



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



A photograph of a woman with blonde hair tied back, wearing a light blue long-sleeved shirt, sitting in a hammock on a wooden deck. She is facing away from the camera, looking out over a calm, light blue ocean under a sky with scattered clouds at sunset. The deck is made of dark wood, and a thatched roof is visible in the background.

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

