

The Elemental Alchemy of Manifestation

February 4-9, 2024

What often keeps us from creating the lives we want is often within our control. As difficult as it might be to untether ourselves from what holds us, it is possible. We know creating the life that we dream of is hard work and can feel like a daily grind in itself- but what if we actually took the time out of our daily lives to imagine, unblock, manifest and build. We know creating the life that we dream of is hard work. Creating in an environment separate from what is familiar allows you a chance to take a breath and examine what is most needed and what most needs to be released.

Every day, on our journey together, using the universal elements of air, water, fire and earth as our guides, we will work within the various layers of the body, mind and spirit, through daily offerings of yoga movement (asana), contemplation, meditation, sound healing, energy work and community. More details below...

Thank you for your interest in joining Suncear Sretchen of SunSeaAirWellness and Myda El-Maghrabi of The Shared Edge where together we will explore, conjure and build the worlds we see in our dreams.

THE EDGE OF THE SUN

ITINERARY (SUBJECT TO CHANGE)

Sunday, February 4, 2024

ARRIVAL where we arrive and land to ourselves and to our group.

- 3PM Arrive and Welcome
- 6PM Dinner
- 7PM Reiki Sound Bath

Monday, February 5, 2024

EARTH where we arrive and land to ourselves and to our group.

- 7AM Yoga
- 8:30AM Breakfast
- 9:30AM Hike
- 12PM Lunch
- 4PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

Tuesday, February 6, 2024

FIRE where we burn away what no longer serves us.

- 7AM Yoga
- 8:30AM Breakfast
- 10AM Workshop
- 12PM Lunch
- 3PM Fire & Sweat Lodge Ceremony
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

Wednesday, February 7, 2024

AIR where we open ourselves to possibility,

- 7AM Yoga
 - 8:30AM Breakfast
 - 9:30AM Zip-Lining
 - 12PM Lunch
 - 4PM Workshop
 - 6PM Dinner
 - 8PM Reiki Sound Bath & Satsang
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Thursday, February 8, 2024

WATER where we create flow and balance within boundaries.

- 7AM Yoga
- 8:30AM Breakfast
- 9:30AM Stand-Up Paddle Boarding
- 12PM Lunch
- 4PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

Friday, February 9, 2024

DEPARTURE DAY where we re-enter the ether to begin anew.

- 7AM Yoga
- 8:30AM Breakfast
- 10AM Closing

PLEASE NOTE:

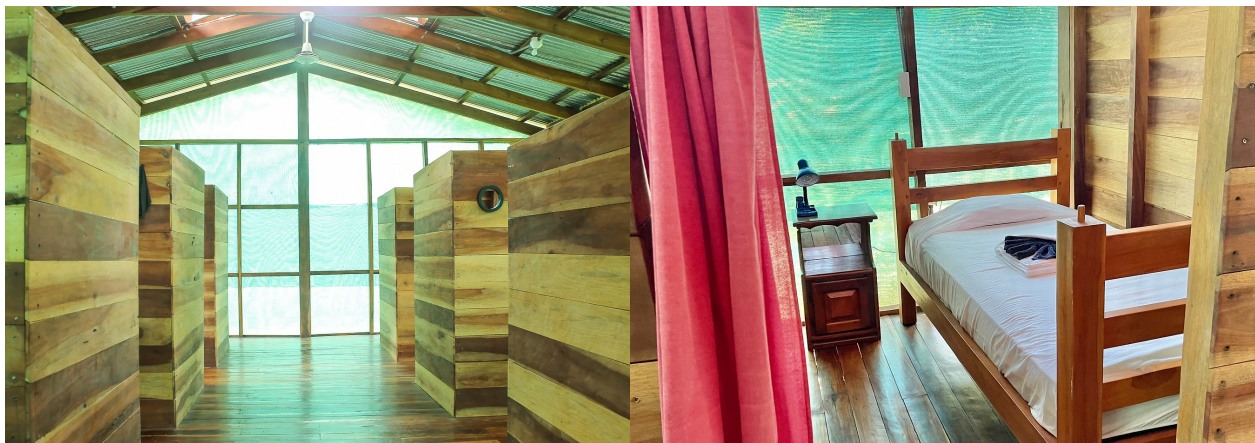
Most of the above is optional. We realize not everyone might want to wake up first thing in the morning and do a yoga class or the thought of flying through the canopies of a Costa Rican rainforest sends you towards mild panic rather than a sign-up sheet. And while we encourage attendance through all parts of our days together, it is by no means required. We do ask, however, that you are a willing participant in our contemplations and discussion around and within manifestation.

ACCOMMODATIONS

Peace Retreat Costa Rica

Accommodations at Peace Retreat Costa Rica: a rustic, unique 5-acre learning and wellness center located in Playa Negra, along the stunning Pacific coastline, called the Gold Coast, in the Province of Guanacaste, in the Northwest region of Costa Rica.

Casa Verde Rooms		Cost
6 Rooms Available		\$2,300pp



Booking a Casa Verde Room will give you your own distinct, private quarter with a single bed, linens and towels within a shared dormitory-style space. There is an open-air shared washroom facility for you that includes 3 private showers, 3 private toilets, and five sinks.

Please note these rooms don't have air-conditioning nor a private bathroom.

The cost listed includes your room, any and all of the facilities available at Peace Retreat, Access to the Beach, Pool and Local Environs, 3 Meals/Day, Classes, Workshops, Excursions and Opportunities to gather with other participants and time for Solitude.

Cost does not include treatments at the spa, airfare, travel insurance, airport transport outside of scheduled arrangement, travel expenses, non-group sponsored activities, etc.

Cabinas			Cost
8 Cabinas Available for Shared or Single Occupancy		\$25000pp	\$2900single



For a Cabina, you can either book by yourself, with a friend, or we can find you a roommate. Each of the 8 cabinas has two single beds, screened windows, a ceiling fan, a safe for personal belongings and an open-air closet for storage space.

There is an open-air shared washroom facility for you that includes 3 private showers, 3 private toilets, and five sinks.

Please note which type of accomodation you would prefer when booking a cabina: either single-occupancy, double-occupancy with someone you know who will be coming on the retreat, or double-occupancy requesting an assigned roommate chosen for you.

The cost listed includes your room, any and all of the facilities available at Peace Retreat, Access to the Beach, Pool and Local Environs, 3 Meals/Day, Classes, Workshops, Excursions, Opportunities to gather with other participants and time for Solitude.

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Casa Yoga Rooms		Cost
1 Private Rooms Available for Shared Occupancy		\$2800pp



For more private accommodations, you can opt for one of two rooms available at the Casa Yoga. The Shanti Room is located on the second floor and includes 2 single beds, a private bathroom, ceiling fan and terrace.

The Shine Room is located on the ground floor and includes 3 queen sized beds and a private bathroom.

Please note which type of accommodation you would prefer when booking a Casa Yoga Room: either single-occupancy, double or triple occupancy with someone you know who will be coming on the retreat, or double-occupancy requesting an assigned roommate chosen for you.

The cost listed includes your room, any and all of the facilities available at Peace Retreat, Access to the Beach, Pool and Local Environs, 3 Meals/Day, Classes, Workshops, Excursions, Opportunities to gather with other participants and time for Solitude.

Cost does not include treatments at the spa, airfare, travel insurance, airport transport outside of scheduled arrangement, travel expenses, non-group sponsored activities, etc.

LIABILITY WAIVER + RELEASE AGREEMENT

In consideration of my participation in The Edge of the Sun's 'Elemental Alchemy of Manifestation' Retreat hosted by Suncear Sretchen and Myda El-Maghrabii from February 4-9, 2024 with its associated events and activities (collectively, The "Retreat,") and the services of Suncear Sretchen and Myda El-Maghrabi and their agents, owners, officers, volunteers, participants, employees, sponsors, and all other persons or entities acting in any capacity on its behalf, as well as its successor and assigns (collectively referred to as "The Hosts"), I, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate (collectively referred to as "Participant"), hereby agree to release and discharge Suncear Sretchen and Myda El-Maghrabi as follows:

1. Waiver of Liability and Release

I hereby release and forever discharge The Hosts from any and all liability, claims, and causes in action, which arise or may hereafter arise or are in any way connected to my involvement in The Retreat. I understand that this Agreement discharges The Hosts from any liability or claim that I may have against The Hosts with respect to any bodily injury, personal injury, illness, death, or property damage that may result from my involvement in The Retreat, whether caused by the negligence of The Hosts, or otherwise. I also understand that The Hosts do not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance in the event of injury or illness. I understand and acknowledge that the Activities in which I will voluntarily engage in The Retreat bear certain known inherent Risks that contribute to the unique character of these Activities, and that The Hosts cannot eliminate, alter, or control these inherent risks. These Risks include those inherent in yoga activities as well as those inherent in any and all additional recreational activities as well as those related to travel to and from The Retreat.

2. Definitions

"Activities" include, but are not limited to the following activities which may be provided and/or sponsored by The Hosts: yoga, hiking, high altitude hiking, horseback riding, excursions, transportation in The Hosts or other vehicles, training, classes, instruction, traveling to and from The Retreat, and all other activities associated with the Retreat. "Risks" include, but are not limited to those known risks inherent to the Activities specifically listed below, vehicular travel and traffic, road and trail conditions, known and unknown health conditions, allergies, sudden weather changes, rain, snow, wind, hail, lightening, high altitude or motion sickness, dehydration, heat stroke, snake bite, bee and other insect stings and/or bites, wild and domestic animals, inaccessibility to immediate medical attention, falling rocks and trees, equipment failure, driver error, rider error, Participant error, food provided, facilities, actions of other people, and acts of God.

Risks inherent in yoga activities are dangers or conditions that are an integral part of yoga activities, including but not limited to minor muscle strains, muscle sprains, bruises, abrasions, post-exercise muscle soreness, joint injuries, torn muscles, heat-related illnesses, broken bones, ACL injuries, back injuries, stroke, heart attack,

paralysis, death, and injury or death caused by any of the following: equipment that breaks or otherwise fails, slips and falls, lack of nutrition or hydration, negligence on the part of Participant or other people around Participant, terrain, facilities, temperature, weather, condition, equipment, actions of other people including, but not limited to, participants, volunteers, spectators, and teachers.

Risks inherent in backcountry recreational activities are dangers or conditions that are an integral part of backcountry recreational activities, including but not limited to sudden weather changes, rain, snow, wind, hail, lightning, Participant's physical condition and physical exertion for which Participant is not prepared, hypothermia, hyperthermia, high altitude and/or motion sickness, dehydration, heat stroke, snake bite, bee stings, insect bites and/or stings, wild and domestic animals, distance and inaccessibility to immediate medical attention, travel over rough terrain, falling rocks and trees.

3. Indemnification and Hold Harmless

I, both on my own behalf and as the parent or legal guardian of a participant of a Retreat, hereby agree to indemnify and hold harmless the Hosts and each of them from any loss, liability or damage, including reasonable attorney's fees incurred in any suit, demand or legal action arising out of any alleged injury, damage or death resulting from engaging in any Activities or participation in The Retreat, whether such injury damage, death is alleged to or did result from the negligence or carelessness of any person.

4. Medical Care

I hereby release and forever discharge The Hosts from any liability, claims, and causes in action that arise or may hereafter arise on account of any first aid, treatment, or service rendered or not rendered in connection with my involvement in a Retreat.

5. Certification and Assumption of Risk

I hereby certify that I am physically fit, have trained sufficiently for participation in The Retreat and have not been advised otherwise by a qualified medical person. I hereby assume all risks of participation in the Activities and the Retreat, including without limitation all Risks, whether such risks are caused (a) by the negligence or carelessness of, or (b) from dangerous or defective equipment or property owned or provided in any way by the Hosts. I agree that my involvement in the Retreat is purely voluntary, and I elect to participate in the Retreat in spite of the Risks, including any risks related or attendant to travel to or from The Retreat.

6. Waiver, Release and Agreement Not to Sue

I, and on behalf of my executors, administrators, heirs, successors and assigns, hereby fully release, waive any claims I or they may have against, discharge and agree not to sue the Hosts or each of them from any and all liability to me or my executor, administrator, heirs, successors and assigns for any and all damage, injury or death of myself or the participant while at, participating in, while en route to or from a Retreat or while participating in the Retreat or any Activities, whether caused by negligence or carelessness of the Released or otherwise.

7. Personal Property

I acknowledge and agree that I am responsible for my equipment and all personal property during the Retreat and that The Hosts is not responsible in any way for such property whether it is lost, stolen or damaged.

8. Disasters

I acknowledge that events and occurrences can occur beyond the control of The Hosts that may impact the Retreat and or me. These events and occurrences include, without limitation, fire, wind, hail, snow, hurricanes, tornados, severe rain, flood, smoke, earthquakes, landslides, acts of war, acts of governments, terrorist acts, and loss of electricity and or other utilities (collectively, "Disasters.") What constitutes a Disaster shall be determined by The Hosts in their sole discretion. I further acknowledge and agree that The Hosts and the Released shall not be responsible for any injury, loss, damage or expense associated with a Disaster.

9. Waiver of Coronavirus Related Illness; Indemnification

I understand that irrespective of protective measures that The Hosts may or may not take, you may be exposed to Covid 19 by another retreat attendee, one of both of the hosts, and or an individual to whom you may be exposed during, or traveling to or from the retreat. I agree to waive and release The Hosts from any liabilities or damages you may incur in the event I contract Covid 19 at any time during travel to, attending or after attending the retreat. I further agree to indemnify and hold harmless The Hosts, its officers, directors, staff, employees, contractors, and partners from any loss, liability or damages it or they may incur as a result of my failure to receive a negative test for Covid 19 prior to the retreat as provided above, attending the retreat with any Symptoms, not respecting Participant Requests, and not immediately departing the retreat if you develop any Symptoms.

10. Words and Images

I understand that during The Retreat I may be photographed, videotaped and or my words may be recorded and I authorize and allow The Hosts and its sponsors to use such images, words and likenesses for marketing, on websites, in brochures or other writings and any other legitimate purpose.

11. Interpretation and Governing Law

This document shall be construed broadly to provide a release and waiver to the maximum extent permitted under New York law. If any portion of this document shall be held as invalid it is agreed that the balance shall continue to be in full force and effect. This document shall be governed by the laws of the State of New York, except with respect to its provisions on choice of law and venue for any legal action shall be in the state or federal courts of Queens County or New York as applicable.

Print Participant's Full Legal Name: _____

Participant Signature: _____

Participant Age: _____ Date: _____

Signature of Parent/ Legal Guardian (If participant is under 18 years of age) : _____

PAYMENT + CANCELLATION POLICY

Payment Policy

All prices are per person and includes your room, scheduled group transport to and from Liberia Airport, any and all of the facilities available at Peace Retreat, access to the beach, pool and local environs, 3 meals/day, classes, workshops, excursions, activities, opportunities to gather with other participants and time for solitude.

Cost does not include treatments at the spa, airfare, travel insurance, airport transport outside of scheduled arrangement, travel expenses, etc.

A non-refundable \$500 deposit is required to reserve your space on the retreat. You will receive an invoice for the remaining balance, payable either in full or via a payment plan through Visa, Mastercard, PayPal, Venmo or Zelle. Full Payment is due 30 days prior to the retreat date. If you do not provide payment in full by 30 days prior to the retreat you risk losing your reservation.

Cancellation Policy

If you wish to cancel your retreat reservation, you must notify us at theedgeofthesun23@gmail.com at least 31 days prior to the retreat start date. A full refund minus your deposit and a 4% processing fee, will be provided for any cancellation we receive in writing at least 31 days prior to the retreat start date. We are sorry but we cannot refund any payments for cancellations made 30 or fewer days prior to the start of the retreat.

Exceptions to our cancellation policy cannot be made for ANY reason, including Covid protocols, weather, terrorism, civil unrest, health changes, personal emergencies or otherwise. There is no refund for arriving late or leaving a trip early. It is for this reason that we highly recommended obtaining travel insurance before your departure.

We ("the Hosts") reserve the right to make any changes deemed necessary; including, but not limited to: advertised excursions, arranged transportation, advertised meals, etc. In the rare case of a Retreat cancellation, The Hosts will offer a transfer to another retreat (if possible) or a full refund of your payment. The Hosts are not responsible for any expenses or damages incurred as a result of retreat cancellation including preparation costs, airline tickets, travel documents or other expenses. The Hosts reserve the right to cancel any retreat prior to departure in the event that there are too few people booked, in which case you will be given a full refund of any and all payments made to The Hosts. You will not be entitled to claim any additional amounts or seek any compensation for any injury, loss, expenses or damages (either direct or consequential) or for any loss of time or inconvenience which may result from such cancellation (including but not limited to visa, passport and vaccination charges, or departure, gear purchases, airport and airline taxes).

Travel Insurance

We highly, highly recommend you get travel insurance to cover your expenses and losses in the event you must cancel your retreat reservation or any unforeseeable occurrence during the retreat. We recommend getting insurance that covers the cost of your trip, medical care while at the retreat, updated Covid restrictions, as well as any additional coverage you might need.

A few suggestions:

- [Travelex](#)
- [Squaremouth](#)
- [Allianz](#)

The above list is, by no means, exhaustive; please do your own due diligence and research with the various companies, including speaking to providers and representatives if need be. While we understand finding the right option for you might be an additional burden and more time-consuming, yet, if needed, it will provide you an enormous amount of assurance, security and support in an ever-changing landscape.

Travel Documents

For our Costa Rican retreat, all American passport holders are required to have at least 90 days validity on their passport at time of travel.

- Information regarding necessary documentation to enter Costa Rica can be found [here](#).
- Vaccination Requirements between the U.S. and Costa Rica can be found [here](#). If you will not be travelling to/from the U.S., please research the specific requirements to/from your entry/ exit point.

If you have any further questions or concerns, please don't hesitate to reach out to us, Suncear or Myda, at theedgeofthesun23@gmail.com
