

Soul Full Wellness



with Rian Elizabeth

Relax & Rejuvenate

Tulum, Mexico
Riviera Maya
Nov 9-14th, 2022



“Rejuvenation is the act of making something newly fresh or full of energy.”

A short getaway to prioritize your own self-care and mental wellness so you can listen to your inner needs and explore the world around you and within you.

Leave the hustle and bustle mentality behind.

Enjoy movement, mindfulness, meditation practices, healing rituals, sacred circles, and workshops rooted in ancient wisdom.

Tap into a bit of your wild side in this energetic high vibe beach town.



Just Imagine if you gave yourself permission

To stop **DOING** and to start **BEING**
To take time for **Stillness** and **REST**

To rediscover the **TRUE** essence of who you are
To remove yourself from all the **BUSYNESS** and distractions
To have the space to **CLEAR** your head and process your emotions
To allow yourself to be fed, Nurture & **NOURISHED**

What would that feel like for YOU?





What to expect

5 nights and 6 days in paradise located on the South Beach of Tulum, México. Its endless white sandy beaches and crystal clear ocean will create an unforgettable experience. The Riviera Maya has a beautiful energy that resonates with you and is sure to leave an imprint in your heart.

My mission is to provide you with the opportunity to connect with your highest self, assess your patterns and behaviors and make adjustments so you can reach your highest potential.

You will acknowledge all aspects of yourself to educate and empower your mind, body, and spirit for pure Soul Full Wellness.

As an Integrative Nutrition & Ayurveda Coach, 500 Hour RYT, 200 Hour Kundalini Teacher And Licensed Massage Therapist, you will be held in a safe space.

Customized 1:1 sessions are available for additional support during your stay.





**"When we work the soul, she,
the Wild Woman, creates more
of herself."**

– Dr. Clarissa Pinkola Estes





Itinerary

Day 1: Arrive and Unwind

3pm - 6pm Check in and settle into your private or shared rooms, then join me in the open air lounge for a warm welcome. Soak in the awe and beautiful views of the Caribbean Coastline and get to know your host, Rian and fellow guests.

7pm - 8pm Group Dinner. Enjoy a delicious and fresh vegetarian 3 course Dinner. All meals are prepared by in-house chef with the catch of the day.

8pm - 10pm Opening Ceremony & Cacao Ritual This beautiful opening ceremony will be an opportunity for you to ground, to set your intention and open your heart. This will bring harmony to the work you'll be doing as we ask permission to hold the ceremony and invoke blessings of your retreat.





Day 2: Practice & Integration

You'll find yourself being taken care of, given the tools and techniques of Yoga & Ayurveda to find your center. Learn secrets to restore your balance and harmony and take home new skill sets.

7am - 9am Morning Movement & Meditation Discover or Deepen your practice with tools to develop your daily sadhana practice. Set aside time to take care of your human vessel, to get intimate with the Infinite, and attune to your Higher Self

10am - 12pm Free time to explore, book a massage or spa treatment, explore the local shops and culture, or relax and soak in the beach vibes



12pm - 2pm Living Ayurveda Workshop. Deepen your knowledge about yourself and the science of life. Learn about the unique rhythms that govern your body and mind and how to incorporate the 3 pillars of ayurveda for optimal health and wellness.

5pm - 7pm Evening Restorative Class Experience deep relaxation and bring balance into the body.

8pm Enjoy the nightlife all around as we are in the heart of the hotel zone, or stay on property to rest, relax, and rejuvenate.



Day 3: Create & Manifest

This day is all about tapping into the power of manifestation and aligning yourself with your desires on a daily basis. We will utilize the energy of the 11th day of the 11th month. This portal flies wide open making it the most potent manifesting day of the century!

7am - 9am Morning Movement & Meditation To use this day wisely, we must fully understand how to manifest. Let's not miss this opportunity to manifest our biggest and brightest dreams and aspirations during our morning sadhana practice.

10am - 12:30pm Free time to relax, get a massage, walk on the beach, enjoy a swim, read your favorite book, nap, chat, journal, unwind.

12:30pm - 2pm Manifestation Workshop. Learn how to develop healthy habits of the mind, so that limitations fall away and anything becomes possible through the power of manifestation and mindfulness.

3pm - 7pm Free time to sink into your relaxation and rejuvenation.

8:30pm - 10pm Silent Disco. This specialty class is not to be missed. Experience the unique blend of ancient meditation and modern technology that creates a fully immersive experience with a live DJ & Embodiment Guide.







Day 4: Explore & Adventure

This day is all about fun, exploration, and adventure to fill yourself up and tap into your wild side.

7am - 9am. Morning Movement & Meditation Continue to develop your spiritual practice and listen to what your body needs through practices centered around your ayurvedic constitution.

10am - 2pm Choose Your OWN Adventure. One offsite excursion is included in your Soul Full Wellness Retreat. Explore the Ancient Mayan Ruins or adventure in one of the underwater caves in the area. Explore the Culture, History, and Adventure of your choice

5pm - 7pm Live Music and Kirtan to project your unique sound and vibration out into the world and feel the rhythm of your own beat

8pm Free Time to explore the hotspots of downtown Tulum and the culture it has to offer or relax and lounge onsite.





Day 5: Transform & Alchemize

Put yourself on a clear and direct path to finding your centered self: a more polished, purified, and authentic version of you. Achieve control, recalibrate and restart, and balance your life and self perceptions.

7am - 9am Morning Movement & Meditation Feel into your groove with your morning movement and meditation practice

12:30pm - 2pm Afternoon Women's Circle An intimate gathering where we learn new ways of speaking, listening + relating to others. We will discuss how to transform our pain into our purpose and meet parts of our shadow side to turn our wounds into our wisdom

3pm - 7pm Free time to enjoy your last full day how ever you desire

8pm - 10pm Yoga Nidra This class will help you be healed, restored and awakened to your deepest, all-knowing, all-welcoming self. Enjoy this style of guided meditation aka "yogic sleep" or "effortless relaxation".





Day 6: Desires & Departures

Claim your desires and bring the tools and skill sets you developed with you back home to step into your purpose, passions, and pleasures.

8am - 9am Closing Ceremony on the Beach to seal in your new energetic vibrant self.

10 am Check out and Shuttle Bus to Cancun Airport

*** All meals are vegetarian and served daily at 9am, 2pm, and 7pm.

*** All classes and workshops are optional. Please show up for the offerings of your choosing as this is your time and your retreat. Take what you want and leave what you don't.



A hammock is strung between two trees in a lush, tropical forest. The hammock is dark-colored and appears to be made of a woven material. Above the hammock, a string of small, white, round string lights is stretched across the scene. The forest is dense with various types of trees and plants, including palm trees and large-leafed plants. The ground is covered in a mix of dirt and gravel, with some rocks visible in the foreground. The overall atmosphere is peaceful and serene.

**"Within all of us is a divine
capacity to manifest and attract
all that we need and desire."**

– Wayne Dyer

Inclusions

- 5 nights lodging at Beach front boutique hotel with private pool in the heart of the beach hotel zone of Tulum
- All Meals and drinks (juice, tea, water, coffee) and freshly prepared vegetarian meals in casual dining atmosphere
 - All workshops
 - Yoga & movement Classes
 - Specialty classes (Silent Disco & Kirtan)
 - Women's Circles
 - Cacao Ceremony
- Take Home Gifts to implement self care practices at home
- One offsite excursion (underwater cenote or mayan ruins)
- Departure Transportation as a group on the last day back to the airport. (Departure at 10 am)

Exclusions

- Roundtrip Flights
- Transportation to Boutique Hotel (and while in Mexico)
 - Alcoholic Beverages
 - Gratuities for Resort Staff
- Extras- massage or spa treatments, other excursion to cenotes, or ruins, or eco adventure parks





Investment

Quad Room \$2444
Double Room \$2999
Private Room \$3333

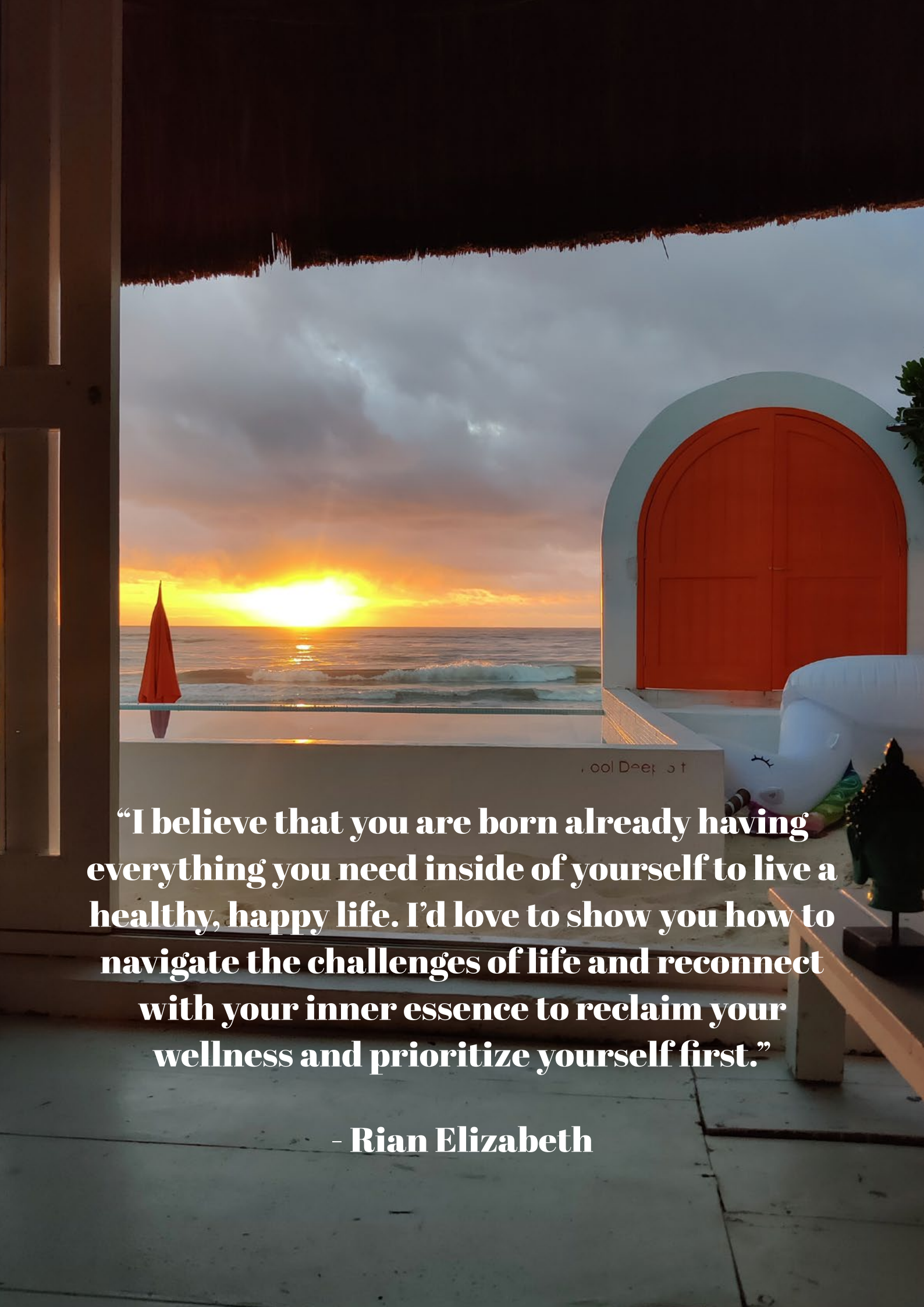
Book some time together so we can meet & learn why you're looking to Retreat yourself & answer any questions on our upcoming getaway.

Travel Support

As a Registered Travel Agent, I am happy to assist you with all your travel needs, flights, transportation, extra excursions. The resort is located approx 120 minutes from the airport. It is also recommended to purchase travel insurance.

Book My Discovery Call





“I believe that you are born already having everything you need inside of yourself to live a healthy, happy life. I’d love to show you how to navigate the challenges of life and reconnect with your inner essence to reclaim your wellness and prioritize yourself first.”

- Rian Elizabeth

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