



WELLNESS 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

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

WHEN?

January 14 - 19th, 2026

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. Room types are on a first come first reserve basis.

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.

- Double Occupancy: \$2820.
(Shared sleeping in a King or Queen or 2 Twin beds and ensuite)
- Double Occupancy: \$2720.
(2 Queen beds with a half bath)
- Single Occupancy: Higher rate in room by yourself available upon request.

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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