



Chloe Haddad Yoga

January 24th-31st 2026



# Galapagos Islands

**Presented by**

Chloe Haddad



# Introduction



Embark on a journey to a place of relaxation and beauty by joining us on a retreat to the Galapagos Islands.

Escape into the wild beauty of the Galápagos Islands with us for an unforgettable week of adventure, connection, and discovery! Settle in at the serene Semilla Verde Lodge, where you'll find the perfect mix of relaxation and exploration, making this an ideal retreat for everyone—whether you're looking to dive deep underwater, stretch into yoga, or immerse yourself in the unique landscape and wildlife.

## What to Expect:

- Scuba Diving & OR Snorkeling: Dive into crystal-clear waters and explore the vibrant marine life of the Galápagos. Swim alongside playful sea lions, marvel at colorful fish, and even spot penguins in their natural habitat.
- Yoga & Relaxation: Start each day with mindful yoga sessions that nurture your connection to nature and yourself. The peaceful surroundings of Semilla Verde provide a perfect setting to unwind and center yourself.
- Wildlife Encounters: January is prime time to witness the Galápagos' incredible wildlife. Spot land and marine iguanas, sea turtles, exotic birds, and more as they're especially active this season.
- Island Exploration: Get up close with the unique ecosystems across the islands. Our knowledgeable guides will introduce you to the wonders of the land, from volcanic landscapes to lush highlands.

This week-long adventure is crafted for those who want to experience the wonders of the Galápagos while finding balance through yoga and meaningful encounters with nature. Dive in with us, both above and below the surface, and create memories that will last a lifetime!

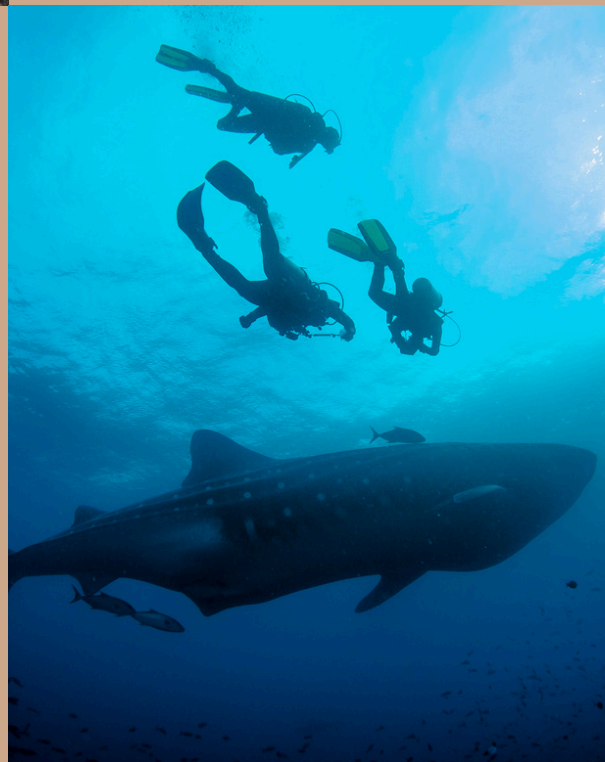


# Meet New People



Come together with others in this safe space and let go of daily stresses & enjoy a week with us, allowing you to relax, release and heal.

Experience a deep connection with nature in the Galapagos Islands, enjoy breathtaking landscapes and unique wildlife.





# Tentative Schedule

Sat.  
24th

Check in & Welcome circle .  
Dinner @ 7pm

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Sun -  
25th

6.15 AM Yoga for those that would like to join  
7.30AM Breakfast  
8.30 AM Highland Tour  
12.30 PM Lunch  
3.45 PM - Pick up at Charles Darwin  
6.30PM - Dinner in town

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Mon -  
26th

6.15 AM Yoga for those that would like to join  
7.30AM Breakfast  
8.30 AM Pick up for North Seymour Island  
4.30 PM Return to Semilla Verde  
5.30 PM - Gentle Yoga for those that would like  
7.00PM - Dinner @Semilla Verde

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Tue -  
27th

6.15 AM Yoga for those that would like to join  
7.30AM Breakfast  
8.30 AM Pick up for South Plazas Island  
**OR Pick up for Scuba Divers to GORDON ROCKS**  
4.30 PM Return to Semilla Verde  
5.30 PM - Gentle Yoga for those that would like  
7.00PM - Dinner @Semilla Verde

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Weds -  
28th

7.00 AM Breakfast  
7.30AM Pick up for Tortuga Bay  
12.00PM Return to Puerto Ayora  
12.30PM Lunch At Semilla Verde  
2.00PM Free Afternoon  
**OR**  
**7.30AM Pick up for Scuba Divers to NORTH  
SEYMOUR/MOSQUERRA CANAL**





# Tentative Schedule

**Thur -  
29th**

8.00AM Yoga for those that would like to join

9.00AM Breakfast

10.00AM - Free Morning

1.00PM PM Lunch @ Semilla Verde

2.00PM - Free Afternoon

6.30PM - Dinner in town

***OR - 7am Breakfast & Pick up for Scuba Divers to go to Bartolome/Cousins Rock***

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**Fri -  
30th**

6.30Am - Breakfast

7.20AM - Pick up to Bartolome Island

5.30 AM Return to Semilla Verde

4.30 PM Return to Semilla Verde

6.30PM - Closing Dinner @Semilla Verde

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**Sat.  
31st**

6.45am - Breakfast for early travellers

TBD Transfers to airport

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# Excursions we will be going on

## Highland Tour



Discover the highlands of the Galápagos, exploring volcanic landscapes, ancient lava caves, and lush forests. Meet the iconic giant tortoises in their natural habitat, and learn about their conservation. This tour reveals the islands' unique geology and rich wildlife, offering a rare glimpse into the resilience of nature.

## Charles Darwin



We will Explore the Galápagos Islands through the lens of Charles Darwin's transformative journey. These remarkable islands, with their diverse wildlife and unique ecosystems, inspired Darwin's groundbreaking theory of evolution. Walking in Darwin's footsteps, you'll encounter the same species—giant tortoises, finches, and marine iguanas—that led him to question and redefine our understanding of life on Earth.

## North Seymour Island



Hop aboard the Sea Finch to North Seymour Island and experience the vibrant wildlife of the Galápagos up close. This journey brings you to one of the best spots to see iconic birds like blue-footed boobies performing their courtship dance, elegant frigatebirds with their striking red throat pouches, and playful sea lions lounging along the shores. As you explore North Seymour's rugged landscapes, you'll encounter a rich ecosystem that makes this island a paradise for nature lovers and bird enthusiasts alike.

# Excursions we will be going on

## South Plaza Island



Set sail on the SeaFinchCharter for a day of adventure, snorkeling, and exploration on South Plaza Island! This destination offers an up-close view of Galápagos' unique wildlife, including Marine Iguanas—the world's only reptile able to shrink its bones during food shortages—and the Swallowtail Gull, the only nocturnal gull. You'll also spot the red-billed Tropicbird nesting along lava cliffs and sea lions navigating the rugged terrain with their powerful front legs.

Dive into the crystal-clear waters of South Plaza Island in the Galápagos for an unforgettable snorkeling experience. Swim alongside vibrant marine life, including playful sea lions, colorful fish, and possibly even graceful rays. This underwater adventure offers a unique glimpse into the diverse ecosystems that make the Galápagos so extraordinary.

## Tortuga Bay



Embark on a kayaking adventure at Tortuga Bay, one of the Galápagos' most stunning beaches. Paddle through clear turquoise waters, where you may encounter marine iguanas, sea turtles, and playful reef sharks. Surrounded by white sand and mangroves, Tortuga Bay offers a serene and scenic escape for nature lovers.

## Bartolome Island



Climb the 353 steps to the summit of Bartolomé Island for one of the most breathtaking views in the Galápagos. At the top, you'll be rewarded with a panoramic vista of volcanic landscapes, crystal-blue waters, and the famous Pinnacle Rock. This scenic hike is an unforgettable way to experience the beauty and rugged charm of the islands.

# SCUBA DIVING ADVENTURES

## Gordon Rocks



Dive into the depths of Gordon Rocks, one of the Galápagos' premier scuba diving spots. Known for its strong currents and vibrant marine life, this underwater haven offers encounters with schools of hammerhead sharks, sea turtles, rays, and a rich variety of fish. The volcanic rock formations and clear waters make for an exhilarating and unforgettable diving experience in one of the world's most biodiverse marine environments.

## North Seymoue/Mosquera Canal



Scuba dive in the North Seymour canal & Mosquera for an exciting experience that allows you to see a variety of marine life in different landscapes. you could see a variety of sharks, eagle rays, mobula rays, sea lions, turtles, barracudas & Galapagos eels.

## Bartolome / Cousins rock



Scuba Diving in Bartolomé & Cousins Rock in the Galapagos islands is a great experience. Bartolome features a rocky platform with underwater cliffs. You can see a variety of reef fish, turtles, white tipped reef sharks and other marine life.

Cousins rock is a triangular islet. You can potentially see sea lions, seahorses, Galapagos sharks and more





# Pricing

Description	Price
Price for a single room - includes meals, all excursions, accommodation	\$4200 - \$5400
Price for a double room per person - Includes meals, all excursions & accomodation	\$3200 - 4700

**Prices vary depending on which room you book & whether you are adding in the 3 days of Scuba diving.**



## WHAT IS NOT INCLUDED

### WHAT IS NOT COVERED IN THE PRICE ABOVE

Flights to Baltra, Ecuador (GPS)  
US SICGAL inspection and migration card  
US Galapagos National Park entrance fee (cash only)  
Alcohol or items of a personal nature / souvenirs  
Gratuities (at your discretion)  
Travel Insurance (recommended)



# Choose Your Accommodation

## HOTEL

### Bedroom #1

#### Ocean View

Single - \$4800

Double - \$3500 Per person

**SCUBA Add - \$700 per person**

A rustic wooden staircase leads to this extra spacious south-facing bedroom with a queen-size bed, wooden flooring, wall-to-wall sliding glass doors to the south, private balcony, en-suite shower room and walk-through wardrobe. Windows offer views to the north, south, east and west.



### Bedroom #2

#### Forest View

Single - \$4500

Double - \$3300 Per Person

**SCUBA Add - \$700 per person**

This south-facing room has access to a private terrace via sliding, glass doors to the south, queen-sized bed, en-suite shower room. Windows offer views the the south, east and west.



### Bedroom #3

#### Tortoise Up

Single - \$4400

Double - \$3300 Per Person

**SCUBA Add \$700 per person**

This west-facing room has access to a private terrace via wall-to-wall sliding glass doors to the west, queen-sized bed or twins, en-suite shower room. Windows offer views to the north, east and west.





# Choose Your Accommodation

## HOTEL

### **Bedroom #4 Plantation View**

Single - \$4400

Double - \$3300 Per person

**SCUBA Add - \$700 per person**

These south-facing rooms have access to a private terrace via wall-to-wall sliding glass doors to the south, queen-sized bed or two twin beds, en-suite shower room. These rooms have access to a second lounge/ with sofas, wood burner and panoramic views to the coastline and the flower gardens and coffee plantations.



### **Bedroom #5 Garden View**

Single - \$4200

Double - \$3200 Per person

**SCUBA Add - \$700 per person**

These spacious north-facing rooms have access to a private terrace with views to the gardens and tortoise pond via wall-to-wall sliding glass doors, queen-sized, en-suite shower/bathroom and walk in wardrobe. These rooms have access to a second lounge with sofas, wood burner and panoramic views to the coastline and the flower gardens and coffee plantations.



### **Bedroom #6 Tortoise Pond Down**

Single - \$4400

Double - \$3300 Per Person

**SCUBA Add - \$700 per person**

These spacious north-facing rooms have access to a private terrace with views to the gardens and tortoise pond via wall-to-wall sliding glass doors, queen-sized, en-suite shower/bathroom and walk in wardrobe. These rooms have access to a second lounge with sofas, wood burner and panoramic views to the coastline and the flower gardens and coffee plantations.





# Choose Your Accommodation

## FINCH WING

### Bedroom #7

#### Sunset View

Single - \$4500

Double - \$3400 Per Person

**SCUBA Add \$700 per person**

These large south-facing rooms have access to a shared terrace via wall-to-wall sliding glass doors, one king bed or two twin beds, en-suite shower rooms.



### Bedroom #8

#### Sunrise

Single - \$4500

Double - \$3400 Per Person

**SCUBA Add - \$700 per person**

These large south-facing rooms have access to a shared terrace via wall-to-wall sliding glass doors, one king bed or two twin beds, en-suite shower rooms.



### Bedroom #9

#### Sky View Room

Single - \$4700

Double - \$4000 Per Person

**SCUBA Add \$700 per person**

This substantial south-facing room has a wrap around terrace with via wall-to-wall sliding glass doors offering panoramic views from the sunrise in the East to the sunset in the West and South to the coast. It has one king bed and one opt. twin bed, en-suite shower room, double washbasins and jacuzzi.







# Choose Your Accommodation

## Independent Suite

### Bedroom #10

### Om Suite

Single - \$4800

Double - \$3500 Per Person

**SCUBA Add \$700 per person**

An independent suite nestled away to give you a little more privacy.





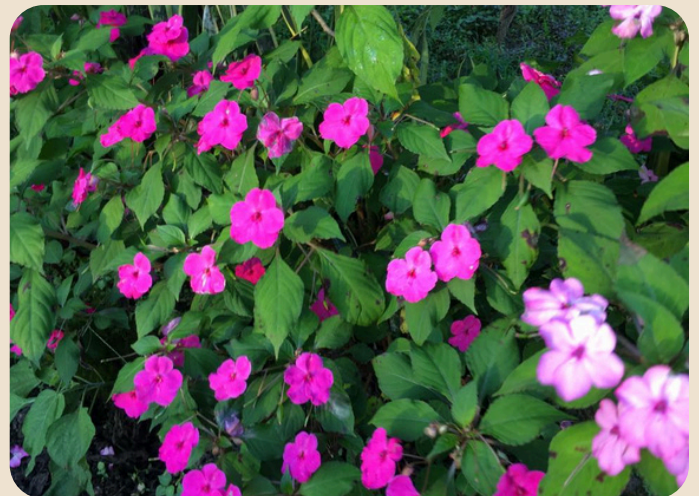
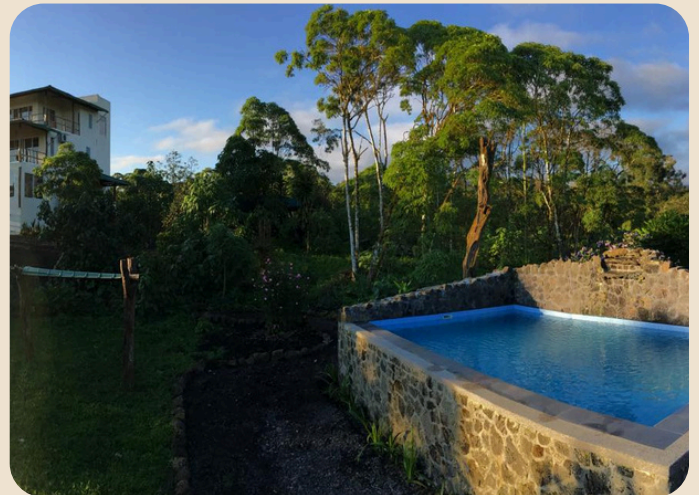
# Conclusion

Whether you're eager to explore the stunning shores on day trips and snorkel in crystal-clear waters or dive deeper into the ocean's wonders with unforgettable scuba experiences, this Galápagos adventure offers something for everyone. With its breathtaking landscapes, unique wildlife, and vibrant underwater ecosystems, this trip is sure to be a once-in-a-lifetime experience. Sign up today and begin making payments to secure your spot for January 2026—let's make memories that will last forever in the enchanting Galápagos Islands!





# The Grounds







# EXTRA INFORMATION

## More About the Itinerary

Our trip will begin as we meet in Baltra the the morning of Saturday, January 24th. Some will arrive via Guayguil, Ecuador, some via Quito, Ecuador. Some may need an overnight in one of these cities to hop the smaller plane to Baltra the morning of the 24th. From Baltra, we will be transferred to our home away from home–Semilla Verde. Semilla Verde is Set in the highlands just 15 minutes from town. We will get to enjoy listening to the birds sing and watch the giant tortoise roam the grounds. Semilla Verde is private, quiet, and fully equipped with a beautiful yoga studio and terraces with views to the coast. Most mornings a sunrise yoga class will be offered at 6.15am, we'll then enjoy breakfast together at 7.30am and then begin our daily explorations!

## What to Pack:

Dress is casual on the islands so there is little stress packing. You'll spend the majority of your time out adventuring on the islands, so your best bet is clothing that you can layer, sweat in, and hang dry quickly.

### A few packing suggestions:

- Sunscreen
- Light rain jacket
- Lightweight layers for sun protection
- long sleeves and a jacket for cooler nights
- Yoga clothes
- Sturdy walking shoes
- Sandals
- Hat
- Travel binoculars
- Camera
- Small backpack for day trips
- Water bottle, Hydration tablets
- Bathing suit and rash guard for warmth and sun protection
- Light wetsuit for snorkeling trips (if you run cold and want one)
- Snorkeling/Scuba gear (gear is provided by the boat so this is only if you don't want to use shared equipment)
- Don't forget SUNSCREEN ;)

The Galapagos Islands are equatorial- this means the sun can be VERY strong and you can catch rays even on cloudy, rainy days. Be sure to pack a hat, strong sunscreen, long layering pieces that offer sun protection, and a bottle of aloe, just in case you missed a spot.





# EXTRA INFORMATION

## Flights:

Your final destination airport on the Galapagos Islands is Baltra (GPS). All flights stop on mainland Ecuador before arriving on the islands. This necessary stop will include an additional baggage screening with SICGAL (which will cost around \$20 US in cash) to ensure that any food or animals that may be of danger to the Galapagos ecosystem stay well away from the islands. After the screening, your bags will be zip-tied locked and you will be allowed to check in for your final flight to Galapagos.

Depending on your origination location, you may be required (due to airline routing/timing) to stay a night in either Guayaquil (GYE) or Quito (UIO). Guayaquil is closer to the islands but does not have the easy charm of Quito.

## Recommended Hotel in Quito:

Wyndham (airport property) walking distance

Holiday Inn Quito Airport -Shuttle available (5m) shuttle available call to reserve

## Recommended Hotels Guayaquil:

Sheraton Guayaquil (0.8m) shuttle available, call 24 hrs prior to schedule

TRYP by Wyndham (.07m) shuttle available, call ahead with flight details to reserve

Holiday Inn Guayaquil (0.2m) shuttle available, call ahead with flight details to reserve Wyndham

Garden Guayaquil 0.9m) shuttle runs every hour, recommend calling ahead.

**Quito** is a high altitude city, some people may not adjust or experience high altitude sickness. The airport is relatively new and there is not a lot available in the vicinity.

**Guayaquil** has more options for accommodations but it is a larger city and has big city issues (not as safe) but it is not a high altitude city. Try to stay west of the airport, Urdesa and areas by the San Marino Shopping are best choices. Avoid areas north and south of the airport, may not want to cross the bridge to the east. More direct flights are available from Guayaquil to GPS.

## Transfers:

Everyone will be met at the Baltra airport and escorted to a short boat taxi ride across the channel to Santa Cruz Island and a private taxi ride from the desert to the highlands where you will soon be nestled in your home for the week.

## The Ins and Outs:

Ecuador and the islands may seem worlds away, and will absolutely feel like that when you arrive. Here are a few things to ease your mind as you travel. Ecuador and the islands use the US dollar. There are ATMs in the airports in Ecuador and Puerto Ayora on the islands, but we do recommend that you bring about \$300 in cash.

There is a fee required to enter the Galapagos National Park. Once you disembark at Baltra you will go through a combination passport control/park fee collection point. You must pay the fee, which is about \$250 in cash when you arrive on the islands. There is no visa needed for US citizens to visit Ecuador. You simply need to ensure that your passport is valid for at least 6 months from your date of arrival.

# PAYMENT

**A NON REFUNDABLE DEPOSIT OF \$500 IS REQUIRED TO HOLD YOUR SPACE.**

**FINAL BALANCE IS DUE OCTOBER 1st**

**PLEASE PAY IN CASH OR BY CHECK OR BANK TRANSFER TO LMCU TO AVOID EXTRA FEES -  
MAKE CHECKS PAYABLE TO  
CHLOÉ HADDAD  
7633 BRADLYN DRIVE NE,  
ROCKFORD, MI 49341**

## **CANCELLATION POLICY -**

**A non-refundable deposit of \$500 per person is required to hold your space and is due at the time of registration.**

### **IN THE EVENT OF CANCELLATION -**

- 90 days or more prior to the retreat - Your entire payment will be refunded less the \$500 and \$50 administration fee.**
- 89-40 days prior to the retreat - Less than \$500 - Your remaining balance can be applied to a different retreat within 2 years.**
- 39 days or less prior to retreat - Forfeit all retreat money rendered.**

# MONTHLY PAYMENT

**These payments are based on Starting January 2025 to have you paid in Full by October 1st**

## Payment Option

Pay a deposit of \$500.

Make monthly payments from January through September.

## Room Rates (per month)

### Rooms 1 & 10

- Single Occupancy: \$478
- Single Occupancy with Scuba: \$556
- Double Occupancy: \$335
- Double Occupancy with Scuba: \$412

### Rooms 2, 7, & 8

- Single Occupancy: \$445
- Single Occupancy with Scuba: \$523
- Double Occupancy: \$312
- Double Occupancy with Scuba: \$389

### Rooms 3, 4, & 6

- Single Occupancy: \$434
- Single Occupancy with Scuba: \$512
- Double Occupancy: \$312
- Double Occupancy with Scuba: \$389

### Room 5

- Single Occupancy: \$412
- Single Occupancy with Scuba: \$489
- Double Occupancy: \$300
- Double Occupancy with Scuba: \$378

### Room 9

- Single Occupancy: \$467
- Single Occupancy with Scuba: \$545
- Double Occupancy: \$389
- Double Occupancy with Scuba: \$467