



# DISCONNECT TO RECONNECT

Mi Vida Retreats



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

Your retreat experience begins before  
arrival with a private 1:1 personal  
development session held online. All  
activities listed in the schedule are  
included and entirely optional.

## **SATURDAY**

**2:00 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

**6:00 pm**

Yin and live music

**7:30 pm**

Dinner





## SUNDAY

**8:00 am**

Breakfast

**10:00 am**

Acro yoga

**12:30 pm**

Lunch

**5:30 pm**

Meditation and Personal Development

**6:30 pm**

Yin Yoga

**7:30 pm**

Dinner

## MONDAY

**7:30 am**

Vinyasa Yoga and Pranayama

**9:00 am**

Breakfast

**10:00 am**

Workshop "How to use the breath"

**12:00 pm**

Meditation and Personal Development



**13:00 pm**

Lunch

**2:00 pm**

We will visit a beautiful cenote

**4:45 pm**

Beach Yin

**7:30 pm**

Dinner

## **TUESDAY**

**7:30 am**

Vinyasa Yoga and Meditation

**9:00 am**

Breakfast

**11:30 am**

Meditation and Personal Development

**12:30 pm**

Lunch

**1:30 pm**

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

**5:30 pm**

Holotropic Breathwork

**7:30 pm**

Dinner







## WEDNESDAY

**8:00 am**

Today we are going to laguna Nopalitos for our morning yoga, and breakfast there! We leave Cachito at 8 am.

**9:00 am**

Morning yoga class at the breath-taking laguna Nopalitos

**12:00 pm**

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

**5:30 pm**

Yin Yoga followed by a beautiful Cacao Ceremony

**8:00 pm**

Dinner

## THURSDAY

**7:30 am**

Yoga and Pranayama

**9:00 am**

Breakfast

**10:00 am**

Personal development and meditation  
Closing circle

**12:00 pm**

Check-out

