

The REAL Retreat @ Mystica

With leaders **Duane & Catherine O'Kane**
and Lori Myles-Carullo

A Unique and Powerful Workshop Retreat in the Heart of
Costa Rica



March 22-29, 2018

“The privilege of a lifetime is being who you are.”
~ Joseph Campbell

ABOUT THE RETREAT:

In this exclusive REAL Retreat, based on Duane & Catherine O'Kane's best-selling book 'REAL: The Power of Authentic Connection', we invite you to discover the JOY of being fully alive through authentic, vulnerable connection.

Depression, anxiety, mental and physical illness, low self-esteem, high divorce rates, and all the myriad ways we explain our pain are a result of a lack of authentic connection. We don't know how to truly connect, and the ways we go about attempting to do so often contribute to the problem.

We hide, pretend, and defend instead of being REAL. We are strategic instead of authentic.



During the REAL Retreat at Mystica, Lori Myles-Carullo will guide you daily in Essence Awakening Meditation and Yoga, helping you to release built-up tensions and stresses in the body & mind, and assisting you in connecting powerfully and lovingly with your True Self. These practices are based in the Hatha, Vinyasa, and Kundalini traditions, and are suitable for all levels of experience.

Duane and Catherine O'Kane will be leading you in lectures and group processes during the retreat week. They will take you through an intimate journey using examples from their personal lives to illustrate how we get stuck, and how to move through our blocks. With great wisdom and compassion, they will assist you in correcting the self-limiting beliefs and feelings that lie at the root of your dilemmas. You will leave with practical tools to continue along this path of growth and awakening.

Who you are, real or strategic, determines how you feel.



Who you REALLY are is more expansive, powerful, and amazing than anything you could ever manufacture. Come discover who you really are in the company of supportive, like-minded and like-hearted others.

Along with the Yoga & Meditation, Lectures & Group Exercises, we will be adventuring to the soothing Hot Springs by the majestic Arenal Volcano, and hiking to the beautiful Viento Fresco Waterfalls.

You will also have the chance to enjoy relaxing at Mystica's dipping pool, walking the meditative 'Mystic Star Labyrinth', detoxifying & rejuvenating with an Infrared Sauna, and enjoying Massage & Reiki treatments in Mystica's Tree-top Healing Space.

WHAT'S INCLUDED IN THE 'REAL RETREAT':

- Roundtrip airport transportation (LIR airport) on March 22nd and 29th
- 7 nights accommodation at magical Mystica Lodge (www.mysticacostarica.com)
- Delicious & nourishing meals beginning with dinner on March 22nd and finishing with breakfast on March 29th
- Daily practice of Essence Awakening Meditation & Yoga led by Lori Myles-Carullo
- Lectures and Group Exercises led by Catherine & Duane O'Kane based on their best-selling book 'REAL: The Power of Authentic Connection'
- A trip to the warm & soothing Ecotermales Hot Springs (at the base of the Arenal Volcano)
- A Hike to the Viento Fresco Waterfalls



*Maximum of 16-18 participants to ensure optimal personal attention within the group setting.

PRICES: (in USD per person)

Double Accommodation Main Lodge: \$2140

Double Accommodation Jungle Cabin: \$2315

Double accommodation in Private Villa: \$2370

Double Accommodation in 1 room of the Ramadasa House: \$2255

Please Note: Single Accommodation is available in each of the rooms at Mystica for a supplemental fee. Please email Lori at lorimyles@hotmail.com for details.

PAYMENT:

- 1st non-refundable and non-transferable deposit of \$700 USD is due by September 15th, 2017
- 2nd non-refundable and non-transferable deposit of \$700 USD is due by December 15th, 2017
- Remaining balance can be paid by March 1st, 2018

All payments are made to Lori's Paypal account: lorimyles@hotmail.com (Esencia Awakening Arts) or via bank transfer.

We hope you can join us for this wonderful workshop retreat in the Pura Vida Paradise of Costa Rica. Take time away from the stresses of daily life to relax, breathe deeply, let go, and be renewed with energy, vitality, and Soul-full Authenticity.

Reserve your spot TODAY for this amazing retreat because space is limited. There will be a maximum of 16-18 participants to ensure optimal personal attention within the group setting.

With REAL love & gratitude,
Duane & Catherine O'Kane and Lori Myles-Carullo

www.mysticacostarica.com

www.clearmind.com

www.lorimylescarullo.com