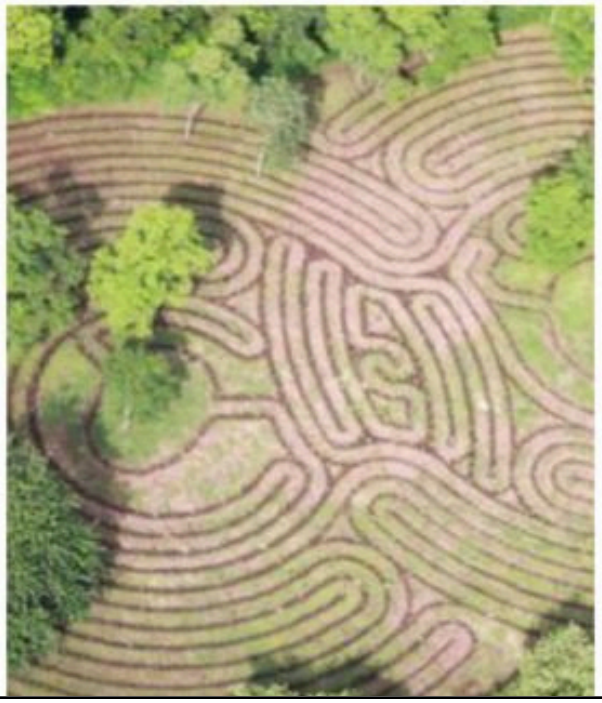
Connect to the Higher Self and the Heart of Gaia

February 26 to March 2, 2027

SARAH BRESKMAN COSME & YLANA HAREL







A Transformative Nature Retreat

This is not just a retreat, but a deep remembrance and activation of your truest essence. Bathe within a field of deep restoration, healing and clarity, while connecting to the heartbeat of Mother Earth. This is an invitation to come home to yourself and to remember your profound connection to an infinite light. This uniquely curated gathering is specially designed to support the restoration of vitality, cultivate coherence, and the embodiment of your soul's essence and purpose.

Over these sacred days in the dry tropical forest of Costa Rica, upon the sacred land of La Senda, we will immerse in a landscape of beauty, amplified through the land's ancient vortex frequencies, surrounded by the rhythms of nature, and the **five sacred elements** that shape existence: **Earth, Water, Fire, Air, and Spirit.** Through ceremony, meditation, and immersive experiences, we remember our place within the greater web of life and return to the truth of who we are.

Overview

What you'll do



- Organic farm to table meals grown right at the venue
- Deeply healing hypnosis journeys and past life regressions
- Sacred purifying rituals (sacred sweat ceremony, plant medicine walk)
- Plant medicine ceremony
- Labyrinth experience: Immerse within the energy field of a triune vortex
- Sacred sharing circles

What's included

Retreat activities, ayahuasca ceremony, all organic meals* and accommodations. Snacks, drinks, tea, and coffee will be served all day. Note: Glamping units offer private washrooms, electric outlets, hot water and high-speed Wi-Fi. AC is available in the dome.

Delicious organic food

All meals are made with locally sourced, organic ingredients grown right at the venue. La Senda houses a 100% organic and sustainable vegetable garden, providing chefs with locally sourced organic ingredients for restaurants in the area, including their own farm-to-table experiences.

Retreat Venue - La Senda

Set on approximately 74 acres of reforested farmland and tropical dry forest just outside Tamarindo, La Senda's sacred energy field is amplified by a triune energy vortex built upon the land, connecting and syncing your heart to the heartbeat of Mother Earth. At La Senda, you will find yourself surrounded by the enchanting rhythms of nature, greeted by howler monkeys, a variety of birds, flora and fauna, and horses roaming freely on the land. Only a few kilometers away from the famous Playa Tamarindo, it was the powerful energy of the land and Mother Earth in all its splendor which attracted owners, Anne and Griet, to establish a center and labyrinth there.

At the heart of the property lies the world's largest labyrinth, spanning more than two acres and designed according to principles of sacred geometry: converging feminine and masculine vortices. The labyrinth—lined with thousands of cacti—represents a symbolic journey inward and is often used for meditation, contemplation, and spiritual ceremonies. Unlike a maze, it contains a single winding path leading to the center and back out again, mirroring the path of self-discovery.





Itinerary



Arrivals: February 25
6:30 - 8:00 pm Farm to Table Dinner

Day 1, Friday, February 26| Attire: Summer casual
8:30 – 9:30am Breakfast
10:00 am to 11:00 am Welcome and group introductions with Sarah
11:00 am to 12:00 pm Setting intentions and past life regression with Sarah
12:00 to 1:30 pm Lunch
1:30 pm to 3:15 pm Live Channeling with Ylana: Ask the Higher Self Anything
3:30 pm to 5:30 pm Journaling / Rest & Contemplation
5:30 – 7:30 pm Dinner



Day 2: Saturday, February 27 | Attire: Summer casual with sturdy hiking sandals
8:15 to 9:15 am Breakfast
9:15 to 10:15 am Nature Walk with Aya Natan (meet in main dining area)
10:30 to 12:00 pm Plant medicine making workshop with Aya
12:00 to 1:30pm Lunch
1:30 to 3:30pm Rest
3:30 to 5:30 pm Sweat lodge ceremony at the Temescal with Aya
6:00 to 7:30 pm Dinner



Day 3: Sunday, February 28 | Attire: Summer casual
8:15 to 9:15 am Breakfast
9:30 to 11:30am am Connect to Gaia and Labyrinth Walk w/ Ylana
11:45 to 1:15 pm Inner child meatation with Sarah
1:30 to 2:30 pm Lunch
3:00 to 4:30 pm Past Life Regression with Sarah
4:30 to 6:00 pm Rest & Sacred Contemplation
7:00 pm Ayahuasca Ceremony – Meet at the Dome



Day 4: Monday, March 1 | Attire: Summer casual and swimsuit
6:30 to 7:30 am Closing talk and sharing circle
8:00 to 9:00 am – Breakfast served
9:00 to 1:00 pm Rest/Quiet contemplation
1:00 to 2:00pm Lunch served
2:00 to 4:00 pm Rest/Quiet contemplation
4:00 pm – Depart for Tamarindo
4:30 to 6:00 pm – Beach time in Tamarindo (optional) ***Bring $30 for Shuttle***
6:00 to 8:00 pm – Farm to Table Dinner



Day 5: Tuesday, March 2 | Attire: Summer casual
8:00 am to 9:00 am: Breakfast and closing circle
9:30 to 10:30 am: Final Labyrinth Walk
11:00 am: Departures



Sacred Ceremonies

Temazcal (Mayan Sweat Lodge) with Aya

An invitation to return to the womb of the Earth.

Step into the sacred darkness of the temazcal, where time softens and the veil between worlds grows thin. This ancient ceremony, honored across the Americas, calls you inward—to listen, to release, to remember your place within the great mystery.

At the center, glowing stones—bones of the Earth—are carried in from the fire, each one infused with intention, heat, and spirit. As water meets stone, steam rises like breath, wrapping around you, opening the body, quieting the mind, and softening the boundaries of self.

Held within the dome—the womb of Mother Earth—you are invited to surrender. To sweat, to pray, to let go of what has been carried too long. Here, in the heat and the darkness, something ancient stirs. Something true. With each breath, each drop, each moment of stillness, you move closer to renewal.

And when you emerge, it is as if for the first time—cleansed, grounded, and gently reborn.

Grandmother Ayahuasca: Medicine Ceremony with Juani

The medicine is received with intention, not as an escape, but as a mirror—revealing what is ready to be felt, released, and remembered. In the stillness of the night, guided by song, breath, and the pulse of sacred music, you are carried through layers of consciousness—into the depths of your inner landscape.

This is a space of profound tenderness. A space where the mind quiets, the heart opens, and something deeper begins to speak. Emotions may rise like tides, visions may unfold like dreams, and what has long been hidden may gently come into the light—offering itself for healing and transformation.

You are not alone in this journey. Held in a field of compassion, guided by highly experienced facilitators and the wisdom of the medicine, you are supported in meeting yourself fully—with courage, honesty, and love.

And as the nights soften into dawn, you begin to return— carrying fragments of insight, threads of truth, and a deeper remembrance of who you are. Not changed into something new, but revealed as something eterna**l.**



Hosts & Facilitators



Sarah Breskman Cosme
Master Hypnotist and bestselling author known for guiding transformative past-life and consciousness exploration journeys.
theholistichypnotist.com
IG: sarahbreskmancosme



Ylana Harel
QHHT® practitioner and higher self channel dedicated to helping others access deeper wisdom and healing.
ylanaharel.com
IG: ylanaharel84



Aya Natan
Plant medicine guide and ceremonial leader for the Temescal sweat lodge. Also, a medicine woman, creator of Cura Sana: natural medicines and skincare products.
curasanaremedies.com
IG: ayacurasana



Shaman
Experienced ceremonial facilitators guiding the sacred medicine journey with reverence and care.
WhatsApp; +1 (917) 340-0564



Anne and Greit
Owners of La Senda, a world-renowned wellness sanctuary and home to the world's largest labyrinth, offering a truly magical space for deep inner connection and spiritual exploration.
lasendacostarica.com
IG: lasendacr



A Transformative Nature Retreat

This retreat is an invitation to slow down, listen deeply, and reconnect with the rhythm of the living heartbeat of Gaia—where transformation unfolds naturally and the soul remembers its way home.

Surrounded by the rhythms of nature, this retreat invites you into a journey through the **five sacred elements** that shape all existence: **Earth, Water, Fire, Air, and Spirit.** Through ceremony, meditation, and immersive experiences in nature, we remember our place within the greater web of life and return to the truth of who we are.

- **Earth:** Through the sacred plant medicine of ayahuasca, we return to the wisdom of the Earth—where nature becomes teacher, healer, and guide, offering insight, restoration, and a deep remembrance of our connection to all living things. A full orientation to prepare us for this sacred ceremony will be provided prior to arriving at La Senda.
- **Water:** Through a blue clay ritual and ocean immersion, we enter the element of water, inviting emotional release, renewal, and gentle restoration.
- **Fire:** Within the sacred fire of the traditional Temescal sweat lodge ceremony, we gather in purification, transformation, and rebirth.
- **Air:** Through breathwork, meditation, and mindful walks through the forest, kissed by the wind and breezes of Costa Rica, we welcome the element of air—opening the mind, softening the heart, and inviting clarity and presence.
- **Spirit:** Through past life regressions, inner child healing, higher-self channeling, sacred ceremonies, and deep meditative journeys, we open the doorway to the Soul and its infinite primordial light.

Held within the powerful energetic field of La Senda, surrounded by animals and ancient trees — sitting upon converging feminine and masculine vortices—we come together in a sacred container of reverence, connection, healing, and remembrance.

$444 Deposit to Register
https://theholistichypnotist.com/retreats

$2,885
Glamping w/private washroom and hot water



FAQ

Arrival Airport: Daniel Oduber Quirós International Airport (Liberia International Airport)
https://maps.app.goo.gl/FqQbHHzfZzcMEgicA
Note: Take Airport Taxi or Uber from/to the airport to La Senda (About $100 each way)

Accommodations / Venue
For more information about La Senda, visit: https://lasendacostarica.com/en/
info@lasendacostarica.com / (W) +506 8702 1785

Weather and Attire: Attire is summer casual. Weather is warm during the day with breezes and cool in the evenings. Pants and a sweater recommended for evenings.

Glamping: All glamping units include wi-fi, electric outlets, and private toilet and showers with hot water. Common areas are stocked with cold water, coffee and tea.

Bugs: We co-habitat with all creatures of nature. Scorpions are also common but they are not poisonous. Common over the counter medicine and epi pens are available at the main house.

Internet: Wi-Fi in the Glamping common area is La Casita 2,4 with password 12345678
Wi-Fi in the main dining area: password tashi777

Shuttle Service: If you'd like to travel into town from La Senda, shared shuttle can be arranged for $30/pp. Uber is easily available from town back to La Senda.

Questions: Please contact Ylana for more information: harelylana@gmail.com / (W) +1 (905) 439-0891

