecostarica.com