



🌿 3-Day Wellness Retreat

Miacatlán, Morelos | Temazcal • Cacahuamilpa Caves • Taxco

Sample itinerary

<p>😊 Day 1 — Arrival & Grounding <i>Theme: Slow down, arrive, feel safe</i></p>	<p>🔥 Day 2 — Release & Exploration <i>Theme: Let go, reconnect, expand</i></p>	<p>🔥 Day 3 - Temascal Ceremony <i>Journaling and Art</i></p>	<p>🌿 Day 4 — Integration & Soft Closing <i>Theme: Reflect, integrate, carry it home</i></p>
<p>2:00 – 4:00 PM</p> <ul style="list-style-type: none"> • Arrival & welcome drink (herbal tea or fresh fruit water) • Room check-in + free time to settle <p>5:00 PM</p> <ul style="list-style-type: none"> • Gentle yoga or stretching in the garden <p>6:00 PM</p> <ul style="list-style-type: none"> • Opening circle (intentions + grounding) <p>7:00 PM</p> <ul style="list-style-type: none"> • Nourishing dinner (shared table experience) <p>8:30 PM</p> <ul style="list-style-type: none"> • Sound healing / meditation under the stars ✨ <p>10:00PM</p> <ul style="list-style-type: none"> • Lights off 	<p>🏠 3:30 PM — Visit to Cacahuamilpa Caves</p> <ul style="list-style-type: none"> • One of the largest cave systems in the world • Light exploration walk + awe experience <p>🌙 Evening in Taxco</p> <ul style="list-style-type: none"> • Walk through the magical silver town • Free time for shopping / coffee / photos <p>8:30 PM</p> <ul style="list-style-type: none"> • Dinner in Taxco (or return for dinner depending on flow) <p>10:00PM</p> <p>Lights off</p>	<p>7:30 AM</p> <ul style="list-style-type: none"> • Silent tea + light breakfast <p>8:30 AM</p> <ul style="list-style-type: none"> • Guided meditation or breathwork <p>🔥 10:00 AM — Temazcal Ceremony</p> <ul style="list-style-type: none"> • Traditional cleansing ritual • Guided by local facilitator • Time to rest and integrate after <p>1:30 PM</p> <ul style="list-style-type: none"> • Lunch + quiet time (very important) <p>4:00 PM</p> <ul style="list-style-type: none"> • Journaling + reflection session Art projects <p>10:00PM</p> <ul style="list-style-type: none"> • Lights off 	<p>8:00 AM</p> <ul style="list-style-type: none"> • Gentle yoga / stretching <p>9:00 AM</p> <ul style="list-style-type: none"> • Breakfast <p>10:30 AM</p> <ul style="list-style-type: none"> • Closing circle (sharing, gratitude, intentions going forward) <p>Trip back to CDMX and Tour Airport Shuttle</p>