



THE LAND OF SENSES

COSTA RICA

- 📍 Location: Monteverde, Costa Rica
- 📅 Dates: June 09 - 16, 2025
- 👥 Group: 12 people
- 🚀 Duration: 7 days / 6 nights

SHARPEN YOUR SENSES WITH THIS SENSORY JOURNEY!







Embark on a Transformational Journey in Monteverde's Cloud Forest. Here, where mist embraces the jungle and the Earth's energy awakens every one of your senses, you'll embark on an experience like no other. Connect with nature through immersive activities designed to nourish your body, mind, and soul—from sky-high hikes to magical nights under the stars.

WHAT YOU WILL EXPERIENCE








- ✓ Walk through hidden trails and hanging bridges.
- ✓ Yoga, tai chi, and meditation in natural settings.
- ✓ Horseback riding and relaxing hot springs.
- ✓ Experience a guided night walk under the moonlight.
- ✓ Engage in art workshops and sensory dynamics.
- ✓ Support a local community in Monteverde.

ITINERARY








Day 1 | Awakening the Senses

-  Meeting point and transfer to Monteverde.
-  Free time for lunch.
-  Hotel check-in.
-  Welcome gathering.
-  Free time for nature walks.
-  Dinner.

Day 2 | Spontaneity & Embracing the Unknown

-  Morning yoga session.
-  Breakfast.
-  Horseback riding & hot springs experience.
-  Lunch.
-  Tactile art workshop.
-  Free time for nature walks.
-  Dinner on your own.

Day 3 | The Joy of Simplicity

-  Morning contemplation & gratitude.
-  Breakfast.
-  Walk among the treetops on hanging bridges.
-  Lunch.
-  Free time for nature walks.
-  Night exploration under the stars.
-  Group dinner & day's closing session.

Day 4 | Joy in the Present Moment

- 🍽️ Breakfast.
- 🌿 Sensory walk in the nature reserve.
- 🍽️ Lunch.
- 🌿 Free time for personal reflection.
- 🎭 Contemplation activity.
- 🕒 Shared dinner experience.

Day 5 | The Flavor of Creation

- ☀️ Quiet time for reflection.
- 🍽️ Breakfast.
- 🌳 Discover the rich history and flavors of Monteverde.
- 🍽️ Lunch.
- 🎨 Hands-on art workshop.
- 🕒 Dinner.

Day 6 | The Joy of Giving

- 🧘 Tai Chi session.
- 🍽️ Breakfast.
- 👐 Community engagement experience in Monteverde.
- 🍽️ Lunch.
- 🌿 Free time to explore.
- 🕒 Farewell dinner & cultural closing activity.

Day 7 | A Joyful Future Awaits

- 🍽️ Breakfast.
- 🏨 Hotel check-out.
- ✈️ Transfer to the airport.

Seraphina

The Sensory Enchantress

In a realm between the earthly and the divine, there exists a goddess named Seraphina, the Sensory Enchantress. Guardian of the senses, master of illusions, and conductor of emotions, Seraphina has lived for centuries, yet her youthful spirit remains vibrant, delighting in the magic that infuses the world around her.

It is during the full moon that the moonlight serves as a conduit for her abilities, allowing her to weave intricate spells that heighten the senses of those fortunate enough to encounter her.



USEFUL INFORMATION & TRAVEL TIPS

- ✓ Weather: Temperatures range from 15°C to 25°C, with high humidity.
- ✓ What to bring: Comfortable clothing, rain gear, proper hiking shoes, sunscreen, and natural insect repellent.
- ✓ Altitude adjustment: Monteverde sits at 1,330 meters; hydration and rest on the first day are recommended.
- ✓ Energy & open mind: Each experience is designed to help you explore both your inner self and the world around you.

BOOK NOW AND EXPERIENCE THIS UNIQUE JOURNEY!

**It's not just a journey; it's a
sensory awakening. ✨**



 **Mystic Lands Journey**

 Sitio web: <https://mysticlandsjourney.com/>