

DISCONNECT TO RECONNECT

Mi Vida Retreats



Sometimes all you need is a break in
a beautiful place to figure
everything out.

SATURDAY

3:00 pm

Relax and take your time to get comfortable. Take a dip in the pool and get to know each other while enjoying a welcome snack at 4 pm

5:00 pm

Meditation and Personal development

6:00 pm

Sunset Yoga

8:00 pm

Dinner time!

SUNDAY

8:00 am

Breakfast time!

10:00 am

Acro yoga

12:30 pm

Lunch time!



5:00 pm

Meditation and Personal Development

6:00 pm

Sunset Yin Yoga

8:00 pm

Dinner time!

MONDAY

7:00 am

Sunrise Yoga and Pranayama

8:30 am

Breakfast time!

9:30 am

Meditation and Personal Development

13:00 pm

Lunch at the villa

2:00 pm

Swimming in a breath-taking cenote
leave the villa at 2:00 pm

6:00 pm

Breathwork and Soundhealing by Dani and
Moises

8:00 pm

Dinner time!

TUESDAY

7:00 am

Sunrise Beach Yoga!

9:00 am

Breakfast time!

9:30 am

Meditation and Personal Development



12:00 pm

Cooking class followed by lunch at the villa

2:30 pm

Trip to a beautiful yoga boutique hotel in Tulum with a wild jungle garden. Enjoy the art walk!

6:00 pm

Sunset Yin Yoga

8:00 pm

Dinner time!

WEDNESDAY

8:00 am

Today we are going to laguna Kaan Luum for our morning yoga, and breakfast there! We leave the villa at 8 am.

9:00 am

Morning yoga class at the breath-taking laguna Kaan Luum.

12:00 pm

Drive to downtown Tulum. This afternoon there will be no lunch at the villa, so you can enjoy lunch at the cozy center of Tulum (drive back at 4 pm)

6:00 pm

Sunset Yin Yoga

8:00 pm

Dinner time!

8:30 pm

Cacao Ceremony



THURSDAY

7:00 am

Sunrise yoga and Pranayama

8:30 am

Breakfast time!

9:30 am

Personal development and meditation
Closing circle

12:00 pm

Check-out

