



# RESET RETREAT IN ISLA MUJERES

JAN 11 - 16, 2025

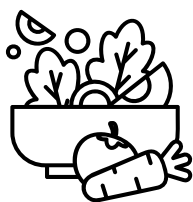




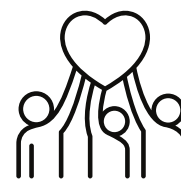
\*5 nights in paradise at  
CocoB Wellness beach resort.



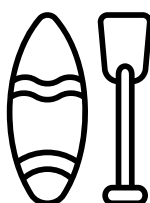
\*Sunrise meditations + twice daily  
yoga classes or workshops  
2 Breathwork Sessions



\*Eat clean and detox the body  
with wholesome, healthy  
conscious cuisine.



\*Connection with community,  
relaxation and recharging in  
the sun!



\*Stand Up Paddle board, kayaking  
relaxing on beach

*This retreat is designed to for you to drop deeper into your practice, develop harmony with your body + mind and connect to your inner peace. Learn daily practices that will guide into living in a nourished and balance way. Be ready to relax and nourish your being.*



## Our Days



*We will have relaxed starts to our day,  
as we slip into island pace living.*

- 8:00 Morning practice of breathwork, meditation and viyasa flow
- 10:00 Healthy brunch

*Our afternoons consist of relaxing  
on the beach , excursions or yoga workshops*

- 1:30 Lunch
- 4:00 Asana Workshop
- 5:00 Sunset Deep Stretch
- 7:00 Dinner on the beach

*Our evenings include Sound Bath or  
Breath work sessions & chats under the stars*



# Our Food



*CocoB's private chef creates elegant and exciting, health conscious cuisine.*

*Our meals will be enjoyed together at their community table in the house or their dedicated dining area on the beach. Be prepared to indulge in highly nutritious, nourishing food.*



*Start your day with coffee or tea and some fresh fruit before a walk on the beach. After our morning practice, we will have a full breakfast with choice of eggs, local specialities, fresh juice and wholesome breads or veggies.*

*Lunches and Dinners will be a mix of vegetarian and seafood cuisine. Designed to be light, yet satisfying to support a deeper practice.*

*\* Other desired proteins may be accommodated.*





# ROOMS+RATES

## Single Room

\$3075

## Double Room

(per person) \$2515

## Group Room

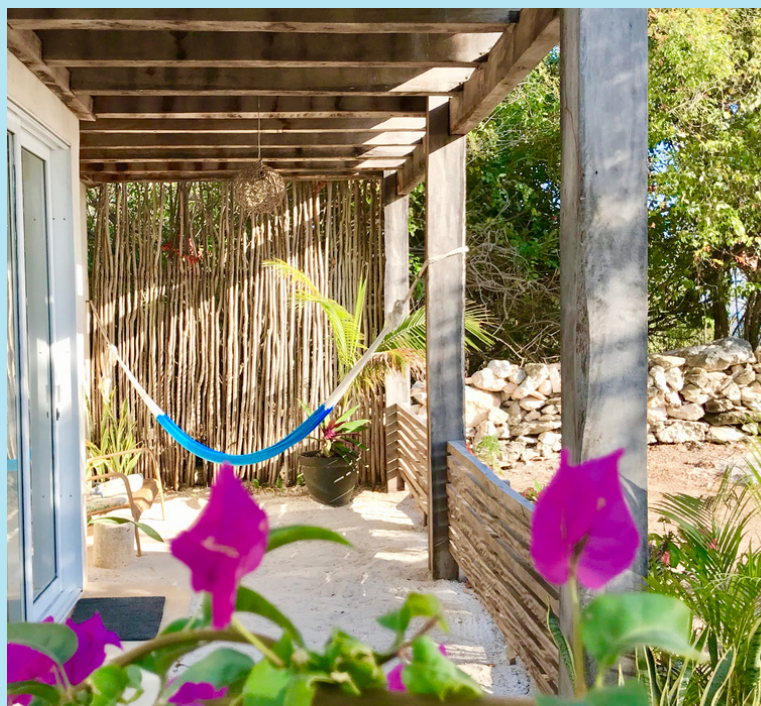
(6 beds + 2 bathrooms)

Per Person \$2150

*We will do our best to place you with a roommate, if requested. If not available, single room payment will be required.*

\$700 Deposit due at registration  
Remaining balance due 11/15/23

To register email:  
[jen@uptownyoga.com](mailto:jen@uptownyoga.com)







# Adventures

## Contoy Island Day Trip

Grab a snorkel and explore the beautiful protected waters of the National Park. 5 -6 hours including lunch on the beach.



## Explore the City

Rent a golf cart and explore the colorful town of Isla Mujeres. Look for local art. Take a break at a cafe and watch the activity of the town.

## Paddle Boarding

Enjoy the beautiful, calm waters on a paddle board or kayak for a relaxing activity that strengthens connection to nature.





## Getting to Isla Mujeres

- Fly to Cancun Airport (CUN)
- We will take a shuttle to the port where our private water taxi will meet us. Then take 30 minute boat ride directly to our resort
- *If traveling on our recommended flight or arriving around same time, transportation to the resort is included. Otherwise, we can arrange at additional cost.*

## Recommended Flight

- American Airlines: 1/11/25  
DFW to CUN: AA1343 departs 7:29am  
arriving Cancun 11:09am
- Return: 1/16/25  
CUN to DFW: AA277 departs 5:15pm  
arriving Dallas 7:25pm

## What's Included?

- 5 nights accommodation in private villa
- 3 healthy. gourmet meals a day
- Drinking water
- Twice daily yoga classes
- Afternoon workshops
- 2 Breathwork Sessions
- Sound Bath
- Paddle Board & Kayak usage
- Transfer to and from the airport when arriving with the group on recommended flight.
- All taxes and gratuities

## Extras

- Additional purchases of spa services, excursions, alcohol or extra food will be the responsibility of guest

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## Ready to book?

- Email [jen@uptownyoga.com](mailto:jen@uptownyoga.com)
- Spot is secured with \$700 non- refundable, non-transferrable deposit
- Full payment is due by Nov 1, 2024
- Refunds on payments are not available after Nov 1, 2024
- Should you need to cancel before Nov, payments will be refunded in full minus the deposit.