



CASA  
MAYA  
KAAN

# HOUSE OF HEALING

*At Casa Maya Kaan*

TULUM, MEXICO 2025



MAY 7TH-12TH

## The Restorative Body RX Woman's Wellness Retreat

Thank you for considering this transformative journey back home to yourself. The Restorative Body RX Women's Wellness Retreat is a holistic experience designed to nourish your body, mind, and spirit. Casa Maya Kaan is the oasis I always envisioned—a sacred space I'm proud to call home for The House of Healing. It's a private, exclusive gathering for women to connect consciously within a supportive community.

Here, we'll learn, share, stay open-hearted, and embrace curiosity and compassion. Together, we'll nourish our bodies toward optimal health. This time together will help us rise as a collective, reconnect with the sacred feminine, and unlock our greatest gifts, life purpose, and creative potential. It is my greatest joy and pleasure to share these teachings of transformation—helping you reconnect with yourself, embrace self-care, and awaken your soul's purpose.

This retreat is an invitation to pause, breathe deeply, and live with intention. In a community of like-minded women, you'll cultivate vitality, resilience, and deeper connections that align with your life path. You'll leave feeling emotionally recharged, empowered, and radiant, with tools to integrate these practices into your everyday life.

When you heal yourself, you uplift those around you. As you embrace self-love and care, your energy rises, and you lead with grace, courage, and authenticity.

With love and gratitude,

Brittany N. Levy

BODY+LOVE | The Body Language



# Daily Schedule

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Example:

- **7am Sunrise yoga** (Beach or roof top)
  - Kundalini yoga
  - breath work
  - meditation
  - mantra
  - mudra
  - chanting
  - relaxation
- **8:30am break time:** water, tea, coffee, juices, smoothies, cocoa, lite bites
- **9am Pilates fusion flow class** (shaded Deck/roof top)
  - The body language of pilates function, foundation principles, body set up, core activation, glute strengthening, alignment inside of every exercise, pilates stability, mobility, spinal articulation, innovation to modify exercises, transitions, strength and contraction vs stretch and lengthen , therapeutic modifications. The evolution of pilates and body language to align in your anatomical ideal.
- **group cardio** walk or run on beach optional before Breakfast
- **11am Breakfast** vegan & vegetarian options (protein additional charge)
- **Noon-4pm ( Free time)**

**Beach activities and sunbathing** (free stand up paddle boarding & kayaking on property, read, writing in a journal, art work, photography, beach walks, runs, workout with weights on the beach or Take rest.)

**Alternative option:** book a private tour or driver for outside excursion, head into downtown Tulum for shopping and explore, set up a boat trip or any excursion not on the schedule of offerings.

***\*Book a private photoshoot with a professional photographer***

**Wellness lounge for optimal vitality, self care rituals and restorative practices.** You can inquire about custom one on one restorative body treatments and massages. Group restorative yoga on deck in the shade. Additional book an appointment time slot for Ice bath, Xinalani Temazcal ceremony, clay body mask with honey and red light laser therapy.

- **3pm lunch or snack** vegan & vegetarian meal
- **4:30pm Dance flow movement/ contact improve Dance/ free style**
- artistic creative flow for Dance and for artistry. Weave this time in to master flow state, let go and play with your own body instrument and dance with others as if no one is watching.
- **6pm rooftop Sunset partner workshop** stretching, manual adjustments, Thai massage become a healer, learn to give and receive (sound healing added) Body Love+ Self care
- **7:30 pm Candle light Dinner & dessert** vegan & vegetarian options (protein options available additional add on charge)
- **After dinner Night cap Firer circle ceremony** Circle of connection individual sharing in group community about day, Journal reflections
- **Evening meditation** always optional
- **Bedtime** rest, reset, restore

## What is Included in the Retreat?

- Sunrise Kundalini yoga: The human technology, science and wisdom of today. It will protect you, restore the body, elevate and balance the mind.
- Breath work practice, fundamentals to self regulation
- meditations for keeping an open heart, self love and tap into listening to your intuition
- Pilates core fundamentals for strengthening the body and injury Prevention
- Dance flow, contact improve, free style
- Sunset Partner stretching & restore. Learn hands on adjustments, Thai massage techniques, intuitive healing by listening and communicating with your partner. Become a better giver and receiver.
- Sound bath healing journey
- Opening cacao ceremony
- Explore the self care wellness lounge: book appointments
- All vegetarian or vegan meals included: Organic farm to table meals, tea, coffee, cacao, juices, smoothies water (protein options available for additional charge)
- Daily cleaning service and WI-FI
- 1 Complimentary pre-scheduled shuttle service to and from Tulum airport & Cancun airport with RSVP

## What is not included

- Flight ticket to Tulum, Mexico
- Taxes
- Tip to staff \$60 USD
- Return Transfer to Airport
- Daily Gate entrance fee per guessed for Sian Ka'an \$60 USD

## Programming service:

- Temazcal ceremony book in advance reserve your space
- private massages and body work available for Booking
- Mayan Clay & honey book in advance reserve your space
- Cacao Ceremony
- Sound healing
- Daily Breathwork
- Daily Meditation
- Daily Yoga
- Daily Pilates
- Daily Dance
- Daily Restorative partner practices
- Gym on the beach
- Access to Private beach and 3 chill-out areas
- Ice bath treatment, IV therapy treatment, red light laser treatment available for booking
- Kayak, paddle boards, and snorkeling equipment available to reserve
- Artist, music, painting, dance, voice activation reserve your space
- Photoshoot sessions with professional photographer booking
- Local tours of archeological site and Boat tour booking in advance

details on website USD\$, duration and description. Email for any personal questions.

**Note: Check-in 3 pm and check out is 11am**

## What accommodations Works for you

- Private Suite: King Size Bed, AC, WI-FI sofa Bed, Jacuzzi bathtub, private bathroom, walk in closet
- Single room: Queen size bed, AC, WI-FI, Private bathroom and private entrance
- Twin Room: One House room with two Queen Beds per room. (Book by Bed # A1, A2, B1 & B2) perfect to share or Book both Queen beds 2-4PPL, AC, WI-FI, Sofia Bed, Private Bathroom
- Bell tents: single or Double occupancy, fans, shared bathroom and showers outdoors.
- Safari tents: Single or Double occupancy, fans, shared bathroom and shower outdoors

# Pricing

Product or Service	Quantity/Unit (Specs)	Total Price
Shared Bell tent	3	\$2,790.00 (per person) 2ppl
Single Bell tent	3	\$3,770.00 (single)
Shared Safari tent	5	\$2,990.00 (per person) 2ppl
Single Safari tent	5	\$3,970.00 (single)
1 single room Queen bed with private entrance 1-2 ppl	1	\$4,590.00 (per person) 2ppl
		\$5,570.00 (single)
		Gift included
Twin room 2 Queen beds per room 2-4ppl	1	\$4,590.00 (per person) 2-4ppl
		Gift included
Twin room 2 Queen beds per room 2-4ppl	1	\$4,590.00 (per person)2-4ppl
		Gift included
Private Master Suite King size bed 1-2 ppl	1	\$5,590 (Per person)2ppl
		\$6,570 (Single)
		Gift included

# Additional Details

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Payment made in full vs payment plans are available per request. Please contact Brittany Levy to RSVP and Sign today to reserve your spot in this retreat.

## Contact Details

Name	Phone	Email
Brittany Levy	+1 305-213-1210	Brittany.levy@gmail.com