# ZEN AS F\*CK

# HOSTED BY:

Juanae Crockwell a lille gril Grows, Up

CURATED BY: Shuntelle Paynter X AJSURNEY TOTELLE Zen As F\*ck- Mexico TRIP DETAILS



## THE ZEN AS F\*CK EXPERIENCE

The Zen As F\*ck Experience was created by Juanae, founder of A Little Girl Grows Up, in rebellion to the increasing trendiness of the wellness space. These experiences are curated specifically to challenge your thoughts on mindfulness, encourage you to seek adventure and propel you into living your best, and most intentional life right now. Zen As F\*ck -Mexico, is the first of many international experiences, created with the same objective in mind, merging mindfulness, intention and adventure.

Juanae has collaborated with Shuntelle, founder of A Journey to Telle, to bring you this intentionally curated expereince to Mexico.

### DATE - MAY 29TH - JUNE 4TH 2022

#### FEE: \$2,200.00 - SINGLE OCCUPANCY \$2,000.00 - DOUBLE OCCUPANCY

#### FEE INCLUDES:

- 6 nights in a four star hotel in Playa Del Carmen, Mexico
- Transportation to and from Cancun airport.
- 3 excursions.
- 2 group dinners
- 3 breakfast meals
- Gift bag
- Zen As F\*ck Tee
- Daily Mindfulness Activities



This trip is designed to help you reflect on the life you have and the life you want to create for yourself.



#### A D V E N T U R E

From connecting with new people, trying new cuisine, facing fears and learning about another culture. Your inner adventurer will be awakened.



R E S T

By setting aside time to rest and relax, this experience will leave you feeling rejuvenated and equipped for your return back home.

#### FEE DOES NOT INCLUDE:

- Airfare
- Selected Meals
- Spending money
- Tips for individual activities or meals
- Pre-depature covid tests
- Bermuda Travel Authorisation Fee
- Travel Insurance

Zen As F\*ck- Mexico

# TENTATIVE ITINERARY



#### May 29th - June 4th, 2022

7 Days, 6 Nights in a four star hotel in Playa Del Carmen, Quintana Roo, México

#### Sunday- Day 1 - Arrival in Mexico

Arrive at Cancun International Airport. Collect your bags and proceed to the pick-up area to find our driver. After check-in, relax for the rest of the day and in the evening we'll meet up for a group dinner.

#### Monday - Day 2 - Authentic Mexican Food & Tequila Tasting

The theme for day two is culture! And the best way to get accustomed to a new destination is through the local cuisine. On day two we will immerse ourselves into the culture of Mexico with a traditional ccoking demonstration and a tequila tasting. The remainder of the day is free for you to explore the downtown Playa area on your own or in small groups.

#### Tuesday - Day 3 - Chichen Itza & Cenotes

Day three's theme is grounded! On day three we will get started early with a private transfer to Chichen Itza, one of the 7 World Wonders. We will explore the ruin, learn about the history and of course take some amazing photos! On the way back to Playa, we will visit nearby cenotes (a natural sinkhole) for a few hours. Here you can swim and relax in nature.'s abundance.

#### Wednesday - Day 4 - Spa/ Free Day

Rest is the theme for our fourth day in Mexico. We will spend the morning experiencing the five star Cenote Spa at Grand Hyatt Resort. Enjoy a relaxing spa treatment and all the amenities, including a cenote hot tub, lap pool, sauna and hydropools. We will finish the expereince with a late lunch, over looking the Carribean Sea. After our spa date the rest of the day is yours to explore.







Zen As F\*ck- Mexico TENTATIVE ITINERARY



#### Thursday - Day 5 - Tulum Day Trip

Adventure is being served on day five with a day trip to the famous Mexican city of Tulum. We will travel by private transfer to Downtown, Tulum (about 80 minutes). where we will each hop on a rented moped to explore the super trendy area of Tulum Beach and downtown Tulum. We will meet together in the afternoon for drinks at one of Tulum's popular bars and return back to Playa together,

#### Friday - Day 6 - Rest Day

The theme for our final full day in Mexico is gratitude. Today is yours to explore. Grab a keepsake or two, shop on 5th Avenue or lay poolside and enjoy the views of the city. We will meet to enjoy a final meal together at the end of the day.

#### Saturday Day 7 - Depart Mexico

On our final day, grab some breakfast and depart back home via our group airport transfer. Hotel check out is 12 PM.

\*Each day will incorporate forms of mindfulness, including meditation, journaling and intention setting. These exercises will truly maximize your time in Mexico and amplifying your experience. In addition to the planned excursions outlines, attendees will be encouraged to participate in the robust nightlife that Mexico has to offer,







Zen As F\*ck- Mexico TRIP DETAILS



# ARE YOU READY FOR THIS ZEN AS F\*CK ADVENTURE?

This experience is limited to 10 women, aged 25+, who are open minded, seeking adventure and ready to LIVE their best life NOW!

Registration is open and spaces will be reserved on a first come, first serve basis. A deposit of \$1,000 (\$500 of which is non-refundable) is required to confirm your space.

#### DEPOSIT DUE: MONDAY FEBRUARY 28TH, 2021

#### BALANCE DUE: FRIDAY APRIL 29TH, 2021

If you have any additional questions before making your final decision, please contact Juanae at juanae@alittlegirlgrowsup.com. We want to ensure that you are comfortable, confident and excited about this amazing experience.

Diclaimer: By choosing to travel during a global pandemic you are accepting the associated risks. As such the organisers (Juanae Crockwell & Shuntelle Paynter) are not responsible for any unforseen changes that may occur as a result of COVID-19 travel restrictions or policy.



This trip is designed to help you get intentional about the kind of life you want to have and start taking actionable steps to living it daily.



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