



MARCH 7 - 10 2024  
PROVIDENCIA DE DOTA, COSTA RICA



AN OFFERING FROM  
ADVENTUREVERSIY  
FOR WOMEN AND NON-  
BINARY FOLKS

# CLIMBING & RELATIONAL ART RETREAT



In colaboration Ecoversities  
Alliance y Reimagining  
Education Conference



Re-imagining Education Conference



@cov ersities





*We invite you to a personal  
and collective exploration  
through climbing and  
training, where we will  
review our map of  
relational bonds to  
reimagine our lives.*



**THE LEADERSHIP  
DEMANDED BY  
THIS TIME  
REQUIRES  
FIRMNESS AND  
AWARENESS OF  
THE BODY AND  
OUR  
RELATIONSHIP  
WITH THE EARTH.**

## ♥ PROVIDENCIA

It is one of the most beloved bouldering destinations in the country. There are also multi-pitch climbs, sport climbing, and world-class tree climbing. Surrounded by primary forest and located next to the Quetzales National Park, it is a place of great biodiversity, clean water, and a community that embraces environmental care, mountain sports, conscious ecotourism, and values of a living a good life.



This is a climbing retreat (on rock and in trees) to experience and learn from modalities and ways of moving with these sacred beings. We will challenge ourselves to grow, strengthen, and align our bodies, guided by the wisdom of our inner nature.







***We firmly believe that climbing is a personal and collective practice involving strenuous physical, mental, emotional, and spiritual work.***

Those of us who climb know that each person embodies their own style, their own 'beta.' We want to bring together various individuals embodying these practices and examine how their relationships unfold.

## INTENTION

The intention of this retreat is to re-connect with the wisdom of our bodies to awaken the possibility of listening to the world and life. Relational art invites us to review our connections and bring to consciousness the ways in which we are experiencing them, how we nurture them, what practices we have, and how we heal them.





# RELATIONAL ART AND LEADERSHIP

Relational art is an invitation for our family, social, work, climbing, and nature connections to be a practice of creation, imagination, and will. The review of our relationships and practices is a way to bring awareness to ourselves and the world we inhabit. The leadership demanded by this time requires firmness and awareness of the body and our relationship with the earth. The best way to achieve this is through the clarity of our relationships. We will reimagine leadership and cultivate a leadership of friendship, as our friend Shilpa Jain mentions.





# WHIO IS THIS RETRET FOR?

This retreat is for climbers of all levels who seek a nurturing environment that inspires us to be true to ourselves and flourish. It's a brave space to learn from our relational bonds. We invite people of all genders because we believe that those who have questioned their gender identity and ways of relating, beyond the heteronormative framework, have taken steps towards awareness of their connections.

In these times, breaking the binary forms in which we conceive the world is a political and important act to see beyond the norms established by patriarchal, capitalist, and neoliberal society

IT WILL BE PHYSICALLY  
DEMANDING, SO COME  
PREPARED FOR  
TRAINING. WE HAVE A  
SCHEDULE FULL OF  
ACTIVITIES TO NOURISH  
THE BODY AND SOUL





# GENERAL AGENDA

Day 1: Welcome, intentions, and circle of sharing 🌿

Day 2: Yoga practice, rock climbing in the afternoon, and BONDfire 🔥

Day 3: Morning run or walk, tree climbing, and sharing activity 🌳

Day 4: Long hike, climbing, and closing ceremony 💖





## FACILITATOR CREW

### LUNA

Latina Artist, Climber, Holistic Health Coach, fitness & yoga practitioner from El Salvador. Recognized in different countries as yoga teacher, movement advocate, entrepreneur and social media creator in the health and wellness sphere. "I believe that creating healthy, mindful habits is a journey to be enjoyed, not a destination. Exercise and moving my body is a huge part of my life; it keeps my energy levels high and helps me be a more positively energized person. Rock climbing is my biggest passion, physical training and yoga are what keeps my feet on the ground ;)."



### SIERRA

Multicultural adventurer, lifelong rock and tree climber, spiritual forager, community weaver, re-imaginer of life and learning. My actions are intrinsically linked to a deep desire to honour the mysteries of life. I aspire to be a part of a societal shift toward harmonious, compassionate living through reverence for the beauty of wilderness, and nurturing it within ourselves.



### ANDRE

Relational artist, Chix'i, Andean, cuir, mountaineer, and climber. In recent years has worked with global communities that are related to issues of alternatives to life, cultural, social, and educational regeneration in Ecoversities network and Re-imagining education conference. Also was trained by academia, and holds a Master's Degree in Communication Research with a mention in Public Opinion from FLACSO, Ecuador, university teacher, facilitator.





## • ~ COST ~ •

sliding scale from \$300 - \$450 USD

What's included?

- Meals (breakfasts, dinners, and snacks.  
You're invited to bring your own snacks)
- Shared accommodation with 8 people from  
Thursday to Monday
- Climbing, yoga, and facilitation activities
- Guidance and support

Not included: transportation and personal climbing equipment

We'll walk to all the places we visit for a local experience. We have prepared snacks for the day, but if you tend to have a larger appetite, feel free to bring extra snacks. Transportation to Providencia is up to you, but we can always help coordinate or provide information.

### **GIFT ECONOMY**

Our programs or conferences typically operate on the economy of generosity. If you find this proposal interesting and have the resources to contribute more, please do so. Similarly, if this is an invitation that interests you but you don't have the necessary resources, please contact us at [sierrayallen@gmail.com](mailto:sierrayallen@gmail.com). No one will be turned away due to a lack of funds



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