



4 Day Oneness Spiritual Immersion Nature Retreat

Uvita • Costa Rica

Private One on One Retreat with Met Salih

Over 17 Years Experience • Reiki Master • Intuitive Sound Healer • Kundalini Yoga Teacher

Daily Sunrise Kundalini Awakening Yoga & Breathwork

Daily Heart Opening Cacao Ceremony & Meditations


Daily Nature Healing Immersions • Sunset Yoga

2 Crystal Reiki Sound Healing Sessions

Daily Local Farm to Table Meals, Juices & Smoothies

4 Integration calls • Delux Villa • Airport Transfer & More

TAILORED FOR ADULTS • YOUNG ADULTS • TEENS & THEIR GUARDIAN



**From
\$4422**

*Season
Dependent

• One on One

• Groups of up to 6

www.iridescencehealing.com • WhatsApp: +1 323 348 8441

This oneness retreat is tailored specifically to you & will be an intensive, one on one, 4 day deep dive without the distraction of your phone.

You will leave feeling more connected to your inner wisdom & will take home the tools to continue living in your highest truth.



Met will guide you safely & compassionately to release any outdated patterns, traumas & grief through Kundalini Yoga (a combination of movement, breath-work, meditation & mantra), Cacao Medicine, Sound Healing & Crystal Reiki.

This retreat will be the perfect place to begin an inner journey of healing & wholeness.

Kundalini Yoga stimulates the secretion of the entire glandular system enabling the chemical combination of the brain to become balanced. This automatically changes your entire outlook on life and relationship with your heart, mind, body & soul connection.

A combination of healing modalities designed to release, reset & reawaken. You will visit waterfalls, oceans, go on meditation walks, journal, cry, integrate, lie under the stars, visit the local farmers market, bird watch & dance with joy!

Imagine a beautiful private villa immersed in the wild, luscious jungle, a private chef preparing fresh, locally sourced food & access to some of the most beautiful beaches and waterfalls the eye can see.

Additional healing modalities & medicines can also be included.

Please fill out the form, a discovery call will be arranged for Q&A & the process of designing your personal healing experience will begin. Thank you for your courage & trust.



Welcome to Costa Rica, a tropical paradise, where you will be immersed in nature at its purest....



*** Co Facilitators will be included depending on additional therapies & group size**