



Ayahuasca

WOMEN'S HEALING
RETREAT

④ OCEAN BREEZE NOSARA
LUXURY RETREAT CENTER

PLAYA PELADA, NOSARA
GUANACASTE, CR

NOVEMBER 30-
DECEMBER 5.
2023

The Journey..



**JOIN US ON A TRANSFORMATIVE 6 DAY/5
NIGHTS RETREAT AS WE EMBARK ON A
MISSION TO SUPPORT YOUR HEALING
JOURNEY. OUR THOUGHTFULLY CURATED
PROGRAM IS DESIGNED TO HONOUR AND
ENHANCE YOUR SACRED EXPERIENCE WITH
GRANDMOTHER AYAHUASCA.**

Our program encompasses the following
components:

1. We will have a preparation call with Lydia three weeks before the retreat, This call serves as a means to integrate and prepare for the upcoming retreat experience.



The Journey..



2. Upon arrival at the retreat, all participants of our group will have the privilege of engaging in personalized one-on-one sessions with Lydia. This dedicated time allows for individualized attention and support.
3. Ayahuasca Ceremonies: everyone will partake in two Ayahuasca ceremonies, facilitated by Lydia and supported by two experienced Space Holders. These ceremonies provide a transformative and introspective experience.
4. Rape/Hape and Sananga Ceremony: Lydia will guide us through a ceremony involving Rape/Hape and Sananga. These rituals offer additional therapeutic benefits enhance the effects of ayahuasca and contribute to the overall healing journey.



The Journey..



5. Meditations guided by Lydia.

6. Daily Functional Movement Class: To foster a harmonious state of being before the ceremonies, we will engage in a daily Functional Movement Class. This class aims to soothe and balance the nervous system, preparing individuals for the transformative experiences ahead.

7. Organic vegan meals: A private chef will prepare three delicious, organic, and vegan meals each day. These meals are freshly made and cater to dietary restrictions provided by Lydia to make sure we follow the proper guidelines for the plant medicine experience.



The Journey..



8. Breath work group session with Jill.

Most of her techniques follow Stan Grof, who created Holotropic Breathwork now called Grof Breathwork. These breathing techniques allow you to access your subconscious and go into even deeper realms within yourself.

Music, verbal therapy, scents, tuning forks may be incorporated.

By incorporating these elements into our program, we strive to create a comprehensive and enriching retreat experience that promotes personal growth, well-being, and self-discovery.



The Team Lydia Turco



Lydia Turco aka Thunder Buffalo Woman

Lydia is a french Italian traditional practitioner. She was trained since 2000 in the Shipibo/Conibo tradition of sacred plants of the Peruvian Amazon in two different lineages, Oirst with maestro Don Benito Arevalo then with maestro Teobaldo Ochavano Lopez with whom she created a retreat center in the Amazon Jungle. Prior to her Oirst trip to the Amazon, she worked in the tradition of sacred Inipi (sweat Lodge). In 2008, she retrieved an ancient technology named SIBA and has been working with both SIBA and the traditional medicine since then.

She became « maestra », teacher-healer in the Ayahuasca tradition in 2013. Lydia is in regular contact with medicine men and women from Peru, Brazil and Mexico who honor the beauty of Nature and consider themselves the guardians of the balance of life. They recognize her as a messenger of their culture and a carrier of their vision. She particularly likes to accompany women and men into their depth, to the discovery of their sacred feminine and masculine, to contribute to respect for the feminine dimension of life and its necessary integration into our society. Her therapeutic approach is holistic, taking into account all dimensions of being: physical, mental, emotional, family, social, cultural and spiritual. She is also trained in Western techniques such as foot reflexology and art therapy. The different techniques that she uses aim to find a sense of well-being, a coherence, a harmony of her inner world in order to live better in the outside world. Her treatments combine a full range of natural, preventive and curative therapies. She leads internships, retreats, gives conferences and organizes initiation trips to Peru, Mexico and Egypt.

Author of The Oracle of the Mother Goddess (L'Oracle de la Déesse Mère) published in January 2022, Guy Trédaniel editions, France. In collaboration with Oilm director Marc Caro.

The Team

She is a Soul Alchemist, body and breath work therapist, psychedelic therapist and death alchemist.

Jill Ryan

Jill uses tools that help her reconnect with her true self in her own journey, to guide you along yours. Breathwork being one of these profound, transformational gifts.

When you breathe with her a safe, compassionate, nonjudgmental space is created for you to quiet the mind and tap into your feelings. You are guided through breathing techniques that open the door to your soul and allow it to guide you. In this space you can reconnect to the part of you hurting and closed down. The part that needs your love the most.

The Team

Meet your retreat Host. Klara is a certified yoga instructor who's transformative journey began with ashtanga yoga, but injuries redirected her focus towards studying movement, emphasizing the nervous system, muscles, joints, and individual body needs.

She embraces shamanic practices, driven by her own healing and self-discovery.

Passionate about personal growth and trauma healing, she studies with Sacred Stream and holds certifications as an Akashic reader and Crystal Ascension practitioner, promoting holistic well-being.

Klara Lugossy

The Experience

Siba is an ancestral feminine consciousness. She is incarnated and operational in the form of Terma, as known in the tradition of Tibetan Buddhist Tantrism. This Terma is dedicated to the current planetary evolution. It has been channeled by Lydia Thunder Buffalo Woman since 2008, and is manifested within a crystal based technology. It specializes in decoding and transmuting archetypal-archaic programming on a cellular level within the DNA itself. This is the crystal technology Lydia uses during the Medicine Rituals.

Experience an extraordinary journey with Siba as we delve into the transformative powers of Ayahuasca and other medicinal plants. Siba takes Ayahuasca to a whole new level with an opportunity to explore profound intentions and traverse a multitude of dimensions and frequencies, spanning from the earthly realm to the celestial expanse. Through a sacred union between Siba and Ayahuasca, we unlock portals to ancestral memories, unraveling the origins of deep-rooted issues and blockages.

The Experience

Lydia will be offering personalized healing sessions to each participant during the ceremonies. These sessions delve deep into the realms of physical, emotional, and psychological pain, aiming to provide relief. Through a form of spiritual surgery, Lydia assists participants in accessing untapped personal power and recovering fragments of their souls that hold ancient wisdom. Her expertise lies in addressing severe ailments, transgenerational traumas passed down through ancestors, as well as unresolved issues from past lives. This transformative process enables her to reprogram the very fabric of DNA.

During the Ceremonies Lydia taps into the uplifting energies of various traditions, Spirit Realms and Star Beings who graciously share their wisdom with the group, fostering a profound reconnection with our inner selves.





**INDULGE IN AN EXQUISITE CULINARY EXPERIENCE, CRAFTED WITH
UTMOST CARE AND USING THE FINEST ORGANIC INGREDIENTS. OUR
MEALS ARE THOUGHTFULLY PREPARED ON-SITE, ADHERING TO THE
PLANT MEDICINE DIETARY RESTRICTIONS GUIDELINES PROVIDED BY
LYDIA.**

**UPON ARRIVAL, JOIN US FOR A WARM WELCOME WITH REFRESHING
DRINKS, TANTALIZING SNACKS, AND A DELIGHTFUL DINNER.
THROUGHOUT YOUR STAY, SAVOR THREE-COURSE MEALS THAT
COMBINE DELECTABLE FLAVORS AND NOURISHING INGREDIENTS.
AFTER THE FINAL AYAHUASCA CEREMONY, OUR MENU IS ENHANCED
WITH AN ARRAY OF SAVORY SALTS AND EXQUISITE SEASONINGS. EACH
CEREMONY CONCLUDES WITH A COMFORTING BOWL OF SOUP.**



Pricing, Accommodation and Participation Information

Pricing:

LUXURY CASITA 1, 3, 4 & 6
SINGLE OCCUPANCY: \$3500
SHARED: \$3100

**LUXURY CASITA 2&5 comes with both a tub and
shower**

SINGLE OCCUPANCY: \$3800
SHARED: \$3300

LUXURY APARTMENTS
SINGLE OCCUPANCY: \$3300
SHARED: \$3000



Pricing, Accommodation and Participation Information

All casitas and apartments come with private lounge area. The facilities include an Open air

Yoga Studio/lounge

Hot Tub/Jacuzzi area

Infinity Swimming Pool

Fully Equipped A/C Gym Rancho with a Bar

secure your spot we require \$1000 USD deposit.

Accepted payment methods:

PayPal, wire transfer.

All deposit payments are non refundable.

**FOR MORE INFORMATION, TO SET UP A
PERSONAL CALL & PAY DEPOSIT CONTACT
KLARA@ klaralugossy@gmail.com**

Pricing, Accommodation and Participation Information



WHAT'S INCLUDED:

6 days, 5 nights luxury accommodation

**Organic, fresh delicious meals throughout the
retreat**

Rapeh Ceremony

Group Breath work Session

Guided meditations with Lydia

Preparation for plant medicine experience

Flower Bath/ Limpia

Daily Yoga and movement practice

Safety Screening

Guidance for Retreat Preparation

Private Consultation

60 min group preparation call prior to retreat

60 min integration call after the Retreat

**Flights to Liberia or San Jose Airports and
transportation to the retreat are NOT INCLUDED in the
price . Upon request Shuttle Service is available at an
additional charge.**

Pricing, Accommodation and Participation Information

We have Extra Services Available upon request:

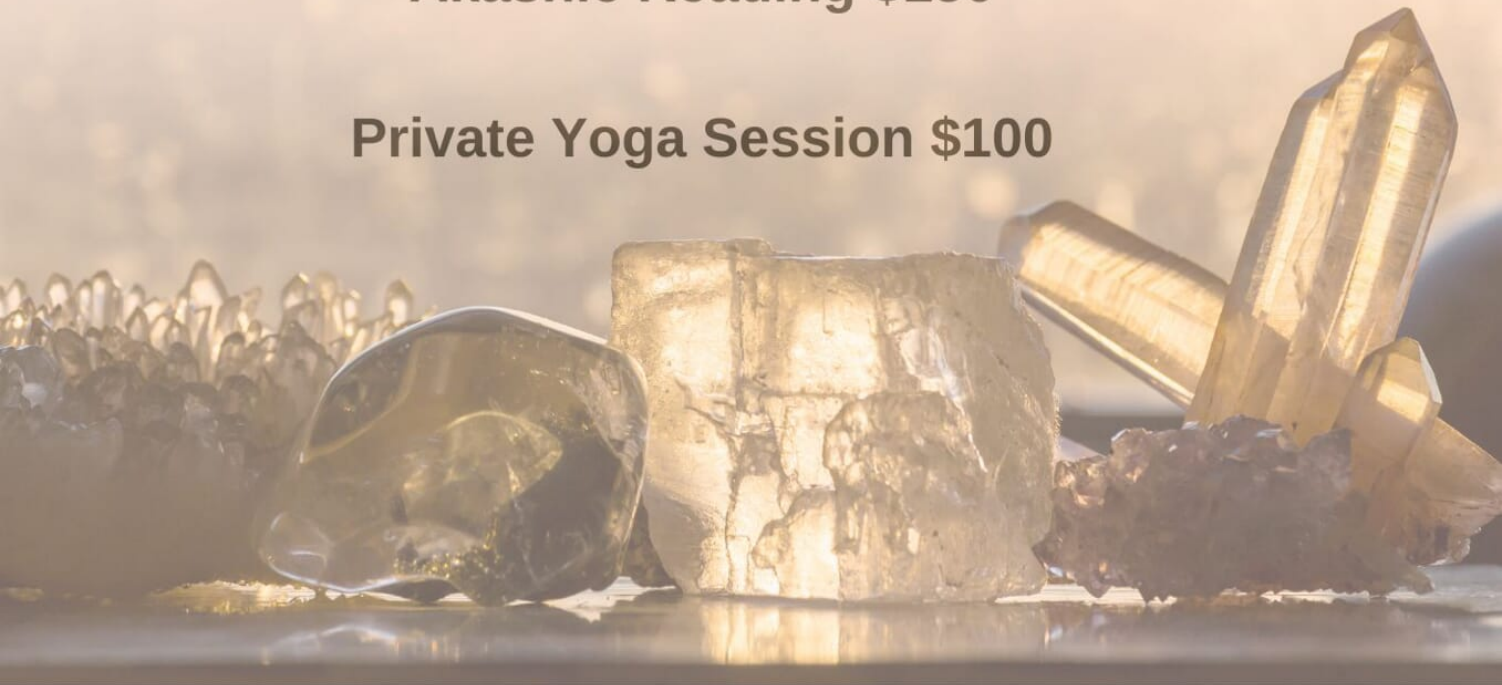
Healing Body Work/ Massage with Jill \$200

Sound Healing combined with Crystals \$170

**Brain Wave Relaxation with Aura cleansing
&Strengthening**

Akashic Reading \$150

Private Yoga Session \$100







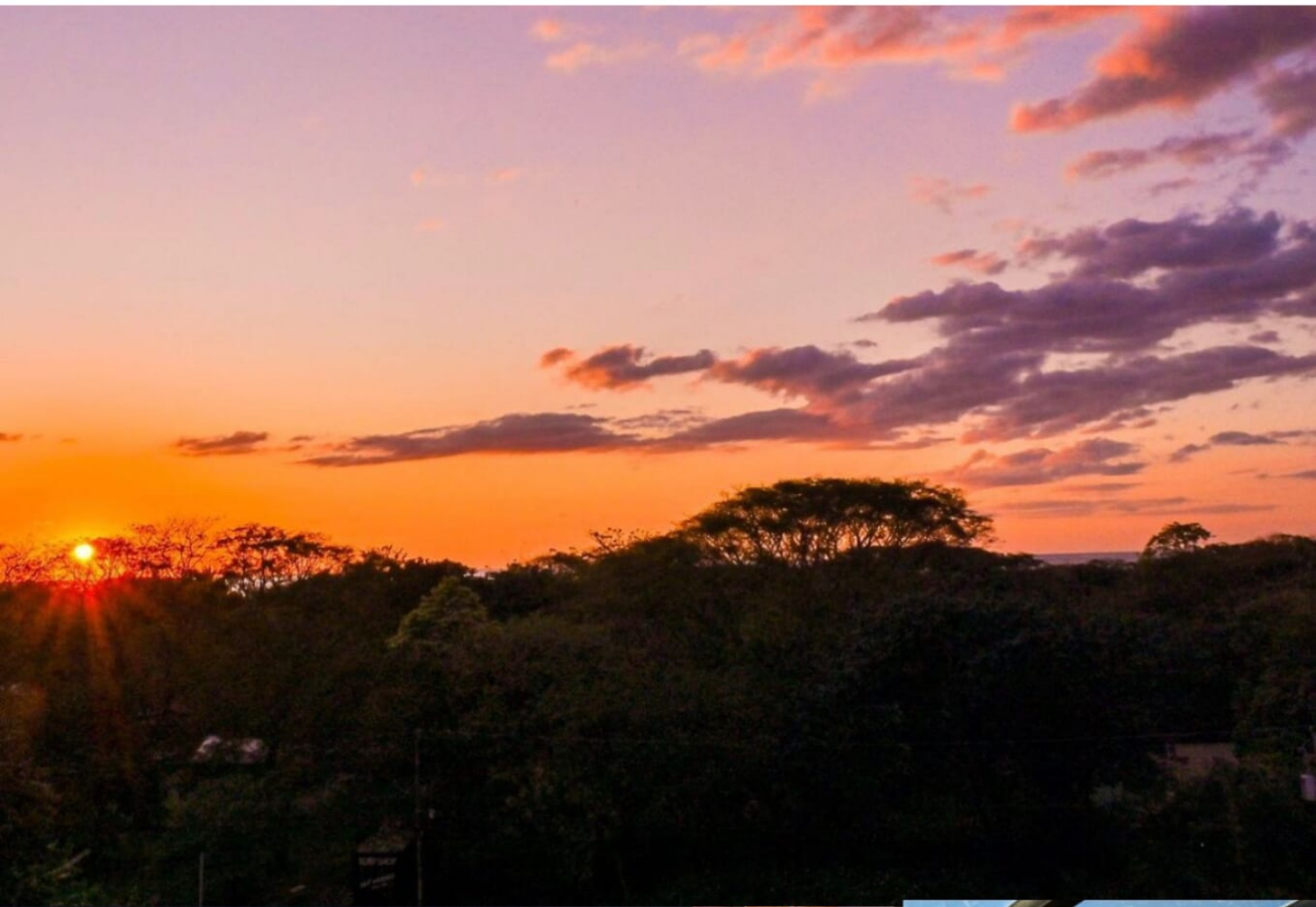














Ayahwasca

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AND FEEL READY TO EMBARK ON A TRANSFORMATIVE JOURNEY,
WE KINDLY INVITE YOU TO CONNECT WITH US AT
KLARALUGOSSY@GMAIL.COM.

WE LOOK FORWARD TO WELCOMING YOU INTO OUR SACRED
CIRCLE OF SISTERS.