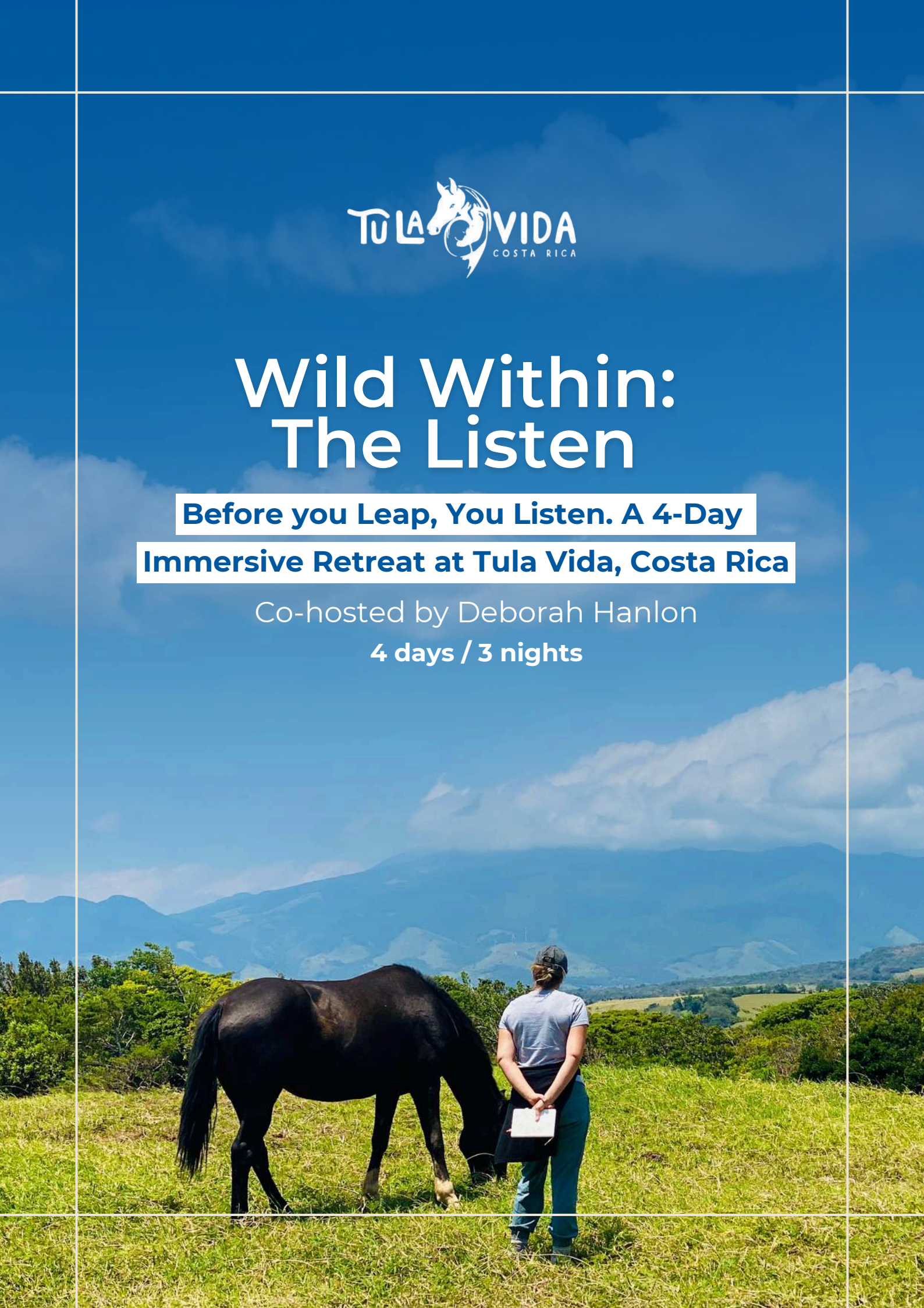
Wild Within: The Listen

Before you Leap, You Listen. A 4-Day Immersive Retreat at Tula Vida, Costa Rica

Co-hosted by Deborah Hanlon

4 days / 3 nights



THIS IS MORE THAN A RETREAT. IT'S A CHANCE TO LISTEN TO YOUR SOUL IN THE PRESENCE OF WILDNESS.

Imagine stepping into a sanctuary where the air is thick with the scent of flowers and rain, and the only sounds are the whispers of the wind and the calls of the wild. At Tula Vida, a 85-acre haven in the heart of Costa Rica, you'll find yourself surrounded by a conscious herd of horses, free-roaming and unburdened by time. This is not a riding retreat; it's a journey into presence, a return to your own rhythm.

Under the guidance of intuitive medium Deborah Hanlon, you'll engage in equine-facilitated awareness sessions, journaling, and stillness practices designed to help you reconnect with your inner knowing. This retreat is an invitation to stop shrinking, stop waiting, and stop rehearsing the same small version of life. It's your time to choose adventure, to stretch beyond your comfort zone, and to reclaim the parts of yourself you've put on pause.

DEBORAH HANLON

For over two decades, **Deborah Hanlon** has empowered people to harness the transformative power of grief, helping them to heal, grow, and step into their highest potential. With a unique blend of science, spirituality, and intuition, Deborah leads her clients on a journey of self-awareness, tapping into their inner strength to unlock the lives they are destined to live. Her teachings, grounded in both psychology and metaphysics, offer a refreshing realism that honors skepticism and celebrates the mystery of the human spirit.

IS THIS RETREAT FOR ME?

This retreat is for you if:

- You feel the pull toward something different—something deeper, more vivid, more alive.
- You're ready to stop rehearsing the same small version of life.
- You long to reconnect with your true self and embrace your wild inner knowing.
- You're open to the wisdom of horses and the stillness of nature.
- You seek a transformative experience that goes beyond traditional retreats.

Even if you feel nervous or uncertain, something is stirring inside you as you read this. At some level, you already know this is for you.

WHAT'S UNIQUE ABOUT THIS RETREAT?

"Wild Within: The Listen" facilitating with Deborah Hanlon, and combining her wisdom with the Tula Vida herd, offers:

- **Equine-Facilitated Awareness Sessions:** Engage in transformative sessions with the horses and Tula Vida team, supported and debriefed by Deborah Hanlon, to deepen your connection with your inner self.
- In-person time and sessions with renowned intuitive and psychic medium, Deborah Hanlon.
- **Time in Nature:** Immerse yourself in the stunning 85-acre sanctuary, exploring trails, rivers, waterfalls, and primary rainforest.
- **Journaling and Stillness:** Practice journaling and stillness to quiet the mind and listen to your soul.
- Nervous System Alignment and Energetic Boundary Work: Learn techniques to align your nervous system and establish healthy energetic boundaries.

What’s included in this retreat

Equine-Facilitated Awareness Sessions:
Daily sessions with the horses, guided by the Tula Vida team together with Deborah Hanlon.

Journaling and Stillness Practices:
Time each day for personal reflection and connection.

Nervous System Alignment and Energetic Boundary Work: Techniques to support your personal transformation.

Time in Nature: Access to the 85-acre sanctuary for exploration and connection.

What’s included in this retreat

Comfortable Accommodation: Stay in cozy, thoughtfully designed spaces within the sanctuary, with stunning sunset views.

Farm-to-Table Meals: Enjoy nourishing meals prepared with locally sourced ingredients, many from the Tula Vida garden.

Group Transportation: Roundtrip group transportation between Liberia International Airport (LIR) and Tula Vida at set times on retreat arrival and departure dates.

The Villas

Bright, spacious, and surrounded by beautiful volcano views, the Villas offer a perfect balance of comfort, connection, and quiet moments to unwind.

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THE LODGE

Located at the heart of Tula Vida, the Lodge offers a warm and inviting atmosphere where comfort meets community.

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THE MANOR

Set slightly apart from the main gathering spaces, the Manor offers a sense of privacy, spaciousness, and connection to the surrounding landscape.

TU LA VIDA
COSTA RICA

Investment:

Starting at $2,700 (double)
2026 prices

Deposit required at booking. Payment plans available.

These retreats sell out quickly

secure your place now.

BOOK YOUR RETREAT HERE

TULA VIDA
COSTA RICA

Please Note:

- No prior horse experience necessary (even being a little afraid of horses is ok too, we take things at your pace).
- No horseback riding unless otherwise stated, horse experiences are on the ground.
- Suitable for everyone over 18, no matter your background.
- Horse experiences can be deeply moving, insightful and personal. We take great care to provide a safe environment for vulnerable work.

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