

MONDAY

Just BE

DATE

FLIGHT INFO

Arrival & Orientation

LUNCH/SNACKS & REST

A Choice of Complimentary 30-minute
Massage OR Reiki Session with Sound Healing

DINNER

Opening Circle, Yoga Stretch & Meditation

TUESDAY

BE MINDFUL

DATE

7.45AM: Yoga & Meditation

9.30AM: BREAKFAST

SUP LESSON + SUP YOGA

Free Time

1PM: LUNCH

Free Time

7.30PM: DINNER

Evening Stretch & Reflection

WEDNESDAY

BE CONTENT

DATE

6AM: Sunrise Yoga

8AM: BREAKFAST PICNIC
ON THE BEACHFRONT

SAN GERVASIO RUINS

Free Time

1PM: LUNCH

SUNSET SAILING

7.30PM: DINNER

Evening Stretch & Reflection

THURSDAY

LET GO

DATE

7.45AM: Yoga & Meditation

8.30AM: BREAKFAST

**SUP MANGROVE TRIP
ALL DAY EVENT**

7.30PM: DINNER

Evening Stretch & Reflection

FRIDAY

BE AUTHENTIC

DATE

DAWN SAILING + BREAKFAST

9.30AM: Yoga & Meditation

Free Time

1PM: LUNCH

4PM: CACAO HEALING CEREMONY

8PM: LIGHT DINNER

Evening Stretch & Reflection

SATURDAY

PRACTICE SELF-COMPASSION

DATE

7.45AM: Yoga & Meditation

9.30AM: BREAKFAST

PLAYA CORONA SNORKELING

PRE-TEMAZCAL SNACK & REST

TEMAZCAL (Mayan Steam Lodge)

OUR FOOD SCHEDULE IS GOING
TO BE MESSED UP A BIT THAT
DAY, BUT WE WILL MAKE SURE
TO HAVE PLENTY OF SNACKS TO
SUSTAIN US.

SUNDAY

PRACTICE SELF-DISCIPLINE

DATE

7.45AM: Yoga & Meditation

**BUCCANOS BEACH CLUB
BREAKFAST + LUNCH THERE**

Free Time

7PM: FAREWELL DINNER

Closing Circle

MONDAY

DARE TO REST, ALWAYS

DATE

FLIGHT DETAILS

Morning Stretch & Meditation

BREAKFAST

Departure

FREE TIME - SUGGESTED ACTIVITIES

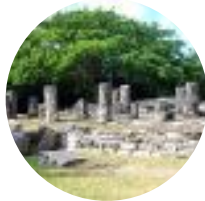
OCEAN FUN

- **SUNBATHING**
- **SNORKELING**
- **KITE SURFING**
- **SUP BOARDING**
- **SCUBA DIVING**



CULTURE FUN

- **SAN GERVASIO RUINS**
San Gervasio is what made the island an important pilgrimage destination in the Maya times. It is dedicated to Ixchel, the Mayan goddess of fertility & abundance, who especially watches over all women.
- **KUN CHE PARK**
A theme park that features various aspects of the Maya life in a fun playful and colorful way. A must if you are interested in the history of the Maya civilization.



TASTY FUN

- **COOKING CLASS**
A Mexican cooking class can be arranged on request.
- **CHOCOLATE FACTORY TOUR**
KaoKao is a local chocolate factory that produces delicious Mayan chocolate now famous all over the world. There's a chocolate museum on the premises so you can learn the history of cacao and you also participate in the process of making Mayan hot chocolate from scratch! Loads of fun!



MASSAGES

- **DEEP TISSUE MASSAGE - \$60**
- **ASHIATSU MASSAGE - \$100**
This massage is done with a therapist's feet, effectively making it a very profound deep tissue massage.
- **AQUASANA - \$100**
During this therapy you're submerged in the water. The movements resemble Thai massage but no words can describe the sense of weightlessness and complete release.



ENERGY WORK

- **ACUPUNCTURE - \$60**
- **REIKI - \$60**
- **ACCESS BARS - \$60**



INNER WORK

When there's so much excitement around, it's easy to forget that RETREAT is primarily your time to be with YOURSELF, preferably in silence, so that you can pay attention to what's going on in your mind and in your heart. Include these tranquil introspective activities in your retreat and reap the benefits of calm and steady mind when you return back home.

- **JOURNALING**
- **MEDITATING**
- **MINDFUL COLORING**

