



RETURN TO WHOLENESS

COSTA RICAA

JAN 30-FEB 6, 2023

ALIGN BODY, MIND & SPIRIT

& ACTIVATE YOUR AUTHENTIC POWER

A Retreat on Natural Healing, Wellness,

Self Actualization & Raw Food Lifestyle

7 day immersion in the Jungle of Costa Rica

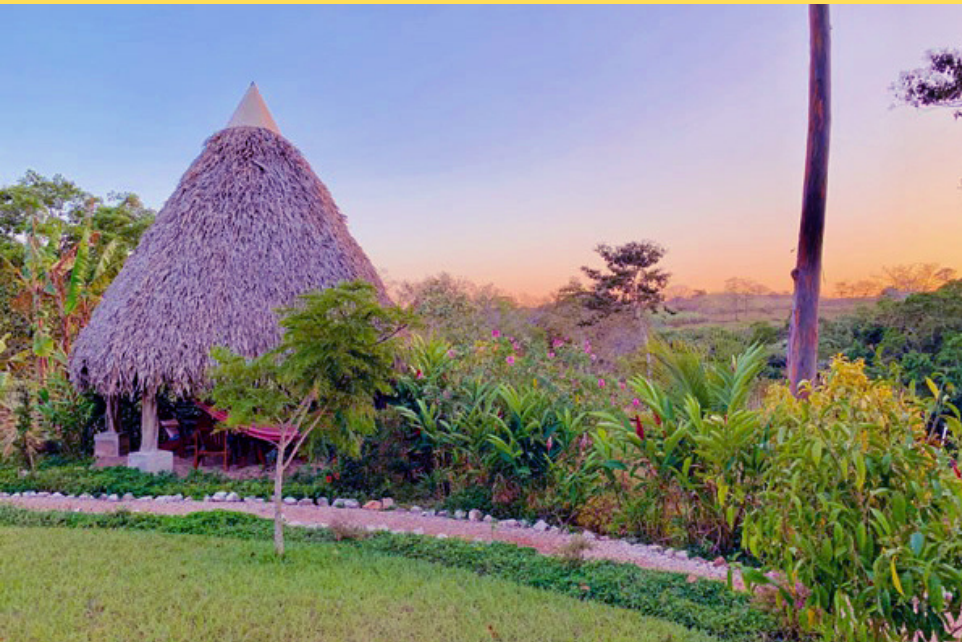
at Tanglewood Wellness Retreat Center

Experience a Love container
facilitated by Sabina & John

Tanglewood Costa Rica

A magical sanctuary & Wellness Center on 67 acre of sacred land of rainforest, creeks, mountains, lush meadows, fruit gardens, exotic flowers, filled with beauty & magic & healing energy.

<https://tanglewoodwellnesscenter.com/>



Yoga Studio



Relaxation area



Dining Room



Workshops on:

NATURAL HEALING
CELLULAR DETOX
WHOLISTIC NUTRITION
YOGA
MEDITATION
BREATHWORK
MOVEMENT
ENERGY CULTIVATION
LONGEVITY TOOLS
ECSTATIC DANCE
SHADOW WORK
EMOTIONAL MASTERY
SOUL PURPOSE
LEADERSHIP SKILLS
CACAO CEREMONY
SOUND BATH
FIRE CIRCLE
COMMUNITY



This Retreat includes 2 trips
- Carillo Beach
- Las Cacadas Eco Preserve, with the highest
waterfall in Central America





Are you ready for your next level Health & Vitality &
Empowerment?

And to let go of what no longer serves you and rise in
to your fullest expansion

Then this is for you

7 day IMMERSION into pure paradise of Costa Rica's
mountain rainforest

Learn ALL about Natural Healing and a Nature based
Lifestyle

Yoga, Meditation and Movement

Classes and workshops

Beautiful heart opening circles

Organic raw living Foods

An abundance of exotic fruits

Fresh coconut water

Trip to the largest waterfall in Central America

Trip to beautiful beach with sand, cliffs & rocks

Authentic connections & Radiant Living

A RESET EXPERIENCE FOR BODY, MIND & SPIRIT
WITH ORGANIC RAW CUISINE

INCREASE YOUR ENERGY

ACTIVATE YOUR VITAL LIFE FORCE

CREATE BALANCE & CLARITY

RECONNECT TO YOUR NATURAL RHYTHM

LEARN HOW TO ACTIVATE YOUR BODY'S SELF

HEALING MECHANISM

WHAT ARE THE VARIOUS WAYS FOR CELLULAR

DETOX , NATURAL HEALING MODALITIES &

LONGEVITY TOOLS

PRACTICE MINDFULNESS & SELF-EXPRESSION

CREATE LIFESTYLE CHANGES

& UPGRADE ALL AREAS OF YOUR LIFE

MASTER YOUR EMOTIONS AND TURN YOUR TRIGGERS

INTO TREASURES

RETURN TO YOUR NATURAL STATE OF INNER PEACE &

DEEP JOY

BECOME WHOLE & AUTHENTIC & FULLY EMBODIED

CONNECT TO LIKE MINDED SOULS

ALCHEMIZE YOUR PAIN INTO POWER AND YOUR

FEARS INTO FREEDOM

LEARN THE ART OF LOVING

Classes by Sabina:

THE ART OF DETOX

THE 9 PILLARS OF RADIANT LIVING

WHOLISTIC NUTRITION

& RAW FOOD LIFESTYLE

SHADOW WORK

EMOTIONAL MASTERY

SPIRITUAL ALCHEMY

SOUL PURPOSE & EMBODIMENT

VISIONARY LEADERSHIP

SOVEREIGNTY & HEALTH FREEDOM

ECSTATIC DANCE

CACAO CEREMONY & SOUND BATH &

TUNING FORK ENERGY ALIGNMENT

OPENING CIRCLE & FIRE CIRCLE

Classes by John

Energy | Healing | Power | Balance |

Yoga

Understanding & Overcoming obstacles

What has gone wrong with our health

The science of health and wellness

Nutrition and Detoxification

Success Mindset

Weight-loss | Body toning |

Pain Relief

Self-Love | Self-Care |

Relationships Emotional healing |

Philosophy | Spirituality

Breath-work & Meditation

Lifestyle approach to health



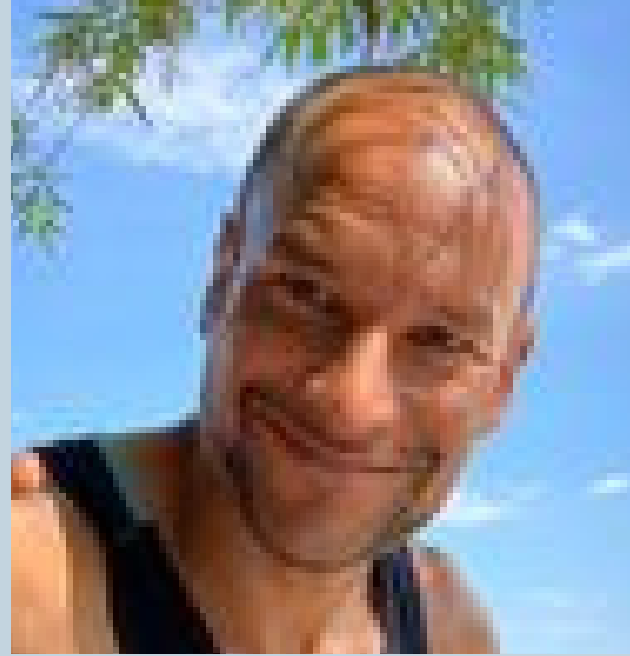
SABINA

NATURAL HEALING & WHOLISTIC NUTRITION & CELLULAR DETOX
SHADOW WORK & SOUL EMBODIMENT & VISIONARY LEADERSHIP
SACRED CEREMONIES

Sabina has devoted her life to Radiant Health, Authentic Living & Self-Empowerment. She is here to support others on their path to wholeness & liberation embodying the fullness of ALL they inherently are. Being confronted from an early age with many health challenges, at the age of 19 she embarked on a journey of profound self-healing with a Raw Foods Lifestyle & Ancient Healing modalities. This has led to a grander mission of sharing this holistic approach so others can experience the same miraculous results. Sabina has recovered from Lyme Disease, two knee injuries, chronic inflammatory illnesses and many emotional challenges with simple Natural remedies and mainly trusting in the body's self-healing mechanism.

Sabina offers 1:1 coaching and group programs on Cellular Detox, Nutrition, Shadow work and Soul Embodied Leadership. She has been leading monthly Juicing & Fasting groups online and has served beings in 5 continents and over 25 countries. Sabina also offers in-person Ceremonies with Sacred Cacao, Divine Feminine Circles and Fire & Dance Circles. All offerings are based on Sabina's own deep inner work & research over 25 years from the immense wealth of teachings she received from many masters & healers & the wisdom of many ancient traditions. Sabina is a Certified Wholistic Health Coach & Intuitive Mentor and stands for medical freedom & bodily sovereignty. She trusts in the inner journey, the body's innate power to cleanse & correct itself and she is deeply inspired guiding others to facilitate their own healing so they can unlock their authentic essence & inner power.

www.sabinakurz.com



JOHN DEPASS

I have been a Professional Trainer for 30 years. A Fitness and Wellness coach my entire life. I have logged over 35,000 personal training sessions. I was in the Mr. Universe competition 27 years ago. I am a scientist. I studied Kinesiology and Psychology in university and I took that same scientific approach to my entire life. Now I'm 50 and I've had my ups and downs in my life. What I learned from hardships in life is how to take positive healthy action. If you have suffered a loss of your health or your self-confidence or your belief in yourself then you can get it back with right action.

Right action always creates right results...

I learned more about health in the last 10 years when I lost my health than I did in my entire career. When I hit 40 my body started to gain weight and feel aches and pains. I was medicated for sleep trouble and was self medicating with ibuprofen to reduce pain in my body.

I learned over the past decade as I lost 40 pounds and regained my health and happiness that what we learn about health even from the organized education system is inconsistent and must be applied professionally for each individual. Health is a personal science. I learned how to reclaim my health by learning how to change my daily habits and routine. I applied a holistic approach to my health and found that it all added up to health and happiness and personal empowerment. If you are over 40 and want to get your body and life back then take a physical, mental and emotional approach to your health.

Stop approaching your health like a Band-Aid. Let's get into your lifestyle and create a fitness and nutrition life that you love.

www.hiendfitness.com



2 Bonus Lectures by Loren Lockman

Founder of Tanglewood Wellness Center
& Las Cascadas Rainforest Eco-Preserve

- Extended Water Fasting
- Permaculture

Loren has been coaching others to amazing levels of health and balance since 1987, and has been supervising fasts since 1993. He is the founder and director of the Tanglewood Wellness Center in Costa Rica, one of the largest Water Only Fasting Retreat Centers in the world., Loren began studying the relationship between nutrition & health in 1977. and has led more than 10.000 people through water fasts of 1 to 9 weeks, & has coached many others to better health. In 1984, Loren contracted chronic fatigue, irritable bowel, candidiasis, sinusitis, & 57 allergies. After a 3 year struggle with medicine, Loren got himself well within 6 months & has been raw vegan since 1991. Loren hasn't been sick a day in 31 years and can show you how to eliminate tiredness, lack of mental clarity, poor energy, as well as almost any health challenge. Las Cascadas is dedicated to creating a more sustainable, healthier and better tomorrow. The project will be home to a beautiful nature preserve, one of the Earth's largest and most diverse tropical food forests, a world class botanical garden, recreational activities, a retreat center, various lodging options, educational opportunities, a village with environmentally friendly shops, galleries, boutiques and eateries and much more. We also have a raw-vegan intentional community for those of you interested in making Las Cascadas your home.

The Raw Vegan lifestyle

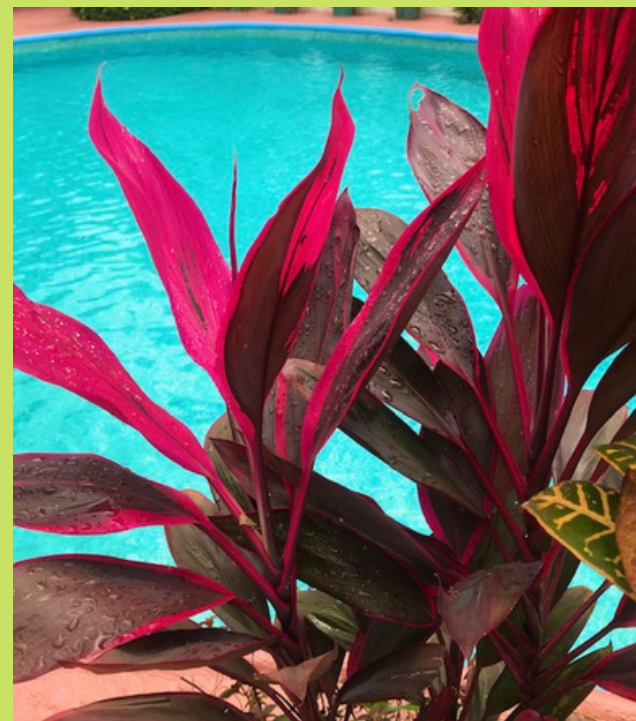
You will enjoy an abundance of exotic fruits and here we grow 200 varieties of fruit. Additionally we will serve delicious salads , raw vegan meals and lots of fresh coconut water.

All meals are organic and either fresh picked from the garden or from local farmers. All water comes from our own spring and has the perfect ph balance for optimal hydration



Here is just a small taste of the beauty & magic here at Tanglewood.

The energy is vibrant, lush , invigorating and also soothing for your senses. It is pure medicine for body, mind & spirit



Accommodation in a beautiful Eco-Cabin



We look forward to welcome you to "La Pure Vida"
and to serve you into your full blossoming
ENERGY EXCHANGE US\$ 2,299

EARLY BIRD SPECIAL until 9/30 US\$ 2,200

This is an intimate container so spaces are limited.
\$500 deposit required for registration.

This includes:

All meals & drinks

All workshops & ceremonies

Accommodation in a beautiful eco-cabin

Pickup & dropoff at the airport

2 trips (Beach & Waterfall)

***Does not include flight

