



Destination Wellness—October 29, 2020



# YOGA RETREAT—TULUM, MEXICO

A Proposal From Armelle Fée, Your *Travel Planner Extraordinaire*

## What Is Included:

- 7 Nights - Garden View Cabaña (upgrades available)
- 3 Meals per Day (Breakfast: Coffee or Tea; Lunch & Dinner: Agua de frutas)
- 2 Daily Yoga Classes
- \$315 Spa Credit
- 4 Tours to Lagoon, Cave, Cenote, Biosphere and Mayan Ruins
- Airport Transfers
- Taxes and Fees
- Gratuities

Dates: Dec 2021



Price: From  
**US \$ 3,001.50 pp**  
(Dble Occ.)

## Tropical Wellness

**Maya Tulum Retreat & Spa** has been Mexico's **premier yoga and wellness** destination for more than 30 years. This TRAVEL+LEISURE Top 5 International Destination Spa in the WORLD award-winning resort (2018) offers one of the largest stretches of **beach** in Tulum, along with a Wellness Center featuring a wide variety of **therapeutic treatments**. Join **Destination Wellness** and enjoy quiet moments of reflection in the **oceanfront Meditation Labyrinth** and be lulled to sleep by the sound of the lapping Caribbean Sea.



**Chac-mool**, Maya Tulum's restaurant, is a large,



exquisite split-level **cabaña** with cool marble floors and white limestone walls. Enormous windows offer fantastic views of the coastline with the **turquoise Caribbean Sea**. The restaurant serves a variety of authentic, fresh **Mexican dishes** for breakfast, lunch, and dinner daily, including **locally sourced seafood** and **flavorful vegetarian meals**, along with Americano coffee, a wide selection of house teas and an extensive menu of **freshly squeezed juices**.

### Q: What activities can I enjoy during my stay?

A: Though the resort does not offer a pool, the **Caribbean Sea** is your playground, and you will visit a lagoon and a cenote where you can **snorkel** or just **swim**. You will also discover the **Mayan ruins** of Tulum, and one of the many caves that dot the underground world of the Yucatán Peninsula. And let's not forget that you will venture into the **Sian Ka'an Biosphere Preserve**, a UNESCO World Heritage Site that will take your breath away!

### Q: What are my options at the Spa?

A: Using your **spa credit**, indulge in a variety of treatments (from facials, wraps, bodywork to specialty Mayan treatments). Participate in a unique **Maya healing ceremony**: a **temazcal** for our group only. A temazcal is a low heat sweat lodge, which originated with pre-Hispanic Indigenous peoples in Mesoamerica. What a unique experience!

### Q: Tell me about our yoga classes!

A: Twice daily, our group will enjoy **private classes** with one of the resort's expert resident yoga instructors. Classes take place in one of 2 **spiritually sensitive, nature-centric** halls—Itzamna, named for the Mayan god of medicine and creativity or Ixchel, named for the Mayan jaguar goddess of healing and nurturing. Restore **body and soul** in Tulum, Mexico!



*"A sanctuary of natural energy and wonder. Experience rejuvenating yoga classes, indulge in healthy cuisine, be pampered by gifted healers and spend lazy afternoons basking in the azure waters of the Caribbean Sea."*



Maya Tulum Resort & Spa



## What Is Not Included:

- International Airfare
- Alcoholic Drinks
- Expenses of a Personal Nature
- Insurance (Available at Booking: *Cancel For Any Reason Policy Recommended*)
- Room Upgrades (Available Upon Request)