

## *Realizing and Living from Heart Mind*

Contemplative Retreat - February 2 - 9, 2019 @Blue Spirit Costa Rica



Heart-Mind is the dimension of our naturally awake Being that remains free, undamaged, and complete at all times - no matter the relative circumstances of our lives. Resting in Heart-Mind allows us to live life from genuine openness, natural compassion, and embodied connection.

In this week, we will familiarize ourselves with Heart-Mind and learn to deepen that connection through meditation, contemplative dialogue, and non-dual inquiries. In order to express and embody Heart-Mind more in our daily life, we will engage as well in practices that help us to see through the limiting self-identities that appear to obscure it and gradually undo the energetic imprints and mental-emotional habits that cause suffering.

Annette offers a group-environment that fosters emotional safety and authenticity. Parts of this retreat are held in Silence. Spaces are limited.



*Annette Knopp is a counselor, meditation teacher, shamanic healer, and co-founder of Blue Spirit. She draws from a rich background of studies and practices in Indo-Tibetan meditation, Hindu Vedanta, Shamanic energy medicine from the Andes, modern Western psycho-spiritual integration and somatic-based approaches to repair trauma. In her private practice, Annette mentors clients from all over the world in their unique journeys of awakening, transformation and healing, and offers annual group retreats at Blue Spirit. [www.thefreeheart.com](http://www.thefreeheart.com)*

## **Retreat Rates**

The total of your retreat rate includes the program fee as well as room & board for the 7-night stay. The rates range between US\$1,365 and US\$2,575 – and depend on the choice of your accommodation (see below).

All meals are buffet style, offering a great variety of gourmet vegetarian and vegan food, with fish being served 3 times during the week. Food allergies can be accommodated, please let us know in advance.

## **Choices of Accommodation**

All rates are the total rate per person; there are no additional taxes to be paid. For more information & photos of accommodations view: <http://www.bluespiritcostarica.com/blue-spirit-accommodations>

<b>PLATFORM TENT:</b>	<b>Single occupancy \$1,365</b>
<b>ECO COTTAGE:</b>	<b>Single Occupancy \$1,675 / Double \$1,400 per person</b>
<b>HERMITAGE ROOM with AC:</b>	<b>Single Occupancy \$1,895 / Double \$1,625 per person</b>
<b>NATURE SUITE with AC:</b>	<b>Single Occupancy \$2,350 / Double \$1,850 per person</b>
<b>OCEAN VIEW ROOM with AC:</b>	<b>Single Occupancy \$2,575 / Double \$1,995 per person</b>

## **Registration & Cancellation Policy**

To register for the program, send an email to [annette@thefreeheart.com](mailto:annette@thefreeheart.com) with your preferred choice of accommodation. Once your accommodation is confirmed, you are asked to pay a deposit of US\$ 500 to hold your space. The remaining balance of your total program rate will be due by November 30, 2018.

As travel plans can change unexpectedly and you might need to cancel, I highly recommend you purchase a travel insurance. Should you need to cancel before November 30, 2018, you will receive a full refund minus a \$200 administrative fee. No refunds can be given after November 30, 2018.

In case you need an alternative payment plan, please contact [annette@thefreeheart.com](mailto:annette@thefreeheart.com).

## **Travel Logistics**

Arrival day is Saturday, February 2, 2019.

Your first meal at Blue Spirit will be dinner (the dinner buffet is open 6:00 - 7:30 pm); should you arrive later in the evening the Blue Spirit staff will save you a dinner plate.

Departure day is Saturday, February 9, 2019.

Breakfast on Saturday will be your last meal at Blue Spirit.

For recommendations on the various airports you can fly into Costa Rica, as well as shuttle transfer options to/from Blue Spirit, view [www.bluespiritcostarica.com/travel](http://www.bluespiritcostarica.com/travel)