

SACRED SOUL ENCOUNTERS

06.03.-15.03.2026

RETREAT GUIDE



JOURNEY TO PEACE

SPIRITUAL SANCTUARY

SACRED SOUL ENCOUNTERS



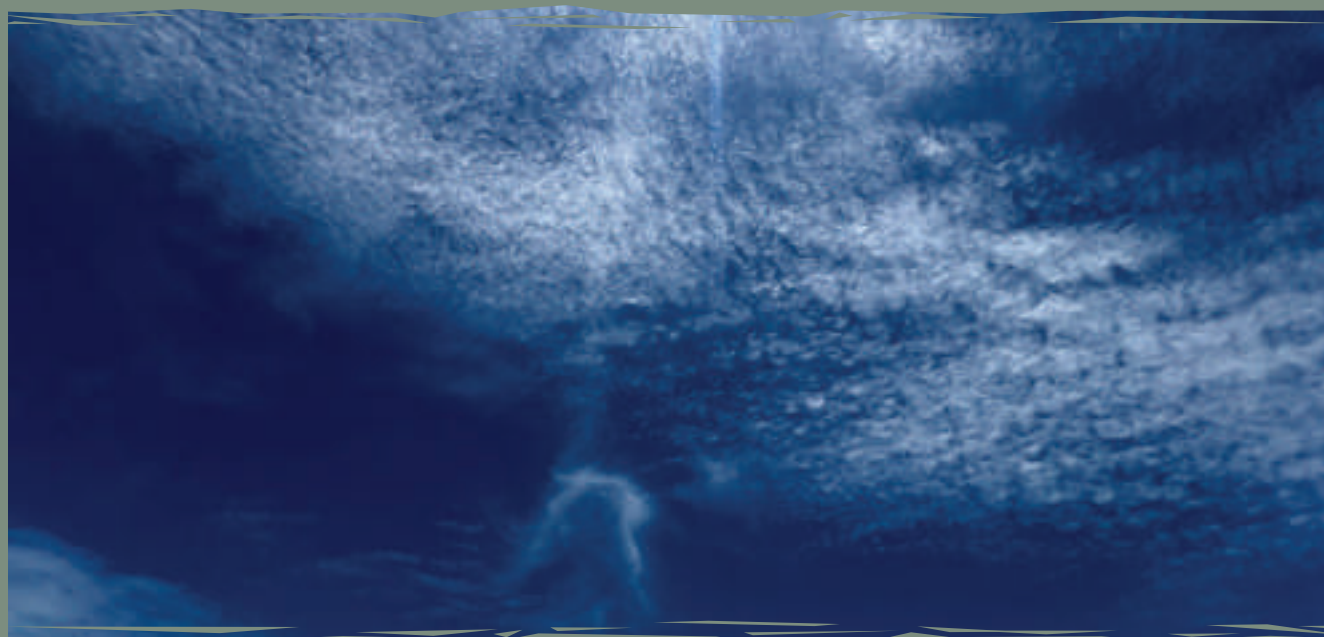
Sacred encounters happen when we slow down enough to truly meet ourselves, one another, and the deeper essence which connects all of life.

These are moments where something timeless stirs within us and where hearts and souls meet on the outer realm and where soul merges with heart in the inner realm.

In the essence of these encounters we find our connection to the

Divine — Source, the Universal Consciousness. We remember that we are not separate beings, but living expressions of one shared intelligence, woven into a vast and sacred whole.

When we allow ourselves to feel this connection, we awaken a deeper alignment with truth, with life's greater flow, and with a purpose that transcends the noise of daily life.





OUR INVITATION



Imagine a world where we meet our own heart with courage, and allow our soul to be alive in us — not just in stillness, but in relationship, in presence, in shared humanness. In these sacred soul encounters we heal. Life is more than the visible world we've come to understand.

There is a deeper reality within us — vast, quiet, knowing — and it speaks through intuition, feeling, and remembrance.

Through conscious presence, we can return to this inner source and

remember who we were before we learned to forget.

We have traveled far. Farther than our mind can grasp. This retreat is a sacred space to remember.

From March 6th 2026, in our sanctuary Ārūḍha, nestled between Dominical and Platanillo in Costa Rica, we invite you into ten days of gentle awakening — of meeting yourself, each other, and the divine spark within all.

Come as you are.

Leave with your soul remembered.

OUR OFFERINGS



Sacred Soul Encounters is an invitation to step beyond time and space into the subtle realm of beingness.

This 10-day retreat is a sacred container for inner transformation, soul remembrance, and reconnection with the greater web of life.

You are here for a reason.

There is meaning in your 'yes' to this earthly experience.

Our intention is to support you in reconnecting with that meaning and to help you discover how your presence, your essence, and your choices contribute to a more conscious and connected way of living on this planet.

The shift from a 'me'-centered existence to an embodied 'we'-oriented alignment becomes not just possible but self-evident with a clarity that the joy, wellbeing, and dignity of all life truly matter.

Guided by divine grace and supported by three master plant teachers, we will journey together through the deeper layers of being:

→ exploring the subtle bodies (shariras)

→ awakening the dormant vitality held within your DNA

→ and remembering your innate interconnectedness with all that is.

THE POWER OF PRESENCE

As your consciousness expands, you may encounter limiting patterns or beliefs ready to be released. Letting them go creates space. Space for clarity, for truth, for the unspoken knowing of who you truly are. These sacred soul encounters don't require explanation. They happen in stillness, in presence, in the quiet recognition of your soul's perspective.

In this presence the sacredness unfolds.
Here you find the all in the one and the one in the all. Here you ignite your God's spark.
In this now, we meet the divine in the ordinary, the soul in the human, the infinite in each particle.

This is where life becomes fully alive and we begin to truly remember.



YOUR EXPERIENCE

CEREMONIES & HOLISTIC WELLBEING



The retreat includes four ceremonies as well as guided meditations, spiritual exercises, sacred rituals and energy healing practices. Furthermore we will include a holistic approach with yoga, breathing exercises and mindful movement to support your physical, mental and emotional well-being.

THE GROUP /US



You will be journeying with a small group of other human beings discovering your highest potential. Together we explore what it really means to be in relation to each other while also providing quiet time for personal reflection, contemplation and integration. We will learn how to be together with all that we are without taking away space from another.



NATURE & PLANT SPIRITS



We will be held in a serene natural setting which activates a deeper understanding of our oneness with nature. We will walk to the 400 years old Ceiba Tree, which for the ancient Maya was the most sacred tree. It was the symbol of the universe. The tree signified a route of communication between the three levels of earth.

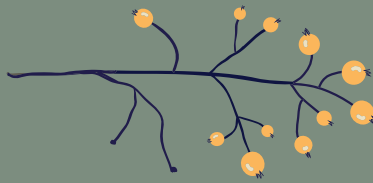
SUPPORT AND INTEGRATION



We also offer post-retreat support with guidance on how to integrate your experience and insights into your daily life and on-demand follow-up sessions, online communities, or additional resources for continued spiritual growth.

(This is not included and will be arranged individually).





WHAT IS INCLUDED



9 NIGHTS AT OUR SECLUDED NATURE SANCTUARY IN COSTA RICA



4 JOURNEYS WITH 3 CHOSEN MASTER PLANT MEDICINES



FULL BOARD OF DELICIOUS, MOSTLY VEGAN AND ORGANIC MEALS



TRIPS TO OUR PRISTINE BEACHES AND WATERFALLS



CLOSING CEREMONY WITH CACAO



PREPARATION AND INTEGRATION GROUP CALL

WHAT WE OFFER OPTIONALLY



AMAZING MESSAGES AND BODYWORK



SURF LESSONS



HORSE RIDING



EXTRA YOGA SESSIONS

YOUR RETREAT HOSTS

Our Team will guide you in your inner journey to address personal issues and limiting beliefs, facilitating personal growth and

transformation by focussing on that part that is already healed.



MAGDALENA

There are a many things that have helped me to see the beyond of my being:

Almost 20 years of yoga practice and becoming a certified Yoga Teacher (in Raja and Bhakti Yoga) and a certified Hypnotherapist. Doing meditation (Vipassana), past life regressions, many healing sessions in Germany, Bali, Peru, Australia, New Zealand and France as well as different detoxes and cleanses. Receiving the master level in Reiki and being in a shamanic education since 2013.

The healing work and training with Mari Nil and her connection to the Christ consciousness affected my work immensely and I am forever grateful and blessed to have met Mari. I was also honored to be initiated in giving Shaktipat in the lineage of Nityananda in Ganeshpuri, India.



GRIT

There are many experiences that have profoundly shaped my journey and deepened my understanding of the interconnectedness of life: My journey began with a transformative awakening when I became a mother, which opened my eyes to the intricate connections in life.

My professional background as a journalist, filmmaker, and author has cultivated a deep practice of listening, enriching my spiritual exploration and exploring the relationships we build in every encounter. I have dedicated myself to various practices of inner work, but my heart beats for the mastery Mother Nature has to offer.

I work with herbs to support healing processes on a soul level.



A pivotal moment in my journey was a retreat deep in the Peruvian jungle, where I received the gift of healing energy and recognized the healing power in my hands.

I view life itself as a sacred offering, a continuous healing journey where everyday moments hold the potential for growth and transformation.

ĀRŪḌHA SPIRITUAL SANCTUARY



We invite you to immerse yourself into the tranquility of the breathtaking Ārūḍha Spiritual Sanctuary, located between Dominical and Platanillo.

San José is the closest airport to Ārūḍha; you can go with a driver or by bus to our peaceful haven in the mountains of the Pacific Coast of Costa Rica.

Our accommodations provide the perfect environment for rest and restoration.

Each bedroom is equipped with

fans, hot showers and pure spring water to ensure your comfort. Most rooms feature balconies that open up to the jungle, allowing you to connect deeply with nature. Some houses come with their own kitchen and living spaces for added convenience.

We offer a variety of lodging options with various single and double room configurations.

Please get in touch to discuss your preference.



PRIMARY RAINFOREST

Pristine nature & beautiful wildlife



OUR SHALA

For our sacred ceremonies



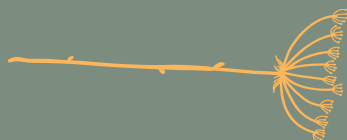
ACCOMMODATIONS

10 different casitas & houses





BOOKING AND PAYMENT



BOOKING OPTION 1

Shared bedroom with two single beds and a shared bathroom.

3.666 USD*

BOOKING OPTION 2

Single bedroom with a double bed and a shared bathroom.

3.999 USD*

BOOKING OPTION 3

Single bedroom with a double bed and a private bathroom.

4.444 USD*



Your non-refundable 50% deposit is due upon your acceptance to secure your place for the retreat.



Early Bird prices are above and will increase by 150 USD after 1st of December 2025. Full payment is due by 1st of January 2026



***All prices are including the Costa Rica VAT (13%) and bank fees.**



Do you feel the call to connect with your soul and to bring more of who you are into this earthly realm?

We are looking forward to share this experience with you and are more than happy to welcome you at Ārūḍha.

Get in touch if you have any further questions. You can reach us via E-Mail and schedule a 15 minute Zoom session.

Magdalena@vonhealing.com & Grit@buemann.space

 **Instagram**

