



# FITNESS ADVENTURE RETREAT MEXICO

Hosted by BIRD

## WHAT IS IT?

Retreat package is inclusive of the following:

- 5 nights at Villa De La Vida, Isla Mujeres, Mexico
- Beautiful accommodations w/ a pool & ocean views
- 8 nourishing meals by chefs & locals
- Daily workouts with fitness professional, scalable to any fitness level
- Daily scheduled activity that includes:
  - Snorkle, cultural food tour, sunset catamaran cruise, recovery & wellness discussions, beach hang and more.
  - Scuba diving and deep sea fishing available for additional
- Transportation to/from Cancun airport via private van and ferry
- Tips for included activities
- Travel, Health, Fulfillment

## WHEN?

January 14 - 19th, 2026

## WHY SHOULD I GO?

The better question is WHY NOT?

- No planning on your part
- Motivation & education
- Self-discovery & growth
- Travel with like-minded people
- Community
- Recharge your soul

**Package pricing**  
**\$2649-2799**

**Not included:** Flight,  
a few meals, spending  
money (for local  
goods, snacks,  
provisions) and any  
additional activities.



To register or for more info:

**LIVINISFOREVERYONE.COM**

Q's: birdcreations2@gmail.com



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**PRICING:** Below is early bird pricing per person through end of July. Rates increase \$100 beginning August 1.

**Included:** Accommodations with daily maid service & linens, all breakfasts (except one), 2 chef made dinners, snorkel trip, cultural dinner food tour, beach hang, transfer from airport and on island transportation, sunset catamaran cruise, workouts, wellness discussions, service tips and more.

- Room 1: 2 Twins = \$ 2699
- Room 2: King = \$ 2799
- Room 3: Queen = \$ 2749
- Room 4: King = \$ 2799
- Room 5: 2 Queens (half bath) = \$ 2649

## HOW DO I REGISTER?

- Click on QR Code
- Follow prompts to Zelle your deposit
- Deposit is \$500 per person
- Email below to confirm receipt
- More details will be sent to you

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