



A Sacred Pause
Summer Solstice Retreat
Costa Rica



JUNE 18-25, 2021

Co-Creators: Charisse Crisci & Kristen Kainrath

cmcrisci@yahoo.com

kristennoelle999@gmail.com



COSTA RICA

A Sacred Pause

Summer SOULstice Retreat

June 18-25, 2021

Nature, the Doorway to Self

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For Inquiries: <https://t.me/joinchat/F0V3S1r8kZScZKDj>

Community & Offerings:

- Silent Mornings
- Sunrise Meditation
- Yoga & Somatic Movement
- Solstice Fire Ceremony
- Stargazing & Storytelling
- Waterfall & Nature Excursions
- Indigenous Tribe Cacao Ceremony
- Day of Seva
- Sound & Reiki Healing
- Kirtan & Spontaneity
- Solace & Yoga Nidra

Immerse in Nature

***7 Nights in Rain Forest along
Caribbean Coast, walk to beach,
3 locally grown organic,
vegetarian meals per day
2 Person Accommodations***

Deposit \$333

Early Bird (3/21) \$1600

After 3/21 \$1900

Zoom INFO Call: **2/12/21**

Reserve your Space:

<https://sacredbreath999.com/>