



4-Day Yoga Vacation on Isla Mujeres, Mexico

Take a sacred pause before you enter 2024.

My intention with this very special offering is to hold healing space for all who come to enjoy yoga meditation at the open ocean on the Island of the Women, in Mexico [a short ferry ride across from Cancun, Mexico].

DECEMBER 12-15, 2023



www.YogaAndMeditation.com

Make your way to Isla Mujeres, Mexico for this **4 day / 3 night yoga** retreat. We will be staying at a well maintained hotel located within walking distance from Playa Norte, sunrise and sunset over open ocean, the farmer's market and tens of restaurants featuring local and world cuisines. AM and PM yoga and meditation is included.



Yes, Isla is a small island, and a special one at that. The native people consider it sacred and the home of Ixchel, the Mayan Goddess of the Moon and the wife of the Sun, also considered a fertility goddess with great healing powers. For centuries, Mayan women came to Isla Mujeres on yearly pilgrimages to seek her help.



Our group will be staying at a family run hotel for an intimately supportive experience. The hotel is well maintained, and clean. Each room and suite comes equipped with its own fridge, a ceiling fan, AC, TV, a safe and free wi-fi. Deluxe rooms and suites also come with a microwave, toaster, and a coffee maker. The hallways are protected from rain, open to outside air with places to sit, and rest or eat.



Brunch is included. Dinner will be on your own.

You may never want to leave Isla - and for 4 days, you won't have to!

Each day you will have the opportunity to participate in a range of activities to assist with whatever your intentions may be for this retreat including:

Daily yoga + meditation right at the ocean, on the beach, or the hotel rooftop terrace.

Daily sunrise walk (optional)

Healing Yoga/Prana Nidra

Visiting the nearby Farmer's Market

Trip to Punta Sur the Southern most tip of the island



Punta Sur

Punta Sur is located at the southern tip of Isla Mujeres, roughly 60 feet above sea level, where the rising sun first touches Mexican soil. Its rocky cliffs, the waves crashing on the shore and the multitude of blues of the Caribbean Sea make up some of the most spectacular scenery on the island. This is the highest elevation in the Yucatan and was home to an ancient temple honoring the Mayan Goddess Ixchel, rebuilt after it was partially destroyed in Hurricane Gilbert. Because it was built on high ground, archaeologists believe the temple was also used as a lighthouse to guide trade boats coming from Cozumel, Tulum and Xaman-ha (Playa del Carmen).

Until the late 1990's, the only other structure at Punta Sur other than the Mayan temple was the lighthouse and home of the lighthouse keeper and his family. The station was established in 1899. The lighthouse is 34 feet tall and flashes white four times every 16 seconds. The old lighthouse as well as the keeper's house were rebuilt in the late 1990's and are now part of the "Caribbean Village" with shops, a restaurant, and a gazebo where you can sit and relax and enjoy the view of Cancun across the water.



The island's beauty and charm and the compassionate teacher's guidance will inspire you to surrender to the mystery of it all as you fill your cup to return home with a more calm, open, peaceful heart.

DATES:

Tuesday, December 12 - Sunday, December 15, 2023

4 days / 3 nights

ACCOMMODATIONS:

We will be staying near Playa Norte which offers the perfect Isla Mujeres experience, while not compromising comfort. The following types of accommodations are available on a first come, first serve basis; guaranteed by your non-refundable deposit:

Standard Single (one double bed)

Deluxe room (2 full beds for 2 persons)

You can upgrade directly with the hotel manager to Junior suite (1 king bed, for 1 or 2 persons; comes with kitchenette)

Included in your retreat:

- 3 night hotel stay
- brunch at a nearby venue daily
- daily high quality yoga & meditation guided practice, one excursion together to Punta Sur, the Southernmost tip of the island, exploring and most importantly - time to relax and strip away the accumulated layers of life so that you can come home to your loving soul.

**Airfare, shuttle from Cancun airport to Puerto Juarez where you take the Ultramar ferry to Isla Mujeres, and the ferry cost to Isla Mujeres are not included.*

Your Isla Mujeres Yoga Vacation INVESTMENT:

\$1,150 / person Deluxe room (2 full beds for 2 persons)

\$1,795 / 2 people Deluxe room (2 full beds for 2 persons) A non-refundable deposit of **\$850/person** is required to hold your space.

One additional payment of \$300 per person is due no later than 10/15/2023.

Registration closes October 15.

Space is limited to 8 participants.

Contact Ema if you have any questions.

[Email EmaStefanova@cs.com](mailto:EmaStefanova@cs.com)

Voice/Text: 734-665-7801

We are so honored to have you join us.

Let's **Align & Shine** together on ISLA!

With Deep love and blessings.

SPECIAL NOTES:

*You will need to fly to Cancun, Mexico and take the Ultramar ferry across to Isla Mujeres from Puerto Juarez. Upon arrival on Isla, you can walk, or take a 5 minute taxi ride to our hotel.

CANCELATION POLICY:

We understand that no one books a retreat with the intention of canceling, so we will do everything we can to find another individual to attend in your place if you need to cancel for any reason. If you cancel and we cannot re-book your reservation, your retreat investment is not refundable. If you cancel and we can fill your space, you will be refunded what you paid minus a \$150 cancellation fee.

TRAVEL INSURANCE:

If you would like to insure your trip, here is a link with a reputable travel insurance company - [IMG](#).

*We want to ensure you are comfortable with your travel plans. If you have any questions, please contact Ema.

**I look forward to holding
space for you on Isla Mujeres,
to align & shine!**

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