

CONSCIOUS COUPLING

EQ + BQ WEEKLONG RETREAT

COSTA RICA | MARCH 1-6, 2027

Guanacosta Coast // Sugar Beach + Tamarindo Area

LEVEL 1

For Couples & Business Partners To Infuse Magnetic Forms of Upleveled Love Into All Flows of Life. (current coupledness is not required)

PARTNERS WILL ALWAYS BE OUR BEST TRIGGERS AND BEST TEACHERS.
Because we magnetically attract a perfect mirror.

And that partnership doesn't have to be rooted in tension, conflict, or antagonism if both partners are well trained to look for the deeper meaning behind any glitch.

We teach actual Emotional Intelligence (EQ) and Body Intelligence (BQ) tools for becoming so efficient, intuitive, and easeful in human relationship that you consider yourself an "EQ Athlete" who is unafraid of conflict because you have acquired the self-reliant skills to immediately and rapidly TRANSCEND it.

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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INFO@GRACELINEINSTITUTE.ORG
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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-- where we can sometimes feel like we are working AGAINST (rather than WITH) the people we love the most.

In addition to a more RESTORATIVE and FULFILLING way to receive pillars from our Module 1 and Module 2 content, this is an adventurer's retreat offering amplified and curated COUPLES + PARTNERS curriculum. Learn to let go of Family or Origin Dynamics and unlock higher happiness when you lean more deeply into the "EQ Arts and Sciences" that arise organically from both romantic relationship and creative business partnership.

FREE YOURSELF FROM THE CONSTRAINTS OF REPETITIVE CONFLICT.

Rather than drowning, demanding, or detailing all the ways that your partner "needs to change," come FREE YOURSELF from the constraints and complaints that exhaust you all.

This is a very precise curriculum for dropping baggage and creating deeper connection. But the process is very personal, mind-blowing, and often even joyful. It's about stabilizing your own inventory and your own sovereignty. With our style of curriculum, process work is kept to a minimum (and happens with strangers, not with your current partners) and privacy is entirely possible. There is no requirement to talk publicly unless you want to. But the friendships and community made here are epic (and usually life-changing).



The goal here is to uplevel the homebase frequency of your most common "go-to" emotion, complaint, stance, or story. And once those systems are uprooted and upgraded, you have so much more creative energy to put toward a chosen future (rather than a repeating history).



CONSCIOUS

COUPLING
UN COUPLING

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, collaboration, deeper intimacy, and far more potent love and creativity. We also use Temple Technologies, targeting breathwork, meditation, sound healing, and shamanic ceremony to reset the nervous system and heal from any past even that gets projected onto current partnership.

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-compensed, already worthy, and well-pro/visioned.



FAQS TO THIS UNIQUE STYLE OF LEARNING

Will I have to sit around and talk about all of my "stuff"? NO.

Again, this entire system of self-gnosis is about personal inward discovery and not about external processing. Even though "conflict resolution" skills will be gleaned as we learn very easy and very real tools for doing life, we do not actually engage in conflict mediation or counseling while at this event. And we DO NOT sit around telling our sad stories. In fact, we are encouraged to liberate ourselves by dropping most of our stories before leaving our secluded beach so that you go home NEW and highly at the HELM of your own life. This is an opportunity to nourish yourself, have mercy for the self, get to the TRUE ROOT of where your patterns began, "unbind them and unwind them from your nervous system", shed coping mechanisms, refill your own cup, and come away with insight about how magnetic and mirrored (and valuable) all external relationships are—and how much electric medicine is available when we know how to use relationships as forward-moving fuel.

Am I going on vacation just to fight? NO.

RELATIONSHIP CONFLICT OR PROCESS-WORK IS NOT MANDATORY! Most people hear "couples retreat" or "uncoupling" and they think "...Ugh...". Or they imagine being in a beautiful vacation while having to stare into each other's eyes and "talk about all their s*^t" when they'd rather be at the beach." That's NOT what this is.

Couples are not being evaluated. Nor tested. Nor counseled. You are there to truly come to Gnow Yourself (GNOSIS = To Know Thyself Through Direct Experience) and to experience really COHERENT COMMUNITY as you learn tools to help you drop any conflict, trauma, or life story.

Is this a "self-care" day spa or vacation? NO.

This is not a traditional or restful vacation. It is a deep dive into self. YES, you will have 3-4 hours a day to enjoy a very restorative, powerful and private beach, nature, and wellness amenities, but our curriculum is vigorous and transformative. And our goal is that you come away totally upgraded, with a hard-system reboot on any relationship that you choose. Our goal is that you become the driver of your own vehicle, not a passenger with whiplash who is "doing human relationship on repeat" and stuck in the mire, complaint, clash, or confusion of it.

Is this "too woo"? Is this "too religious"? NO.

This curriculum is NOT tied to any church nor any one spiritual or religious tradition. It's also NOT traditional talk therapy. All faiths - or -- NO faith is equally welcome. We celebrate skeptics, doubters, and defiance ! (LOL.. but seriously. We do!..) - because at least you ALREADY know how to think for yourself! Congrats! Now let's amplify that! And get you happier, healthier, and finding your own zone of genius—as well as EQUAL PARTNERSHIP -- and thriving in it.

HIGHER HARMONY BEGETS STRONGER GEOMETRY.
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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 also an energetic hidden gem where many restorative ley lines can electromagnetically reset a life. And because we are a "Spiritual Sciences" Institute, we are using this landscape to reset your immunity and electricity in a very therapeutic but grounded way. We will gather where fire and water meet to enjoy much needed sacred time outdoors every day to rest and digest—and to align to 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 unified principles, and toolsets for divine equilibrium.

We HIGHLY RECOMMEND coming a few days early or staying a few days longer to truly enjoy the surrounding area or rest up for such transformative work and joyful community gatherings. But keep in mind that once our schedule actually starts, it is busy (but joyful!)

RETREAT + TRAVEL SCHEDULE MONDAY - SATURDAY, MARCH 1-6, 2027

*Detailed schedule available. Contact us at workshops@gracelineinstitute.org

*Please arrive in country 3/1 (or earlier) & schedule your flight home AFTER 1pm Sat, 3/6, 2027.

*Please be sure to fly into LIBERIA, COSTA RICA (for a 1-hour shuttle to retreat center).

DAY 1		ARRIVAL		Beach	4pm-7pm	Welcome
DAY 2	9am-12pm	EQ Training	12pm-4pm	Beach	4pm-8pm	Class + Practicum
DAY 3	9am-12pm	EQ Training	12pm-4pm	Beach	4pm-8pm	Class + Practicum
DAY 4	9am-12pm	EQ Training	12pm-4pm	Pilgrimage	4pm	Free Evening
DAY 5	9am-12pm	EQ Training	12pm-4pm	Beach	4pm-8pm	Class + Practicum
DAY 6	6am-10am	Sunrise Closing	10am	DEPARTURE		





YOUR RETREAT FACILITY



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 Artivism (Art Activism).

With 25+ years of experience in natural medicine, meditation, and consciousness coaching, Mickaela helps people end their own suffering, cycles of conflict, limbic responses, and roadblocks to their zone of genius. 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.

“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”





INCLUSIONS

- **Curriculum** + Partnered Pilgrimage Outings
- **Accommodation** (rates differ based on private or shared room).
- **Farm-to-Table Food** (3 meals a day included at Reunion Wellness Resort. Organic cuisine with light protein). There is no alcohol available at this facility. And we request no alcohol consumption close to breathwork sessions.
- **Airport Transfer** to/from LIBERIA AIRPORT ONLY (and within group window 2/28-3/1 & 3/6-7)
- **Property Amenities:** Beachfront daybeds, firepits, infinity pools, cold plunge, fitness center, nature adventures, proximal surfing, paddleboarding, and more.

NOT INCLUDED, BUT AVAILABLE

- REUNION Wellness Resort also offers massages, IVs, HRV testing+regulation and other add-on spa and medical treatments that you can choose to enjoy during your daily 4-hour “beach breaks”.



RATES + REGISTRATION

Shared Room: \$3,400/person | Private Room: \$4,400/person

Room and food included. NOT airfare.

Full refunds available up to 30 days before event.

Non-refundable 30 days prior to event (credits offered for medical emergencies).

REGISTER
HERE



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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