

COSTA DULCE, NICARAGUA

# MEDITATION & BREATHWORK RETREAT

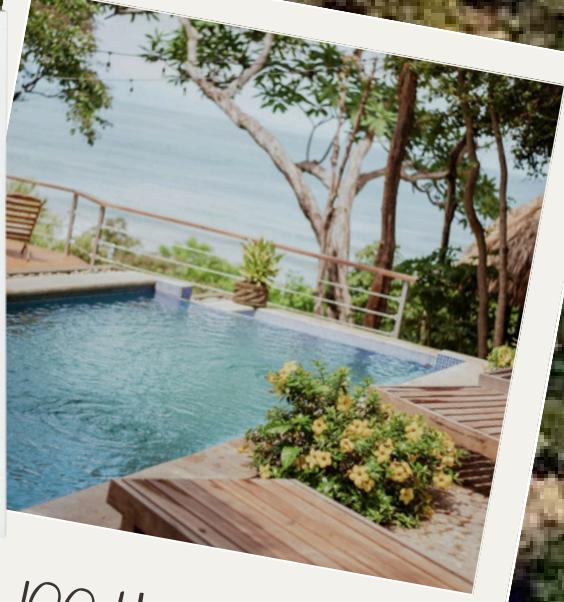
GUIDED BY VAJRA LUZ



Grounded Spirituality



Integrative Practices



100-Hr Training

**AUGUST 14 – AUGUST 22, 2026**

ALL-INCLUSIVE RATE STARTS AT \$1,800

TRANSPORTATION NOT INCLUDED. 15 SPOTS AVAILABLE.

CONTACT VAJRA LUZ FOR BOOKING

[www.vajraluz.com](http://www.vajraluz.com)

IG @vajraluz

vajra.luz@gmail.com



# *the Still Point*

## MEDITATION & BREATHWORK TRAINING RETREAT



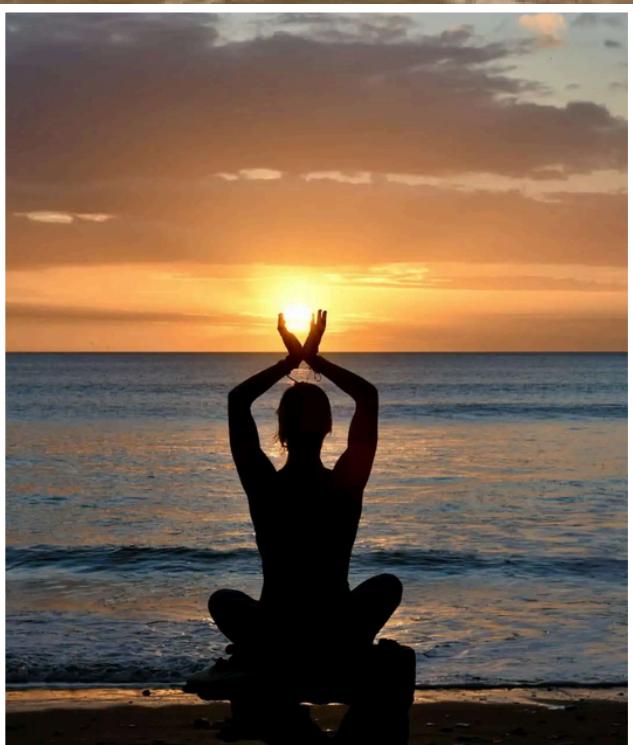
Daily Yoga, Meditation, Breathwork,  
Nature Immersion & Restoration



Base Rate includes our nourishing  
meal plan and full Training Tuition



Shared and Private Room options,  
starting at \$1800 USD



Join Vajra Luz for an immersive week of  
Yoga, Meditation, and Breathwork  
designed to deepen your personal  
practice and facilitation skills. Each day  
weaves guided practices, nervous-system  
regulation, and live facilitation labs with  
spacious integration time in a natural  
oasis with chef-made meals, restoration,  
contemplation and community in the  
healing oasis that is Costa Dulce (San Juan  
del Sur, Nicaragua).

TO SIGN UP, CONTACT VAJRA

**EMAIL: VAJRA.LUZ@GMAIL.COM**  
**WA: +506 6001 0816 | IG: VAJRALUZ**

# MEDITATION & BREATHWORK RETREAT

This transformational training retreat is both a journey inward and a powerful foundation for sharing these practices with clarity and confidence. Through embodied learning, you'll not only understand the mechanics of breath and meditation, but experience their subtle power to shift states and reconnect you to yourself.

Daily schedule may include:

- Morning meditation
- Asana + Pranayama
- Class & Discussion
- Restorative, Yin, Yoga Nidra, Sound
- Evening Contemplative Practices: Tea Ceremony, Gene Keys, Cacao, Ecstatic Dance, Aromatherapy, Journaling & more

Whether you're called to teach or simply long to slow down, listen deeply, and grow, this retreat-style immersion offers an opportunity to integrate knowledge, intuition, and direct experience.

Together we'll explore:

- Meditation & Breathwork foundations
- Applied neuroscience & physiology
- Yogic wisdom, self-inquiry, and contemplative tools
- Nervous system regulation & emotional intelligence
- Teaching presence & embodied leadership
- Restorative practices & the art of holding space
- Authentic offering & ethical sharing
- Business strategy with heart



## ABOUT COSTA DULCE

**Costa Dulce** is one of Nicaragua's premier eco-lodges with a strong focus on building community and environmental awareness in the surrounding communities. Costa Dulce grew naturally in the middle of nature. Each of the bungalows and cabins has been designed with the surrounding trees and plants taken into account, and in some cases, the trees grow through the building. All have been built to take advantage of the local Papagayo winds to keep you cool without using too much electricity. [www.costadulcebeach.com/ytt](http://www.costadulcebeach.com/ytt)

## PRICING & ACCOMMODATIONS

### Total Pricing starting at \$1819 USD

Total pricing includes:

- Accommodations August 14-22, 2026 \*Final pricing varies by room selection
- All Meals (6AM coffee/tea/fruit/granola/yogurt, 9AM breakfast, 1PM lunch, 6PM dinner)
- Classes, Curriculum, Training Materials
- Evening Ceremonies
- Jungle Walk
- Town Trip

Not Included: Required Reading Materials, Flights, Transportation, etc.

(Cost Dulce does offer transportation arrangements but pricing is not included)

## GUIDED BY VAJRA LUZ

Vajra Luz has 25 years of dedicated yoga and meditation practice, including five years living as a renunciant monk in a traditional yogic ashram. Her primary focus is breathwork and meditation as daily tools for integration and powerful gateways into stillness, clarity, and resilience. She weaves these practices into Hatha-Vinyasa, Yin, and Restorative yoga to support presence, nervous system balance, and holistic well-being. Vajra offers a grounded and heart-centered approach to inner transformation, drawing on deep personal experience, timeless wisdom, and modern understanding of the body-mind connection. [www.vajraluz.com](http://www.vajraluz.com) IG: vajraluz