

# **4-Day Yoga Meditation Vacation on Isla**

**Take a sacred pause before you enter 2025.**



**My intention with this very special offering is to hold healing space for all who come to enjoy a gentle yoga meditation vacation on Isla Mujeres, Mexico [a short ferry ride across from Cancun, Mexico].**

**DECEMBER 11-14, 2024**



**[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)**

Make your way to Isla Mujeres, Mexico. Book your accommodations at Xbulu-ha or nearby hotel or bed and breakfast, Xbulu-ha is a family run, affordable and 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 in fees.



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.



Each room and suite at Xbulu-ha 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 open to outside air, with places to sit, rest and eat.



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)

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:

Wednesday, December 11 to Saturday December 14



## **ACCOMMODATIONS at Hotel Xbulu-ha:**

Book early at Xbulu-Ha hotel for the perfect Isla Mujeres experience, while not compromising comfort. The following types of accommodations are available on a first come, first serve basis:

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 is:

- daily guided gentle yoga & meditation practice, 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 Vacation INVESTMENT:**

**\$697 per person is due no later than 11/26/2024.**

**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!

## **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 hotel Xbulu-ha or wherever you are staying near Playa Norte.

**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!**

With Deep love and blessings

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