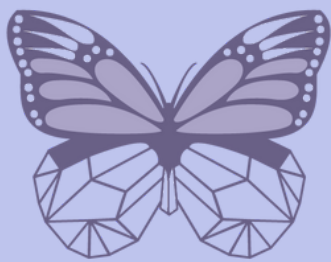


# EVOLUTION

HEALING CENTER



Introducing

THE EVOLUTION RETREAT

...In Costa Rica's natural paradise

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



# Your Evolution Awaits ....

The Evolution Retreat is a transformational program that delivers measurable results based on cutting edge research in neuroscience combined with ancient wisdom teachings.



Within this sacred container, we shed the layers of old belief systems, release emotional burdens, and liberate ourselves from anything that hinders our from our full potential.

Learn how to re - wire the neural networks in your brain to optimize healthier thinking patterns, as well as cultivating inner peace and personal freedom. You will learn tools to break free of your repetitive suffering.



# Our Location



The Evolution Retreat is located amidst the stunning nature of Costa Rica.



Our center is located just a few minutes away from the Pacific Ocean.

During this retreat, you will experience wonderful excursions - waterfalls, white sand beaches, wellness activities, massages, healthy meals and much more.

Wake up to the sounds of nature & step into the transformative journey of the Evolution Process. Receive unwavering support and complete rejuvenation as you dive deep into the realms of internal observation & shadow work.



# What You'll Get

## 1 Luxury Accommodations

Surrounded by scenic landscapes, our wellness center provides a peaceful retreat for those looking to disconnect and rejuvenate.



## 2 Guided Meditation

Promotes a sense of deep relaxation, reduced stress, lower anxiety, lower blood pressure, and an overall state of well-being. We are able to release blocked energies by bringing awareness to our thoughts and different areas of our body.

## 3 Yoga

Explore your style. From active yoga classes that strengthen our core muscles, to passive styles of yoga such as Yin - which promote deep relaxation, improve sleep, improve depression symptoms and help with stress management.



# 4

## Sound Bath

Our crystal singing bowls & various instruments emit healing vibrational frequencies that will remove blockages in your electromagnetic field.

Allowing you to release what no longer serves you, while also inviting a peaceful and more tranquil energy into your mind and body.



# 5

## Plant Based Meals

Healthy & nutritious meals every day to replenish and revitalize your physical and mental health.

# 5

## 1 - 1 Energy Healing

This ancient practice unlocks your body's ability to heal and repair itself.

Energy medicine helps to dissolve blockages, allowing the client to become more receptive to healthier thinking patterns.



# 7

## Ice Bath

Experience the exhilarating euphoria of cold water immersion, where each dip invigorates body and soul. From soothing muscles and boosting immunity to enhancing mental clarity and rejuvenating skin, the icy plunge offers a treasure trove of well-being.



# 8

## Breathwork

Deep rhythmic breathing moves us out of fight or flight and into the parasympathetic nervous system. It also helps unblock and release - fear, trauma, limiting beliefs and negative emotions stored in our body.

# 9

## Massage Therapy

Enjoy deep relaxation and mental well-being with a deep tissue or therapeutic massage. This form of bodywork fosters a healthier body-mind connection and contributes to overall vitality.



## What's Included

✔ Deep Tissue Massage

✔ Beach Excurcion

✔ Waterfall Excurcion

✔ Immersive Sound Bath

✔ Breathwork Sessions

✔ Variety of Yoga Classes

✔ 1 -1 Aerial Yoga Class

✔ Guided Meditation

✔ Tarot Card Reading

✔ Cold Water Immersion

✔ All Workshops

## Not Included

✘ Airfare

✘ Travel Insurance

✘ Additional Excursions

✘ Off Site Meals

✘ Additional Services

# Reserve Your Spot



Listen to your intuition,  
and honor your unique  
journey.

With dedication and an  
open heart, you'll find  
yourself on a path of  
profound transformation  
and self-discovery.

LET'S WORK TOGETHER

## RETREAT DATES: 2025

January 3rd - January 10th  
February 14th - February 20th  
April 16th - April 22nd  
May 14th - May 20th

## UPON CONFIRMATION:

- ✓ Detailed Schedule
- ✓ What to Bring
- ✓ Swag Bag
- ✓ Recommended reading & video material
- ✓ Bonus Gift (early - bird special)

## TOTAL VALUE:

\$8000

## YOUR INVESTMENT

2,200



# Why Work with Me

You've tried everything – therapy, medication, self-help books – but nothing seems to make a lasting difference. The trauma of your past weighs heavy on your shoulders, casting a shadow over every aspect of your life. You long for relief, for healing, for someone who understands the depth of your pain.



That's when you stumble upon my story – a story of resilience, redemption, and the power of transformation.



Together, we'll dive deep into the roots of your fears, unraveling the tangled knots of pain and trauma that have held you captive for so long.

Through personalized coaching, tailored wellness plans, and compassionate support, I'll walk beside you every step of the way as you embark on your journey towards healing and wholeness.

## ABOUT THE OWNER



# Ashmin

Ashmin is the owner & founder of Evolution Healing Center and works as a holistic health practitioner. Her purpose is to support others on their life's journey.

Her dynamic approach to facilitating transformation & integration is rooted in ancient wisdom, ritual, the energetic arts, plant medicine and various holistic healing modalities.

Ashmin is a wisdom keeper who shares practices of earth based spirituality.

Through workshops, retreats,  
and one-on-one coaching,  
Ashmin empowers you to  
awaken your inner wisdom.



To heal your bodies and minds,  
and to reconnect with the  
natural world around you.





## HER STORY

Ashmin's journey led her into the heart of the Amazon jungle, amidst the lush canopy of towering trees and the symphony of exotic creatures. With an insatiable thirst for knowledge and a burning desire to connect with the mysteries of the natural world, Ashmin embarked on a life-changing journey into the depths of the Amazon rainforest.

Ashmin delved deep into the teachings of the jungle, communing with the spirits of the plants and animals, and undergoing profound transformations of her own. She learned to navigate the hidden realms of the spirit world, to harness the healing powers of nature, and to tap into the infinite wisdom that dwelled within her own being.

Guided by an inner calling and an unwavering sense of purpose, Ashmin began her studies with a wise and revered shaman known for his profound wisdom and connection to the spirits of the jungle. Under his teachings, she immersed herself in the ancient traditions of the indigenous people, learning the secrets of herbal medicine, energy healing, and spiritual practices passed down through generations.



## HER STORY

Now, armed with the knowledge and training she has received, Ashmin returns from her odyssey in the Amazon to share the gifts of the jungle with the world. With a heart full of compassion and a spirit ablaze with purpose, she offers her guidance and wisdom to those who seek transformation and healing in their own lives.



Are you ready to embark on a journey of self-discovery and empowerment?

Join Ashmin as she invites you to step into the magical realm of the jungle, where ancient wisdom meets modern healing, and where the power to transform your life lies within reach.

Embrace the call of the wild and unlock the infinite potential that awaits you on this extraordinary adventure.

# How It Works

## 01 CONTACT US

The best way to reach us is through Whatsapp or Email. Please share your name, where you are from, and why you are interested in this retreat & any questions you may have. If this retreat is aligned with what you are seeking, we will move to the next step.

## 02 RESERVE YOUR SPOT

\$1500 deposit is required to reserve your spot. There are only 10 spots available, so we require a firm commitment from each participant.

Enrollment closes by December 20th

## 03 PAY YOUR INVESTMENT

Full payment is due anytime prior to December 21st. Payment plans are available upon request.

## 04 PREPARE FOR EVOLUTION

Receive schedule & detailed instructions for your upcoming adventure. Get ready for the ultimate transformational retreat.



### CONTACT US

WhatsApp  
+1-613-827-8015

Evolution Healing Center, Rio  
Santo, Guanacaste, Costa  
Rica.

### OFFICE HOURS

Mon - Sat 9:00am - 5:00pm CST  
Sunday 10:00am - 3:00pm

### WEBSITE

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

### EMAIL

[Info@evolutionhealingcenter.com](mailto:Info@evolutionhealingcenter.com)

### SOCIAL MEDIA

[@evolutionhealingcenter](https://www.instagram.com/evolutionhealingcenter)

# Limited Time Offer: Early Bird Package



Our limited edition offer is available only until August 25th

LET'S WORK TOGETHER

YOUR INVESTMENT

**\$1,800**

+ ACCOMODATIONS

## WHAT YOU'LL GET:

- ✓ \$400 discount on your selected retreat package.
- ✓ Swag Bag
- ✓ Bonus Gift

Final price is determined based on the accommodations you choose:

- Entire Villa
- Private Room
- Shared Room

Embrace the opportunity to embark on this exhilarating adventure of self-discovery and liberation, where every moment holds the promise of profound transformation and boundless freedom.

# Additional Services & Amenities

## Included In Your Package



### Transportation

#### Included

- Transport To/From Liberia Airport
- Transport for all excursions & adventures

### Pool & Jacuzzi Tub

- Pool with stunning artwork
- Hot Jacuzzi Tub for relaxation

### Healthy Meals

- 3 vegetarian meals per day
- Daily Herbal Elixirs
- Special dietary requirements are accommodated (vegan, gluten free, etc.)

### Smoothie Bar

#### 24/7 Smoothie Bar

- Fresh fruits & veggies
- Dairy - free milk options
- Supplements (chia seeds, hemp seeds, vegan protein powder & more)

### Infrared Amethyst BioMat

- Improves circulation and cardiovascular function
- Pain Relief
- Stress and fatigue reduction
- Improved skin health

### Infrared Red Light Therapy

- alleviate muscle soreness, joint pain, and stiffness
- promote blood circulation
- reduce inflammation and ease pain

# Luxury Accomodations

## Expressions



The House of Expressions is a private King Suite & our most luxurious villa



\$325 per night

- Entire house
- "Jungle" bathroom
- Extra large king size bed
- Indoor tropical garden
- Stunning architecture
- Two private entrances
- Extra large patio
- Kitchen & living room
- Ideal for couples

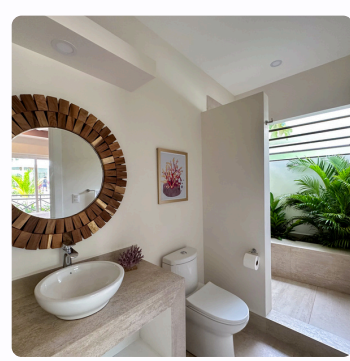




# Intuition

## Features

- King size bed
- Indoor garden
- Private bathroom
- Patio
- Pool view
- Kitchen
- Living room
- Reading nook



# Private Rooms

\$200 per night

# Vision

## Features

- King size bed
- Indoor garden
- Private Bathroom
- Patio
- Studio view
- Kitchen
- Living room





# Kundalini

## Features

- Twin Bed
- Indoor garden
- Shared Bathroom
- Patio
- Kitchen
- Reading nook



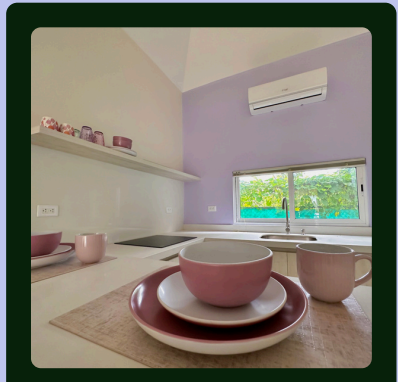
# Shared Rooms

**\$100 per night**

# Clarity

## Features

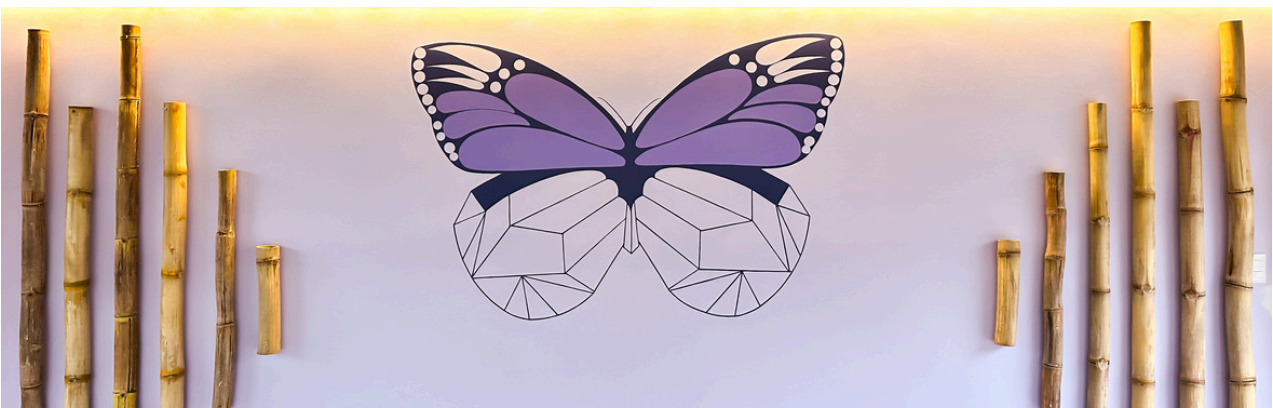
- Twin Bed
- Indoor garden
- Shared Bathroom
- Patio
- Kitchen
- Living room



“

*This is the most immersive retreat  
Ashmin offers, allowing you to take a  
deep-dive with her very latest  
teachings on the evolution of  
consciousness, aligning to a new life,  
and going beyond the known self.*

- JOCELYN



# FAQ's

## Local Currency & Exchange Rate

Costa Rica's official currency is the Colón. The exchange rate is approx. 560 colones to the dollar. US dollars are generally accepted in all areas. If you spend US dollars, keep in mind that you will receive your change in colones.

## Credit Cards

All major credit cards are accepted in Costa Rica. Visa and Mastercard are the most prevalently accepted with AMEX and Discover accepted in fewer locations

## Visa & Passport Requirements

Guests traveling from the USA and Canada (and other countries) do not need a visa, but will need to provide a return ticket or evidence of onward travel.

## Electrical Power

The country uses 120V, 60Hz current, and the same for wall outlets. This is the same as the US, so guests from the US will not need adaptors.

## Dietary Needs

Our chefs are fully versed in many types of foods and special dietary needs and can accommodate any special request. We ask that you let us know in advance if you have any special needs, diets, or desires.

## Medical Requirements

No shots or vaccinations are needed for visits to Costa Rica.

# FAQ's

## **Do people at the resort speak english?**

Everyone in the office, the instructors, massage therapists and all other staff members speak English.

## **Is Costa Rica safe?**

Costa Rica is safe. Like any place, normal precautions and care should be taken depending upon where you are visiting. Violent crime is rare in Costa Rica, while theft of personal property (from automobiles & high traffic tourist areas) is more common.

## **Safety**

Our resort is very secure. Our fully gated property is protected 24/7 with surveillance Nexxt Securty System. As a standard precaution we recommend that you store your valuables (cash, credit cards, passports, plane tickets, etc) in the safe available in your room.

## **Is the water safe to drink?**

Yes, the water at Evolution is safe to drink from every faucet on the property. Countrywide, water quality standards in Costa Rica are generally quite high and visitors normally do not have any problems.

## **Laundry**

Yes, we offer one laundry service to our guests, it is included in your package. Gratuities are additional and recommended.

## **Price of Retreat & Accomdations**

The price of the retreat is \$2200 per person & \$1800 for the early bird special. The total price for you will be determined by your choice accomdation.

# Begin Your Healing Journey

Are you ready to take the first step towards a life of wellness and profound healing? If so, I'm here to guide you, support you, and champion you every step of the way. Your journey towards wholeness starts today.

TAKE THE LEAP

Let's rewrite your story – a story of courage, transformation, and infinite possibility.

TEXT OR CALL US - WHATSAPP ONLY



+506-6430-7364 (Evolution Direct Line)



+1-613-827-8015 (Ashmin's Personal Contact)

Please contact us if you have any questions or would like to find out more about our center and upcoming retreats.

Start the Evolution Process,  
and prepare yourself for a  
transformational  
experience.

*Ashmin Kaur*



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

[info@evolutionhealingcenter.com](mailto:info@evolutionhealingcenter.com)

