

Travel
**BEYOND
EXPECTATION**



FREE & FEARLESS HEALING YOGA RETREAT W ROEY FICARO VERDAD, NICARAGUA Feb. 3-10 2024

My past retreats have been held in Tulum Mexico, Umbria Italy & Feb. 2023 Verdad, in Nicaragua which was so successful I booked it again for 2024. This is your personal invitation to come away with me for an epic adventure in the San Juan Del Sur area of Southern Nicaragua at the beautiful Verdad Boutique Resort 12 miles from Costa Rica. Nestled in a hillside with a spectacular views of the Pacific Ocean. My group enjoyed every moment of this magical place including the outstanding food, modern well appointed rooms & beautiful quiet beach. Total luxury without pretense! Owned & designed by an Amagansett, NY resident who decided to relocate 14 years ago to this amazing location surrounded by nature. He purchased land & created a sanctuary where one can completely immerse in the nature filling ones emotional well by dissipating stressors & drop into total relaxation. The perfect place for a Yoga Wellness Retreat which I designed not only to enhance your yoga/meditation practice, regardless of your level but to also bring in the experience of spontaneous adventure which helps to lift mood & allow deeper connection to self & others. We all need to tap into our birth-right.. our blissful nature & access “Lila” Sanskrit for Divine Play. We all need connection, bliss, love & play!

INCLUDED: (almost) all meals, starting with dinner on the night of arrival, three meals daily, and breakfast on day of departure. (Please note that two lunch and one dinner are NOT included, to allow you to check out the local beach cafe, and enjoy some of the food scene in town, where we can all go as a group. Twice-daily yoga, Catamaran Sail, 1 massage, guided hike & shuttle from Liberia or Managua airports to & from Verdad.

OPTIONAL ACTIVITIES: Horseback Rides, Surf Lesson, Zip Lining, Volcano/ Lake excursion, paddle-boarding down a river.

NOT INCLUDED: Airfare, wine or other alcohol: there is an honor bar at the pool. 1 Dinner together in town.

CANCELLATION & REFUND POLICY \$500 deposit ASAP to hold your room is non-refundable. Cancellations prior to 12 weeks will receive a refund of \$\$ paid, less the \$500 deposit. Cancellations within 12 weeks of retreat date are non-refundable, with any outstanding balance fully payable. Trip insurance is advisable. Price range for 7 nights w meals, yoga, shuttle, catamaran, massage, guided hike: \$1950 to \$3700 depending if private or shared rooms, full ocean view, poolside or duplex.

For more info or to hold your spot email roeyficaro@gmail.com
www.roeyficarohealingtherapy.com