

THE  
KINGDOM  
OF TRUTH



LUNA RETREAT  
2023/24

A TRANSFORMATIVE 30-DAY JOURNEY ALIGNED  
WITH THE MOON'S CYCLE

programme

# MY STORY IS MY TRUTH MY JOURNEY IS MY TRUTH MY ESSENCE IS MY TRUTH

Do you feel the call back to the wilderness?

Luna retreat is an intimate month-long journey of self-discovery, awakening and transformation. Held in a secluded retreat center in the breathtaking mountains of Oaxaca, this is a immersive experience fusing creative, spiritual, and cultural offerings to connect you to your heart.

Who ever you are, and wherever you are at this moment of your life, we welcome you. Come, dance, play, feel, and experience more freedom as you embody your true nature.



## ABOUT

## HOW BIG ARE YOU WILLING TO SHOW UP FOR LIFE?

Imagine waking each morning to nature's gentle alarm. Discover a secluded bench as you watch the sun rise illuminating the mountains, breathe in new life filling yourself with infinite possibilities. Make your way to the temple for a grounded, heart-centred yoga and meditation practice followed by an abundant vegan breakfast on the terrace.

Rest, digest and soak in some vitamin D before walking barefoot to Arbol La Luna, a 800 year old oak tree. Sit, tune in, and feel your intentions for your retreat. Share your prayers and offerings, knowing that this is your time to make change, you are loved and supported. In the afternoon receive a nurturing massage that will support you to land and feel held in a loving cocoon where you are safe to be yourself.

Come evening, find yourself in the warm glow of a candlelit restaurant, connect with kindred spirits on shared paths of self-discovery and growth. Finish your day unwinding in the natural sauna, emerge under a blanket of twinkling stars, ready to slip into a restful night's sleep.



## THE SPACE

In the mountains of Oaxaca, lies a hidden natural paradise. Experience life with fewer distractions, as you strip back to a simplified way of living. Roam the land, the forest and waterfalls discovering natural wonders.

[www.terrazadelatierra.com.mx](http://www.terrazadelatierra.com.mx)



## DATES

### 30 DAYS

Arrive one day before the New Moon  
and depart one day after

**2023**

12th November - 13th December

**2024**

10th January - 10th February

**2024**

9th March - 9th April



# WHAT'S INCLUDED?

## ACCOMODATION

Cosy Stylish Cabana with bathroom, desk and fireplace

## MEALS

2x Vegan Meals daily  
Breakfast & Dinner  
Weekly meal out in local area

## MOVEMENT & MEDITATION

Daily Meditation and Yoga  
Weekly Movement session  
Breathwork session

## NATURE IMMERSION

2x Guided Nature Hikes  
Horse Riding  
Weekly Natural Sauna

## CREATIVITY

Clay Making Workshop  
Creative Expression Workshop  
Journalling, and creative writing

## MENTORSHIP

Weekly mentorship Session

## SOUND

2x Sound Bath  
Voice Activation session

## NATURAL HEALING

Massage  
Reflexology  
Reiki and Energy Healing  
Tarot Reading  
Egg and Copal Cleanse

## RITUAL

3x Temazcal  
Full Moon Temple of Isis Ritual  
Opening & Closing ceremony  
Psilocybin (mushroom) ceremony

## CULTURE

Day Trip to San Matteo Rio Hondo  
Day Trip to San Sebastian  
Experience Day One Truth

## EDUCATION

Yogic Lecture  
Heart Sharing Circle  
Non Violent Communication





# WEEKLY PROGRAMME



Each week we will connect with you 1:1 to check in and plan the week ahead. You will have 1-2 days free to explore the local area, rest or connect with others.

WEEK 1

EARTH



## GROUND, CONNECT, NURTURE

- + Earth – Mentorship session
- + Welcome Ceremony
- + Yoga, meditation & personalized movement class
- + Massage
- + Local Village visit San Sebastian
- + Spiritual cleanse
- + Guided Hike with cold water plunge
- + Clay Making (2x days)
- + Temazcal
- + Free Day

example

8am - 8:40am - Meditation  
9am- 10:30am- Yoga  
10:30am- 11:30am- Breakfast  
12pm- 2pm Welcome ceremony & intention setting  
4pm-6pm- Massage  
7:30pm - Dinner  
9pm- Sauna

WEEK 2

WATER



## FEEL, EXPRESS, DISCOVER

- + Water – Mentorship session
- + Yoga, meditation & personalised movement
- + Waterfall Hike with cold water therapy
- + Reflexology
- + Creative Expression workshop
- + Dance Session
- + Sound Bath
- + Voice activation
- + Free Day

example

8am - 9am - Meditation  
9am- 10:30am- Yoga  
10:30am- 11:30am- Breakfast  
1pm- 4:30pm- Waterfall Hike  
7:30pm - Dinner  
9pm- Sound Bath

## WEEK 3

**FIRE**



## WEEK 4

**AIR**



### **PASSION, PURPOSE, TRANSFORMATION**

- + Fire – Mentorship session
- + Yoga, meditation & personalized movement
- + Breathwork Session
- + Psilocybin Ceremony
- + Integration Hike
- + Temple of Isis Full Moon Ritual
- + Temazcal
- + Free Day

#### **example**

8am - 9am - Meditation  
9am- 10am- Light Breakfast  
11am- 7pm- Psilocybin Mushroom Ceremony  
8pm - Dinner

### **SURRENDER, EXPAND, SERVICE**

- + Air – Mentorship session
- + Yoga, meditation & personalized movement
- + Local village visit San Matteo
- + Reiki and Crystal healing
- + Yogic Lecture
- + Your offering to community
- + Sound Bath
- + Heart Sharing Circle
- + One Truth Experience (local cultural experience)
- + Closing Ceremony
- + Free Day

#### **example**

8am - 8:40am - Meditation  
9am- 10:30am- Yoga  
10:30am- 11:30am- Breakfast  
12pm- 6pm- Day trip to Local Village San Matteo  
7:30pm - Dinner



ETHER



COSTS

## OPTIONAL EXTRA

- + Silent Retreat, 6 nights
- + Daily morning Yoga & Meditation
- + Meals served in Cabana
- + 1:1 support, daily check ins



**FULL RETREAT**

**4,600 USD**

**EXTRA WEEK**

**700 USD**

## ABOUT ME

Hi I'm Alex, I am passionate about creating intimate, safe containers held by mother nature. My mission is to empower you to connect with your truth, your dreams, and take courageous steps towards them.

As a firm believer in the power of the heart, I offer transformative experiences, coaching, embodiment practices, and energy healing to guide you to connect with your True Self and embrace more of your unique expression. With a playful, vulnerable, and deep approach, my intention is to help you delve into the depths of your being, to unlock your innate potential.

[kingdomeoftruth@gmail.com](mailto:kingdomeoftruth@gmail.com)



“I catch myself re-living moments of my time in the mountains, remembering the beauty I experienced and knowledge I gained. I learned to trust my instincts, listen to my body and embrace my feelings. I reconnected with nature, explored the vast forest...listened to the birdsong and followed the dance of oh so many butterflies. I was in good hands with Alex, she is such a caring wonderful person, and friend. She listens with a compassionate heart, and guided me through tough times, helping me to open up and live to my fullest. Alex created a safe space and helped with the process of being vulnerable with myself and others. It was fun to take part in the creative process of slowly discovering the inner landscapes of mind, body and soul. Through reflecting and sharing, I connected to my true calling, in order to follow my passions and interests in life.”

- Julian, Germany

## LEAVE THE RETREAT WITH:

- + A renewed sense of self & inspired direction
- + Tools and techniques to support you to connect, gain resilience and overcome challenges
- + A new perspective & connection to what's truly important in life
- + A deeper understanding of who you authentically are
- + A connection to your heart and mother earth
- + A new community of like minded souls and supporters
- + A feeling of renewal, reset and balance
- + Wisdom about the local indigenous people
- + Clarity on your purpose and innate gifts
- + Connection to your creativity and intuition

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