



# LET IT FLOW

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## RETREATS

IT'S BACK!

MEXICO

LUXURY YOGA RETREAT

JAN 7-12TH



GET INSPIRED  
THIS WINTER AT OUR  
LUXURY YOGA RETREAT



HOSTED BY  
VIK WILEN & ARTHUR FIEDLER

# ABOUT US!



**VIK IS A FULL TIME ARTIST AND YOGA TEACHER**

**HER CLASSES WILL BE A MIX BETWEEN RESTORATIVE / YIN  
AND A DYNAMIC SLOW FLOW DEPENDING ON THE TIME OF  
DAY THAT SHE WILL TEACH!**

**VIK HAS BEEN PRACTICING YOGA FOR 14 YEARS AND  
TEACHING FOR 11. TRAINED BY MODO YOGA, SHE HOLDS A  
500 HOUR TEACHER TRAINING, 100 HOUR VINYASA  
TRAINING AND 100 HOUR FREESTYLE TRAINING.**

.....

**ARTHUR RUNS LOCAL SHUNIAH YOGA STUDIO ART OF  
YOGA AND HAS BEEN TEACHING FULL TIME FOR 4  
YEARS! HE IS A PASSIONATE TEACHER, WHO LOVES TO  
GUIDE HIS STUDENTS INTO A CALM AND MINDFUL  
PRACTICE.**

**TRAINED IN BALI, HE QUIT HIS FULL TIME CANUCKS GIG  
IN VAN, TRAVELLED THE WORLD AND DECIDED TO POST  
UP IN THUNDER BAY TEACHING YOGA TO THOSE WHO  
WANT TO GROW THEIR PRACTICE!**

# RETREAT SCHEDULE

**7-7:30 AM: COFFEE/TEA**

**7:45 - 8:45 AM: YOGA**

**9:00AM: BREAKFAST**

FREE TIME

**4:00-5:00 - YOGA**

SUNSET

**7PM: DINNER**













*THE BEACH!*

# ACCOMMODATION

THE CASA HAS 4 PRIVATE BEDROOMS,  
HOSTING A MAXIMUM OF 9 GUESTS.





## PRIVATE BUNGALOW #1

ACCOMMODATES 3 PEOPLE

3 SINGLE BEDS

PRIVATE ENSUITE BATHROOM

VIEW OF GORGEOUS GARDEN

COST

2100.00\$ PER PERSON





## PRIVATE BUNGALOW #2

ACCOMMODATES 2 PEOPLE  
SHARING KING SIZE BED  
PRIVATE ENSUITE BATHROOM  
VIEW OF GORGEOUS GARDEN

COST

2250.00\$ PER PERSON





## **BEDROOM #3**

### **APART OF MAIN CASA**

**ACCOMMODATES 2 PEOPLE**  
**SHARING KING SIZE BED**  
**PRIVATE ENSUITE BATHROOM**  
**2ND LARGEST BEDROOM**

**COST**  
**2400.00\$ PER PERSON**

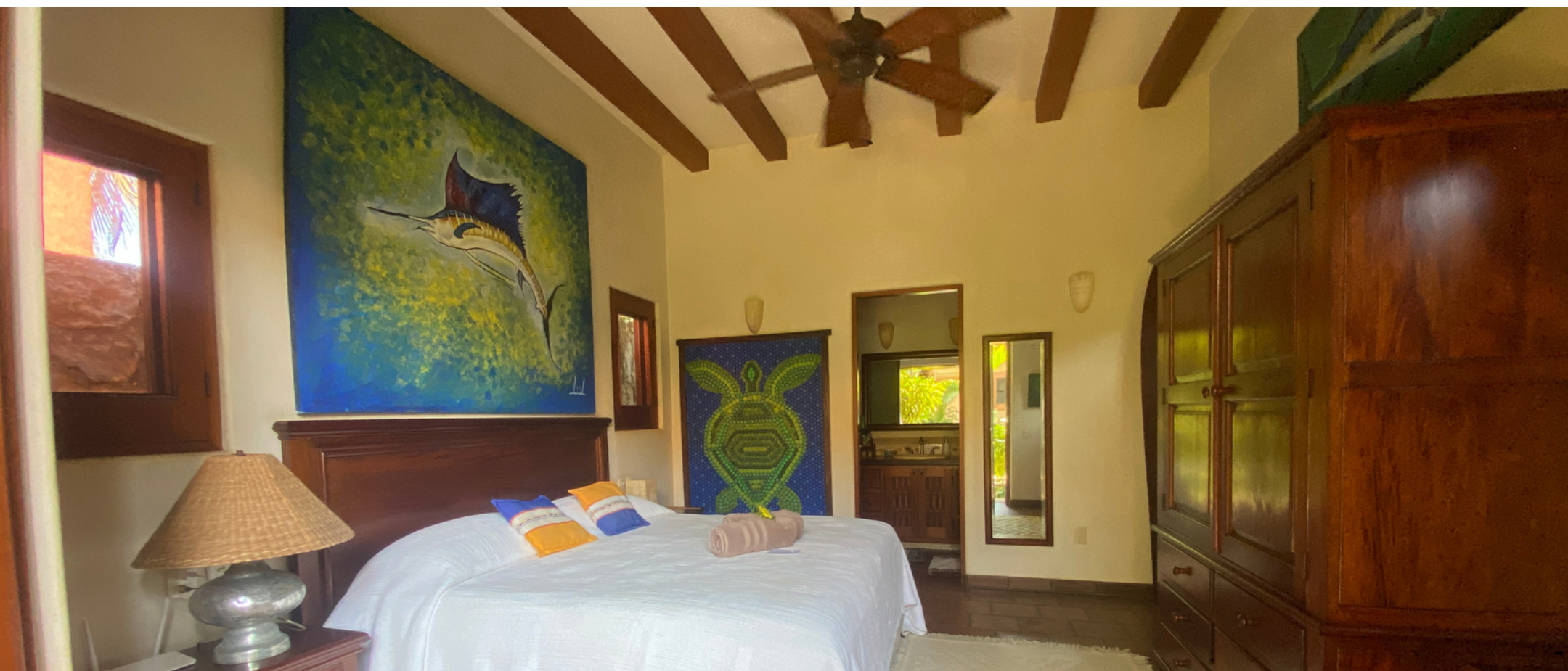




## **MASTER BEDROOM #4 APART OF MAIN CASA**

**ACCOMMODATES 2 PEOPLE  
SHARING KING SIZE BED  
PRIVATE ENSUITE BATHROOM  
LARGEST BEDROOM + BATHROOM  
VIEW OF OCEAN/ POOL**

**COST  
2600.00\$ PER PERSON**



# PAYMENT

50% DEPOSIT IS DUE DURING BOOKING

REMAINING PAYMENT IS DUE NOVEMBER 1ST,  
2024

WE ACCEPT CASH PAYMENTS

OR USD





# *WHAT DOES THIS INCLUDE?*

**2 MEALS A DAY**

**BREAKFAST & DINNER**

**2 YOGA CLASSES DAILY**

**A SHARED ROOM + AC, WITH PRIVATE  
BATHROOM.**

**A STUNNING VILLA DIRECTLY ON THE OCEAN**

**A SHORT TAXI OR 3KM WALK TO TOWN OR 5  
MINUTE WALK TO THE SMALL LOCAL TOWN OF  
MAJAHUA. NEAR BY FIND INCREDIBLE REMOTE  
BEACHES AND A 30 MINUTE TAXI TO WORLD CLASS  
SURFING!**





# MEALS

**A LIGHT MORNING BREAKFAST AND ALL DINNERS  
ARE INCLUDED IN THE RETREAT.**

**ALL MEALS ARE SERVED ON THE PROPERTY. OF COURSE  
GUESTS CAN GO OUT FOR DINNER AT A LOCAL  
RESTAURANT IF INTERESTED! THERE ARE SOME  
AMAZING PLACES THAT WE CAN RECOMMEND.**

## *PRIVATE CHEF*

**THE FOOD IS PREPARED BY AN EXCEPTIONAL  
CHEF AND WILL BE CREATIVE, DELICIOUS LOCAL  
STYLE MEALS!**

## *DIET?*

**SPECIAL DIETARY NEEDS SUCH AS VEGETARIAN,  
VEGAN, GLUTEN FREE OR DAIRY FREE /  
ALLERGIES CAN BE ACCOMMODATED. PLEASE  
LET US KNOW WHEN YOU BOOK YOUR RETREAT!**

WHERE WE EAT!











# LOCATION

THE CASA IS LOCATED IN A COASTAL TOWN THAT WE FELL IN LOVE WITH AFTER SPENDING TWO MONTHS IN THE AREA SURFING AND PRACTICING YOGA!

DUE TO IT'S RELATIVE REMOTENESS, IT HAS BEEN PROTECTED FROM OVER DEVELOPMENT AND MAINTAINS AN OFF THE BEATEN PATH AND IDYLIC FEEL.

OUR RETREAT VENUE IS A BEAUTIFUL MEXICAN CASA DIRECTLY ON THE OCEAN. IT HAS A UNIQUE COLOURFUL FEEL WITH A GIANT TROPICAL GARDEN IN THE BACKYARD AND INFINITY POOL IN THE FRONT.

IF YOU ARE INTERESTED IN SURFING - THE BEST SURF BREAK IN THE WORLD IS ONLY 30 MINUTES AWAY BY TAXI.

Toronto ↔ Ixtapa/Zihuatanejo

Round trip · Economy · 1 passenger



Track prices

Monitor the lowest price for this itinerary, and receive price alerts and travel tips by email



Departing flight · Sun, Jan 7



6:10 AM → 12:51 PM

YYZ

ZIH



1 stop in IAH · 7 hr 41 min

United · Operated by Mesa Airlines DBA United Express

+13% emissions



Returning flight · Sun, Jan 14



1:59 PM → 10:37 PM

ZIH

YYZ



1 stop in IAH · 7 hr 38 min

United · Operated by Mesa Airlines DBA United Express

+21% emissions



CA\$98



Book from CA\$989



# PLANNING

**FLY INTO INTERNATIONAL AIRPORT  
ZIHUATANEJO, MEXICO**

**WE RECOMMEND FLAGGING THIS LOCATION ON  
GOOGLE FLIGHTS FOR THE CHEAPEST AND  
FASTEST FLIGHT PATH! TYPICALLY FLYING OUT  
OF TORONTO OR MONTREAL TO ZIHUA IS THE  
CHEAPEST AND FASTEST FLIGHT CONNECTION.**

**SHUTTLE 35 MINUTES, A REMOTE AND  
BEAUTIFUL BEACH TOWN ON THE COAST! WHERE  
YOUR VILLA AWAITS!**

**WE CAN SUPPORT YOU WITH A FEW COMPANIES /  
TAXIS THAT WE RECOMMEND AND TRUST ! TAXI  
FROM ZIHUA IS BETWEEN 60- 100USD**



*NOT INCLUDED*

**YOUR FLIGHTS! BOOK SOON!**

**SHUTTLE TO AND FROM AIRPORT**

**TAXIS**

**MEALS OUT**

**ANY TOURIST EXPERIENCES**

**ANTICIPATE SPENDING AN  
ADDITIONAL 1500\$**





# TRAVEL INSURANCE

**TRAVEL INSURANCE IS HIGHLY RECOMMENDED FOR COVERAGE OF ANY UNPLANNED CHANGES THAT MAY OCCUR BEFORE OR DURING YOUR TRIP, SUCH AS TRIP CANCELATION, DELAYED FLIGHTS, LOST LUGGAGE, EMERGENCY MEDICAL ASSISTANCE AND MORE.**

**WE RECOMMEND TRIP INSURANCE WITH IMG, WORLD NOMADS, OR YOUR CREDIT CARD COMPANY HOLDERS. MAKE SURE YOU REVIEW WITH THEM TO MAKE SURE YOU HAVE ALL OF THE COVERAGE YOU WILL NEED. YOU MAY CUSTOMIZE WHAT YOU NEED FOR TRAVEL AND/OR MEDICAL INSURANCE. PLEASE NOTE FOR MEDICAL EMERGENCIES THE BEST HOSPITALS ARE IN THE MAJOR CITY OF ZIHUATENEJO.**

**IF YOU NEED URGENT ATTENTION, A HELICOPTER OR CHARTER FLIGHT WILL BE THE FASTER WAY TO GET THERE. YOU WILL WANT YOUR INSURANCE TO COVER THIS TRANSPORT.**



# CANCELLATION POLICY

**50% DEPOSIT IS DUE IMMEDIATELY UPON BOOKING. SHOULD A GUEST NEED TO CANCEL 90 DAYS OR MORE PRIOR TO THE FIRST DAY OF THE RETREAT, THE PAYMENT WILL BE REFUNDED.**

**SHOULD A GUEST NEED TO CANCEL 90 DAYS OR LESS PRIOR TO THE FIRST DAY OF THE RETREAT, FOR WHATEVER REASON, WE WILL NOT BE ABLE TO PROVIDE A REFUND OR CREDIT FOR ANY PAYMENT.**

**NO REFUND OR CREDIT WILL BE GIVEN FOR ARRIVING LATE, DEPARTING A RETREAT EARLY, OR FOR MEALS/ACTIVITIES IN WHICH ONE DOES NOT PARTICIPATE.**

**IF FORCE MAJEURE (E.G. PANDEMIC, NATURAL DISASTER, GOVERNMENT TRAVEL RESTRICTIONS, ETC.) CAUSES A RETREAT TO BE CANCELED, ALTERNATIVE DATES WILL BE OFFERED TO RESCHEDULE THE RETREAT WITHIN ONE YEAR AND 100% OF THE PAYMENT WILL BE TRANSFERRED TO THE RESCHEDULED RETREAT. IN THIS CASE, WHEN A RETREAT CANNOT BE HELD DUE TO CAUSES BEYOND OUR CONTROL, NO REFUND OF PAYMENTS CAN BE PROVIDED.**

**IN THE UNLIKELY EVENT THAT WE NEED TO CANCEL A RETREAT FOR A NON-FORCE REASON A FULL REFUND**

**WILL BE GIVEN. WE AIM TO BE AS FLEXIBLE AS POSSIBLE WITH THE CHANGING TRAVEL ENVIRONMENT AND IT IS IMPORTANT YOU FEEL SECURE AND COMFORTABLE WITH YOUR TRAVEL PLANS.**

# TESTIMONIALS



" Kudos to Arthur and Vik for planning and executing a seamless 5 star yoga retreat.

Accommodation, food, location and daily yoga practice exceeded my expectations.

I would definitely recommend this retreat for any age and skill level, it was restorative for both body and mind and I would definitely participate in a retreat again!"

***Trish Somerleigh***





# WE CAN'T WAIT!

PLEASE EMAIL OR CALL US IF YOU HAVE ANY QUESTIONS AT ALL! WE  
CAN'T WAIT TO MEET YOU / GUIDE YOU THROUGH WHAT WE KNOW WILL BE  
AN INCREDIBLE EXPERIENCE!!!



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LET IT FLOW



RETREATS