

A TANTRIC EQ+BQ 6-DAY RETREAT

FOR COUPLES + PARTNERS TO INFUSE MAGNETIC FORMS OF
LOVE INTO ALL FLOWS OF LIFE

(current coupledness is not required)

COSTA RICA | MARCH 3-8, 2026

Guanacosta Coast // Sugar Beach + Tamarindo Area

RELEASING + REFRAMING

AN UNFORGETTABLE DESTINATION RETREAT

Combining Curriculum from Graceline's Retreat Series:

MODULE 1: (EQ) EMOTIONAL INTELLIGENCE +

MODULE 2: (BQ) BODY INTELLIGENCE +

CURATED "CONSCIOUS COUPLING" AND PARTNERSHIP CURRICULUM

In addition to a more RESTORATIVE and FULFILLING way to receive the full Module 1 and Module 2 content, this is an adventurer's retreat offering amplified and curated COUPLES + PARTNERS curriculum to INCREASE INTIMACY as a form of raw creativity.

The greatest school we will ever know is the one brought to us by the mirrored image of our divine partner's reflection. This perturbation and the attractor field of partnership offers a faster freeway beyond the hidden dynamics that can block us from both freedom and connection. Using this particular landscape as a codekey, our time together will unlock the collaborative alchemy, symmetry, and harmony that comes from **leaning more deeply into the "Tantra and EQ Arts and Sciences" that arise organically from both romantic relationship and creative business partnership.**

The Graceline Institute is a Spiritual Sciences and Interactive Art Institute Specializing in Emotional Intelligence, Consciousness, Self-Sovereignty and Service to Ecology.

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Biochemically level up your life by understanding the conscious, unconscious and magnetic patterns that create personality and then get projected onto partnership.

This epic adventure is best experienced by bringing your partner along with you, however, we also invite anyone who is also PREPARING FOR PARTNERSHIP by wanting to FULLY OWN their own inner history, patterning and acreage. This event is a nurturing and elegant way of investigating and transcending your 50% share of any magnetized life partnership by unpacking the dynamics of what drew you together, what “feeds you or bleeds you” in the present, and what would be of greater use to you in the wider shared vision. This means we make actual steps toward graduating all partnerships into higher-result magnetics. At the same time, we learn actual self-reliant toolsets for grander invention, deeper intimacy, and far more potent love and creativity. Even business partnerships can be more creative with these powerful practices and easy-to-apply team toolsets.

CONSCIOUS + UN/CONSCIOUS COUPLING CURRICULUM

Is this retreat ONLY for romantic couples? NO. It is a deep-dive into higher partnership in all forms, including a mechanism for being TOTALLY DONE with your past to MAKE ROOM for your chosen future. Thereby, this Retreat is great for:

- **Current Couples or Business Partners** who want to epically uplevel and dream bigger and brighter together.
- **Brave Ex-Partners** who are bold enough to come glean medicine from the past in order to liberate the magnetics of the future (especially for forward efficacy in CLEAN living agreements for co-parenting).
- **Single Folks Seeking a Soulmate** from a much more aligned and stable place –well-compassed, already worthy, and well-pro/visioned.



WHY THE COSTA RICAN PENINSULA OF SUGAR BEACH + TAMARINDO?

We will be gathering at Reunion Wellness Retreat Center (oceanfront on Sugar Beach). This part of the world is not only a Blue Zone, but is an energetic hidden gem where many restorative ley lines can electromagnetically reset a life. We will gather where fire and water meet to enjoy sacred time outdoors every day as we rest and digest into new ways of being.

We will also align into synchronized partnered pilgrimage time as we ground into unspoiled earth and the coastal rhythms of jungle life. This purposefully chosen and epic location will refill our cups into more connected partnership, creative and tantric principles, and toolsets for divine equilibrium.

COME FIND THE HIDDEN JEWELS ALREADY WITHIN YOU.

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REUNION RETREAT CENTER,
SUGAR BEACH, Guanacosta, Costa Rica

RETREAT + TRAVEL SCHEDULE

Tues - Sun, March 3-8, 2026

<u>DAY 1</u>	Tu	3/3	Travel	/ ARRIVAL	Beach	4-7p Welcome + Dinner
<u>DAY 2</u>	W	3/4	8-12p	EQ Training	12-3p Beach	3-7p Partner Practicum
<u>DAY 3</u>	Th	3/5	8-11a	EQ Training	11a-3p Beach	3-7p Partner Practicum
<u>DAY 4</u>	Fr	3/6	8-10a	EQ Training	PILGRIMAGE	Solo Time (*additional Journey Option)
<u>DAY 5</u>	Sa	3/7	8-11a	Tantra Training	11a-3p Beach	3-7p Partner Practicum
<u>DAY 6</u>	Su	3/8	6-10a	Sunrise Closing	New Beginning	DEPARTURE to Liberia

***Please arrive in country Tues 3/3 (or earlier) & schedule your flight home AFTER 1pm Sun, 3/8, 2026.*Please be sure to fly into LIBERIA, COSTA RICA (for a 1-hour shuttle to retreat center).**



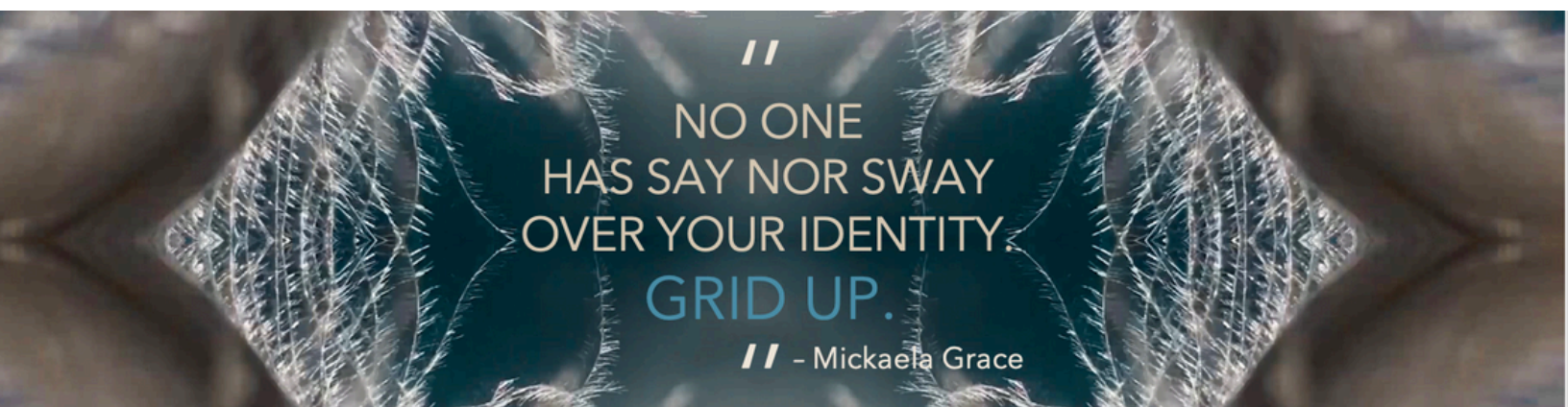


Original "Cymatics-into-Somatics"
Fractal Films & Sound Technologies
made at global temples by our Founder,
Mickaela Grace to clear memory and
MESS from the field NON-VERBALLY.

MODULE 1: (EQ) Emotional Intelligence

GET RID OF M.E.S.S FROM HISTORY TO PRESENT

- **Reset the nervous system from extremism** and flight/fight/freeze/appease responses that cause inner and outer conflict and repetition. And learn to self-repair moments of Soul Loss.
- **Clear FOLDS (Family of Origin Limbic Dynamics and Stances)** that can cause 'parent-child' dynamics or competitive power struggles to trickle into parenting, romantic, and work-related relationships—causing repetitive conflict, fatigue, illness, habit, addiction, or lack of chosen outcome.
- **Learn non-verbal release systems for going beyond talk therapy** to finally and fully be done with your own limiting stories, victim stances, and emotional memory. These are actual conflict de-escalation tools, meditation, breath work, sound, and movement technologies for powerful reset.
- **Stabilize organ and power systems** (mitochondria and electric boundaries) in the body as you become your own best friend, advocate, healer, and BS detector.
- **Heal illness while increasing intuition and resilience.** Once you learn how to take conscious administrative authority over the torus and electric body, both immunity and intuition amplify.
- **Create an inner sense of adulting** that is so rock solid that no person, place, or thing can knock you off center from your own inner worth and identity.



//
NO ONE
HAS SAY NOR SWAY
OVER YOUR IDENTITY.
GRID UP.

// - Mickaela Grace

INTELLIGENCE

//
holds
no worth
without
//

EMBODIMENT.

- Mickaela Grace

MODULE 2: (BQ) Body Intelligence

UNBIND FROM EVENTS USING THE BODY AS GOOD INSTRUMENT

Now that Mod 1 has stabilized the E+S (Emergency Services) hard drives of the 6 EMPEGS system, let's level you up by using the BODY as your best intuitive instrument-- and a powerful tool for SOMATIC RELEASE WORK.

The body is a truth detector, a tuning fork, and a super computer! Learn BQ techniques for staying on the re/evolutionary edge of your self-development using the BODY as your best intuitive instrument.

- **Use DIY Kinesiology (muscle testing) for inner investigation**, pattern-tracking, emotional clearing, "belief upgrading," clarity, medical dowsing/dosage, and better decision making.
- **Become a master "pattern tracker" by understanding longterm (geometric) impact on the body from memory**, events, genetics, beliefs, miasms, and static emotion. Learn to shed "either/or" extremism, finite thinking, negative expectations, the dangers of anxiety and depression, contrary beliefs, genetic inheritance, faulty self-esteem, and the "shadow magnetics" in relationship dynamics.
- **Learn to interrupt limbic loops that cause unwanted outcomes.** At the exact moment of a trauma, we attempt to "master life" by birthing coping mechanisms that are "born of the same EQ wattage or frequency of the wound itself"—so we are enslaved to the magnetics of an echo and repeat of unwanted outcome—until we reset the loops.
- **Practice actual tools for de-escalation, conflict resolution and EQ/BQ negotiations** to better serve your family, friends, teams, and community.



HIGHER HARMONY BEGETS STRONGER GEOMETRY.
STRONGER GEOMETRY BEGETS HIGHER HARMONY.

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CONSCIOUS

COUPLING
UN COUPLING

INCLUSIONS:

- **Curriculum** + Partnered Pilgrimage Outings
- **Accommodation** (rates differ based on private or shared room).
- **Food** (3 meals a day included at Reunion Wellness Resort. Organic farm-to-table cuisine with light protein). This DOES NOT include alcohol. And we request no alcohol consumption close to breathwork sessions.
- **Airport Transfer** to/from LIBERIA AIRPORT (w/in group window 2/7 & 2/15).
- **Property Amenities:** Beachfront daybeds, fire pits, infinity pools, fitness center, nature adventures, surfing, paddle boarding, jungle hikes, and more.

NOT INCLUDED BUT AVAILABLE

- **Spa + Medical Treatments** are offered at REUNION WELLNESS RESORT (massages, IVs, HRV testing + regulation, and more) at your own expense.
- **A Heart-Opening Journey w/ Irina** in the Maloca on Pilgrimage Day.

NOTE: Enjoying the outdoors and hiking, swimming, and adventuring is part of our mission, especially when being aligned and assigned to pilgrimage partners. Please let our faculty know if you are unable to hike in sand, rock, or jungle terrain.



RATES + REGISTRATION

FOOD AND ROOM INCLUDED. NOT AIRFARE.

SHARED ROOM \$3,400 (per person)

PRIVATE ROOM \$4,400 (per person)

REGISTER

Full refunds available up to 30 days before event. Non-refundable 30 days prior to event (but credits offered for medical emergencies).



Ask our team about sea turtle habitat and how to be a part of other natural preserve support while we are in-country.

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Do not look up, look forward.
The sage is not above, but at YOUR feet.

TRUE SOVEREIGNTY REQUIRES
FULL RESPONSIBILITY.

// We decided, and so, we became. //

A Graceline Foundational Pillar - Mickaela Grace

YOUR RETREAT FACULTY



Mickaela Grace - Founder, Healer, Artist

Mickaela is the founder of the Graceline Institute, an Emotional Intelligence (EQ) and spiritual sciences school devoted to human transformation and environmental Activism (Art Activism).

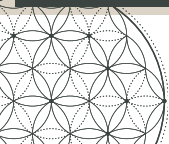
With 25+ years of experience in natural medicine, meditation, and consciousness coaching, Mickaela specializes in upleveling the world's thought leaders and high performers. Her original EQ-centric curriculum employs "Flower-of-Life" ancient wisdom fused into "Cymatics-into-Somatics" Fractal Films, Temple Technologies, and Sound Healing modalities that rid the body of negative patterning. Mickaela gnostically believes that we are meant to bow to no outward authority figure, healer, leader, parent, pill, nor politician, but should instead find mastery over self, making each individual an artful and healthier cell in the wider organism of humanity.



Irina Haydon - Chairperson of the Board, Liv Foundation

Irina Haydon is an influential light upon community and the Chairperson of the Board at Liv Foundation, an organization dedicated to liver health and full-system recovery after anyone endures great tragedy. Originally from Romania, Irina's core mission crystalized after she endured the heartbreaking loss of multiple family members from liver-related diseases and pancreatic collapse—only to later find that they were all suffering from the same underlying emotional themes and unresolved trauma that had an echoing effect on the entire family. Leveraging her extensive background in the financial industry as an executive and sales leader, Irina channeled her entrepreneurial spirit into developing cutting-edge wellness products and therapeutic protocols. She curates highly transformational events that get the whole system back online with an unwavering devotion to human transformation and right reciprocity in business, community, and mission.

"Mickaela's training completely transformed my life. I released decades-old childhood trauma and shattered emotional barriers that kept me from giving or receiving love. In just one seminar, my heart opened fully, transforming my love life and how I experience connection. Out of every program I've tried, this was the most profound. If you're ready to heal deep-seated wounds and unlock your heart's capacity to love, then RUN to this work. This is where freedom begins." --Jake



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