



HIGHER LOVE

A YOGA RETREAT
BY
MINDFUL MOTIONS YOGA

APRIL 18 - 21 / 22 / 23, 2024
PALMAIA - QUINTA ROO,
MEXICO

Higher Love Retreat: Cultivating Authentic Self-Love with Mindful Motions

MANY OF US LIVE ON THE SURFACE, AFRAID TO CONFRONT OUR TRUE NATURE. WE OFTEN BUILD WALLS TO PROTECT OURSELVES, BELIEVING THAT VULNERABILITY AND OPENNESS WILL MAKE US WEAK. HOWEVER, THESE BARRIERS ONLY SERVE TO IMPRISON US. AT MINDFUL MOTIONS, WE UNDERSTAND THE IMPORTANCE OF SELF-LOVE THUS ARE OFFERING THIS RETREAT SPECIFICALLY FOR INDIVIDUALS SEEKING TO CULTIVATE MORE OF IT IN THEIR OWN LIVES

SELF-LOVE IS OFTEN MISCONSTRUED AS SELFISHNESS, BUT IT IS IN FACT AN ESSENTIAL COMPONENT OF LEADING A FULFILLING LIFE. WHEN WE LOVE OURSELVES, WE ARE BETTER EQUIPPED TO LOVE OTHERS. THE HIGHER LOVE RETREAT IS DESIGNED TO HELP PARTICIPANTS BREAK DOWN BARRIERS AND EXPERIENCE SELF-LOVE. THROUGH YOGA, MEDITATION, MINDFULNESS PRACTICES, AND GOOD COMPANY, YOU WILL LEARN HOW TO CONNECT WITH YOUR TRUE SELF AND FIND INNER PEACE.

OUR RETREAT OFFERS A SUPPORTIVE COMMUNITY OF LIKE-MINDED INDIVIDUALS WHO ARE COMMITTED TO THE SAME JOURNEY OF SELF-DISCOVERY. JOIN US FOR A TRANSFORMATIVE EXPERIENCE THAT WILL LEAVE YOU FEELING ENERGIZED AND EMPOWERED.



GET READY FOR A YOGA JOURNEY LIKE NO OTHER! DAILY YOGA IS A FANTASTIC WAY TO BOOST YOUR HEALTH AND HAPPINESS, BUT WHAT ABOUT TAKING THINGS TO THE NEXT LEVEL? YOU MAY FIND YOURSELF UNLOCKING HIDDEN TALENTS OR DISCOVERING YOUR INNER WARRIOR. ALL IN STORE WHEN YOU CREATE SPACE FOR SELF-DISCOVERY ON THE MAT. IT'S TIME TO BREAK FREE FROM THE HUMDRUM AND TAKE THE PLUNGE INTO THE VAST OCEAN OF YOGA POSSIBILITIES. TRUST US, YOU WON'T REGRET IT!





INVESTMENT



MEXICO RETREAT INVESTMENT APRIL 18-21/22/23	THURSDAY-SUNDAY 3 NIGHTS/ 4 DAYS	THURSDAY-MONDAY 4 NIGHTS / 5 DAYS	THURSDAY-TUESDAY 5 NIGHTS / 6 DAYS
DOUBLE OCCUPANCY OCEAN VIEW DOUBLE QUEEN SUITE	\$ 2,178	\$ 2,758	\$ 3,338
SINGLE OCCUPANCY OCEAN VIEW KING SUITE	\$ 2,748	\$ 3,518	\$ 3,718
SWIM OUT KING SUITE OR DOUBLE QUEEN SUITE W/ BATHTUB	\$ 3,318	\$ 3,638	\$ 4,478
OCEAN VIEW FAMILY SUITE	\$ 2,178	\$ 4,280	\$ 4,438
CHILD ADD ON (3-18)	\$ 570	\$ 760	\$ 950
PLATINUM VIP PRICING		\$ 4,999	\$ 5,999
SPECIAL COUPLES PRICING / PRICING IS PER COUPLE (SHARED HOUSEHOLD ONLY)	\$3318	\$ 4,278	\$ 4,478

- PRICING IS PER PERSON WITH THE EXCEPTION OF THE COUPLES SPECIAL WHICH IS FOR 2 PEOPLE
- INITIAL DEPOSIT OF \$500 RESERVES YOUR SPOT AND IS NON REFUNDABLE. THE FINAL PAYMENT IS DUE FEBRUARY 15,2024
- MONTHLY PAYMENT PLANS ARE AVAILABLE WITH 0% INTEREST
- AIRFARE IS NOT INCLUDED

ALL MINDFUL MOTIONS YOGA PROGRAMMING (VINYASA, YIN, YOGA NIDRA, MINDFULNESS AND PERSONAL GROWTH ACTIVITIES)
 TRANSPORT TO AND FROM CUN TO THE PALMAIA, HOUSE OF AIA
 TEMEZCAL CEREMONY
 ARCHITECTS OF LIFE PROGRAM (DAILY MIND, BODY AND SOUL ACTIVITIES,
 RITUALS OF SOUND (ELECTRONIC MUSIC PROGRAM WITH SPECIAL GUEST APPEARANCES)
 À LA CARTE BREAKFAST, LUNCH AND DINNER AT SIX DINING LOCATIONS
 QUALITY ALCOHOLIC AND NON-ALCOHOLIC BEVERAGES
 24-HOUR ROOM SERVICE
 PRIVATE BEACH AND POOLS
 KID'S CENTER WITH WALDORF-INSPIRED ACTIVITIES
 BIKE SHARING SERVICE
 FIBER-OPTIC WI-FI
 GYM
 NOMADIC GUIDES & CONCIERGE SERVICES
 STAND-UP PADDLE BOARDS AND KAYAKS
 A KIDS PROGRAM THAT OPERATES UNDER THE WALDORF PROGRAM

**RESERVE YOUR SPOT
NOW:**



Visit www.mindfulmotionsyoga.com for **More Info** or **Register Now**

GALLERY

