



MOON GATE
wellness sanctuary

ENLIGHTENED ADVENTURES

Step Into Your Power

*A Transformational Retreat in Costa Rica
October 1-7, 2025*



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 and Juice Bar serving gourmet Ayurvedic-inspired meals, fresh juices, and nourishing snacks.
- 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



During Enlightened Adventures, you will have the rare opportunity to learn directly from Dr. Suhas Kshirsagar and Dr. Manisha Kshirsagar, two of the world's most respected Ayurvedic physicians and educators.

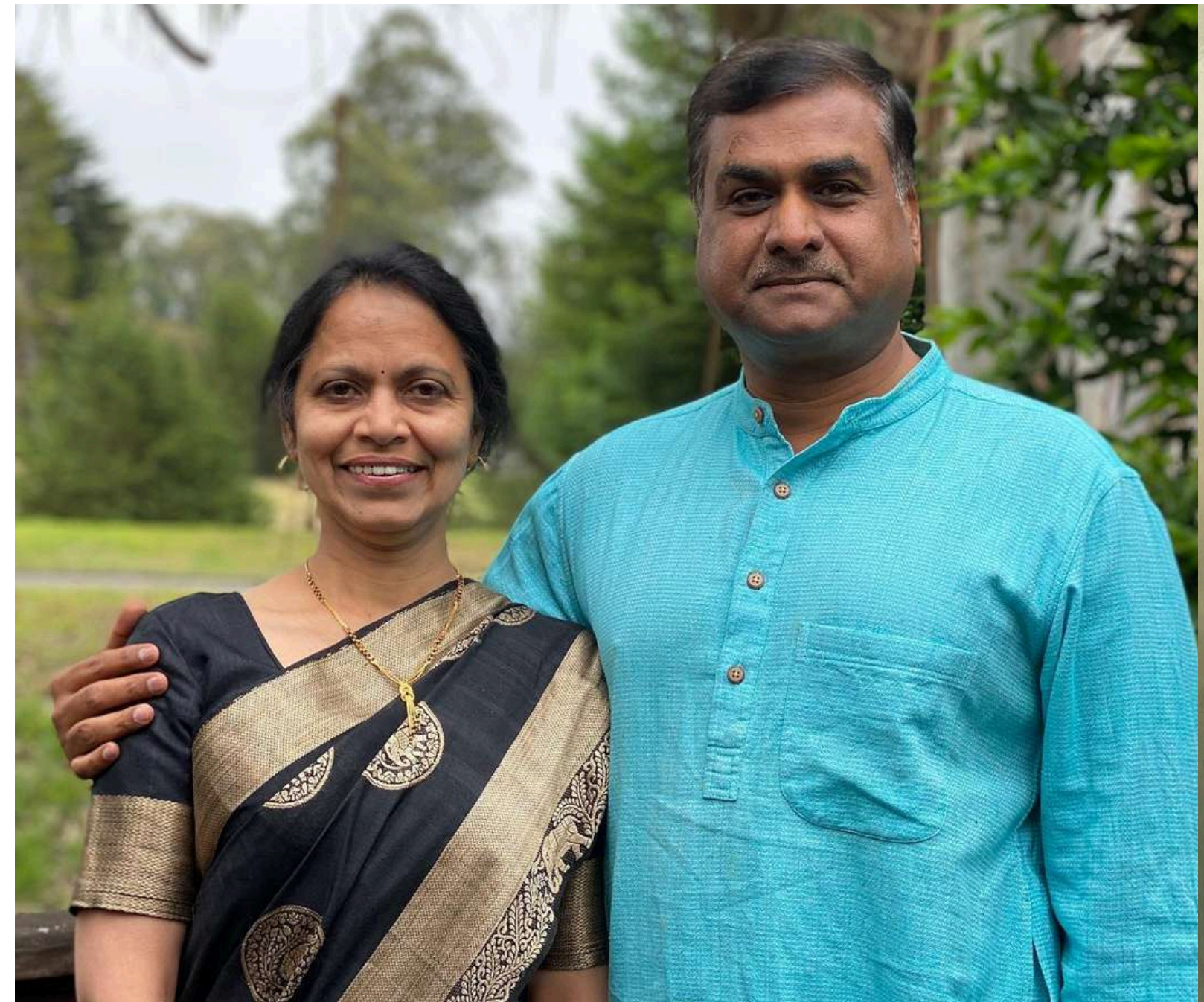
Dr. Suhas, a renowned author and teacher, will guide you through topics such as Vedic health, emotional detox, enlightened sleep practices, and the timeless wisdom of the Vedas, offering insights to help you harmonize your body, mind, and spirit in practical ways.

Dr. Manisha, an expert in women's health, skin care, and holistic beauty, will share her knowledge in sessions on herbal medicine, Ayurveda for daily living, and rituals to nurture radiance and balance from within.

You will discover how Ayurveda can become a living, nourishing part of your daily routine, empowering you to create more ease, resilience, and purpose long after you return home. This is a journey into both learning and embodiment—a rare chance to be guided by masters of their craft in a setting designed to awaken your fullest potential.

What is Ayurveda?

Ayurveda: Ancient Wisdom for Modern Life



A Soul- Awakening Journey in the Heart of the Rainforest

Join us for a 6-night, 7-day immersive retreat that blends ancient Ayurvedic wisdom, sacred jungle rituals, and powerful outdoor adventures. This transformational experience is designed to align body, mind, and spirit—awakening guests to their fullest potential in a setting of luxury and natural beauty.










Retreat Name: Enlightened Adventures Retreat

Dates: October 1–7, 2025

Location: Moon Gate Wellness Sanctuary,
La Fortuna, Costa Rica

Retreat Overview: Enlightened Adventures



-  6 nights at a luxury resort in La Fortuna. Your stay includes accommodations at one of our two partner sanctuaries.
-  Daily Gourmet Ayurvedic-inspired meals, gourmet vegetarian cuisine, herbal teas, and nourishing snacks
-  Daily yoga, pranayama, Ayurveda workshops, and meditation with world-renowned teachers such as Dr. Suhas Kshirsagar & Dr. Manisha Kshirsagar
-  Sacred ceremonies including cacao ceremony, fire rituals, and breathwork
-  Outdoor adventures: Pure Trek Canyoning, Arenal 1968 trail, and forest bathing
-  Trail of Senses – a multi-sensory journey through the elements
-  Integration sessions with Oliveyah Fisch to carry the transformation home
-  Private Round-trip transfers to and from Liberia (LIR) or San José (SJO) airports
-  Exclusive Wellness Amenities. Enjoy access to mineral-rich thermal springs, spa facilities, and secluded spaces for rest and reflection (amenities vary slightly by resort).

What Awaits You

Every detail has been designed to nurture
body, mind, and soul:



The Springs Resort & Spa is an award-winning sanctuary of luxury and natural beauty, perched high above the rainforest with sweeping views of the majestic Arenal Volcano. Recognized as one of Costa Rica's most celebrated destinations, it offers an unforgettable blend of comfort, tranquility, and adventure.

Each spacious suite has been thoughtfully designed to immerse you in the sights and sounds of nature, with private terraces overlooking lush jungle canopies and the volcano's dramatic silhouette. Soak in the privacy of your own Jacuzzi tub, unwind in a hammock with a warm breeze, or simply savor the stillness of the rainforest just beyond your balcony.

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

- 28 mineral-rich thermal hot springs pools of varying temperatures, naturally heated and cascading through landscaped terraces
- A luxurious full-service spa offering massages, facials, and holistic therapies inspired by local traditions
- Multiple gourmet restaurants featuring fresh, locally sourced cuisine and spectacular views
- Secluded paths, gardens, and observation decks that invite quiet reflection

The Springs Resort & Spa:

As a guest of Enlightened Adventures, you'll enjoy the perfect balance of connection and privacy—returning each evening to this serene haven to rest, integrate, and recharge.

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





Alta Vista Room

- 720 sq. ft. of serene comfort nestled on the second floor, with soaring 16-foot vaulted ceilings
- King-size bed, spa-style marbled bathroom with a luxurious Jacuzzi tub
- Private balcony with breathtaking panoramic views of Arenal Volcano and the lush valley below
- Thoughtfully furnished with two hammocks, rocking chairs, and a cozy table for outdoor lounging
- Includes premium amenities, access to the resort's spa, and on-site thermal hot springs
- A tranquil sanctuary designed for deep rest, renewal, and reconnection with nature



Nestled at the foot of the majestic Arenal Volcano, Arenal Springs Resort & Spa is a peaceful oasis surrounded by lush gardens, thermal waters, and sweeping mountain views. This eco-luxury resort offers the perfect blend of Costa Rican hospitality, natural healing, and comfort—creating an ideal sanctuary for rest, reflection, and rejuvenation.

Each suite-style room is designed to connect you with nature, featuring private terraces with views of the volcano, tropical gardens, and modern amenities. You'll wake up to the songs of native birds and fall asleep to the soothing rhythm of the rainforest.

Throughout the property, you'll find restorative amenities that support well-being:

- Natural thermal hot spring pools rich in minerals and surrounded by tropical flora
- Natria Spa, offering massages and holistic body treatments rooted in local healing traditions
- Farm-to-table dining across multiple restaurants, with organic, locally sourced ingredients
- Ayurvedic and vegetarian meal options curated to support balance, digestion, and vitality
- Lush walking paths and serene garden spaces perfect for quiet reflection and morning rituals

Arenal Springs Resort & Spa

As a guest of Enlightened Adventures, Arenal Springs offers a more affordable luxury option without compromising the sacred, immersive experience of the retreat.

Arenal Springs Resort & Spa is sanctuary where the healing energy of Arenal invites you to slow down, reconnect with nature, and awaken your inner harmony.





Junior Suite

- Choice of 1 King or 2 Queen beds with plush pillow-top mattresses, fresh linens, and oversized pillows
- Designed with high ceilings, warm textures, and local artwork for a cozy, natural ambiance
- Spacious bathroom with rain shower and private indoor garden feature for a nature-inspired experience
- Eco-conscious toiletries made onsite at the resort's certified lab (hand soap, shampoo, conditioner, and cream)
- A tranquil space to rest, recharge, and reconnect with nature



Meet the Facilitators



Dr. Suhas
Kshirsagar

A globally respected Ayurvedic physician and educator known for making ancient wisdom accessible. He will guide teachings on Vedic health, emotional detox, and personalized healing.



Dr. Manisha
Kshirsagar

An Ayurvedic expert in women's health, skin care, and holistic beauty. Her sessions focus on inner radiance, feminine energy, and herbal support.



Oliveyah
Fisch

Renowned integration teacher, spiritual guide, and author. She facilitates post-retreat reflection, helping participants embody change with grace.



Karina
Rodriguez

Yoga teacher, holistic therapist, and ceremony guide. She helps others reconnect with body and voice through conscious movement as a path to self-discovery.



Jessica
Solís

Herbal alchemist and yoga teacher specializing in aromatherapy and forest immersion. She guides experiences that reconnect participants with the healing power of nature.

Arrival Day – Welcome & Intention October 1

- Arrival & Early Registration at Moon Gate
- Welcome Celebration & Orientation

Ether Day – Unity & Clarity October 2

- Sunrise Yoga & Pranayama
- The 9 Days of Mother Divine Lecture with Dr. Suhas
- Trail of Senses Multi-Sensory Experience
- Integration Introduction with Oliveyah Fisch
- Kitchen FARM-acy Ayurvedic Cooking Class & Dinner
- Evening Sound Healing Session

ENLIGHTENED ADVENTURES

Retreat Schedule at a Glance



Earth Day – Grounding & Connection October 3

- Morning Yoga & Pranayama at Moon Gate
- Sacred Cacao Ceremony – Ritual for Heart Opening
- Talk on Vedas with Dr. Suhas
- Nourishing Meals & Free Time to Reflect
- Dinner at Moon Gate

Air Day – Movement & Freedom October 4

- Sunrise Yoga & Pranayama
- Meditation Lecture with Dr. Suhas & Dr. Manisha:
Unlocking Holistic Healing
- Ayurvedic Beauty Workshop with Dr. Manisha
- Dinner at Moon Gate

ENLIGHTENED ADVENTURES

Retreat Schedule at a Glance



Air Day – Movement & Freedom October 5

- Morning Yoga & Breathwork
- Pure Trek Canyoning Waterfall Adventure
- Enlightened Sleep Lecture with Dr. Suhas
- Vedic Astrology Lecture

Fire Day – Transformation & Renewal October 6

- Morning Yoga & Meditation
- Arenal 1968 Guided Volcano Hike
- Ayurveda for Balanced Living Lecture
- Full Moon Closing Ceremony & Fire Dancers

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Retreat Schedule at a Glance



Departure Day – Integration & Farewell October 7

- Final Yoga & Pranayama Practice
- Integration Session with Oliveyah Fisch
- Departure & 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

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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.





Forest Immersion

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



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.



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.

Reserving your space for Enlightened Adventures 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.

✉ **reservations@moongatecostarica.com**

📞 **WhatsApp: +506 8546 7979**

🌐 **moongatecostarica.com**

HOW TO BOOK YOUR RETREAT

Enlightened Adventures

Dates: October 1–7, 2025

Location La Fortuna, Costa Rica



RETREAT PRICING & ROOM OPTIONS

Your 6-night journey includes luxury accommodations, Ayurvedic-inspired gourmet meals crafted with organic, locally sourced ingredients, private transportation, and a carefully curated program of yoga, meditation, sacred rituals, and adventure led by world-renowned facilitators.

With only 40 guests per retreat, Enlightened Adventures offers a uniquely intimate experience—fostering deeper connection, personalized attention, and exclusive access to every workshop and ceremony.

Choose the room and setting that best supports your journey:

The Springs Resort & Spa – Alta Vista Rooms

\$5,545 USD per person – Single Occupancy

\$4,325 USD per person – Double Occupancy

Arenal Springs Resort & Spa – Junior Suites

\$4,825 USD per person – Single Occupancy

\$3,745 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: +011 506 8546 7979

🌐 moongatecostarica.com



The Springs Resort and Spa



Arenal Springs Resort and Spa



Join Us on This Transformational Journey

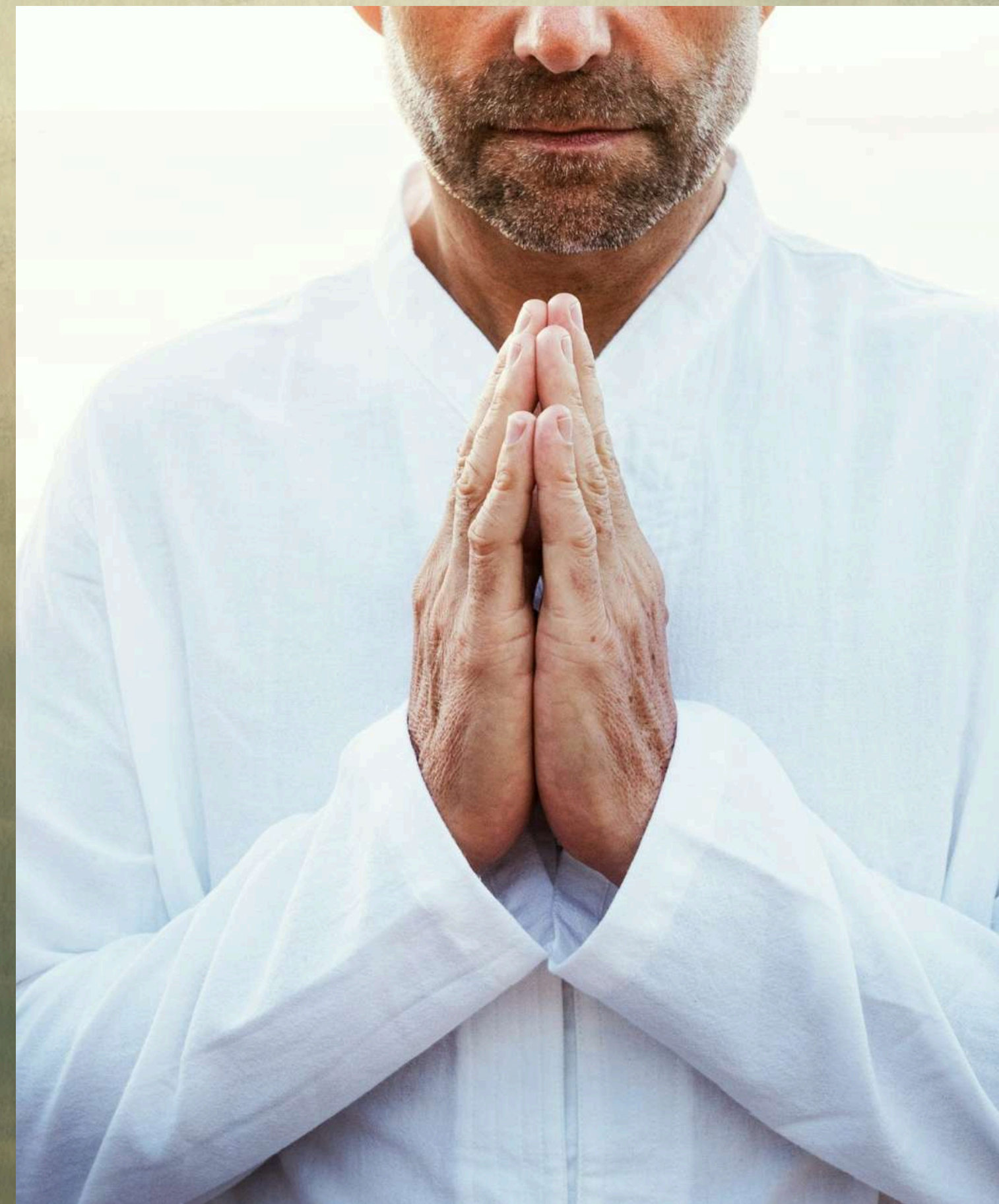
Enlightened Adventures is more than a retreat—it's an invitation to remember who you are beneath the layers of routine and expectation.

If you feel called to reconnect with your essence, to rest, to breathe, to feel fully alive—this is your moment.

Your journey begins here.

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

[Join the Journey](#)





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

- Cynthia Crummer