



Align with Synchronicity

April 5 - 12, 2025

"If you are quiet enough, you will hear the flow of the universe. You will feel its rhythm. Go with this flow. Happiness lies ahead. Meditation is key."

Buddha

Inspiration and magic happen when we slow down and tune into our inner wisdom. Join Kristi Stangeland at the beautiful Bodhi Tree resort to enjoy the tranquility of the Costa Rican Nosara jungle. Like the Buddha under the Bodhi tree, we will connect with our inner light. Together, we will discover new ways to foster peace and calm in our lives through new inspirational activities, contemplation and meditation.

Included in the retreat:

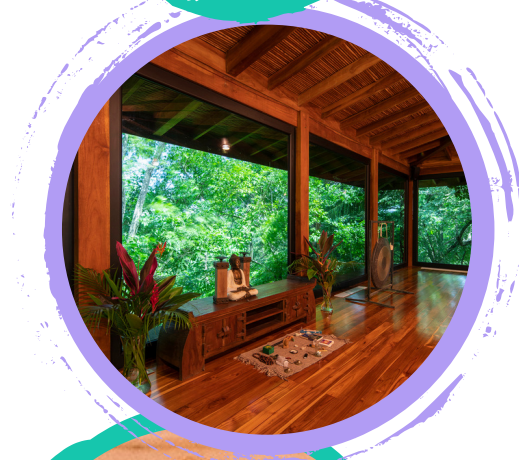
7 nights at Bodhi Tree
Meditation, Essentrics Classes & workshops
3 healthy gourmet meals

Kristi Stangeland

Founder of My ParaVita, is an author, international retreat leader, lecturer, private meditation coach, and certified Essentrics teacher for busy executives .

She helps women create opportunities for professional success and personal fulfillment.

Prices Starting at \$3300 USD



CONTACT US

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