



Mexico: Nurses Unwound Retreat (UR)
February 25th - 28th 2027

10 Participants
 Team Leader
 Nicole Johnson

Overview

4 days, 3 nights in beautiful Sayulita, Mexico at brand new luxurious, architect designed accommodation

Objective:

Learn and practice self-care modalities such as meditation, yoga, journaling, as well as learn about Mexican culture, earning up to 7 -8 CEs

Detailed Itinerary

Date	Destination	Description	Included Services
Day 1 Feb 25th Thursday	Sayulita	<p>Puerto Vallarta (PVR): Transport: Pick from Airport to Casa Nico with an optional stop at the grocery store (La Comer) **Pick up times depend on guests' arrival times. Sayulita VIP car service</p> <p>Plan to fly in after 2pm to Puerto Vallarta International Airport</p> <p>Afternoon/Evening: Arrival at NICO with the assistance of the retreat leader to settle into your accommodations.</p> <ul style="list-style-type: none"> • Chips/Salsa available • Gift bags in rooms <p>6:30 pm Meet in common area to enjoy drinks and appetizers</p> <p>7:00 pm: Dinner at the lodging- Introductions/ Itinerary/Activities/Expectation Setting/Retreat expectations/ Cultural Considerations</p>	<p>Airport transfer Welcome Bag</p> <p><u>Meals :</u> *Appetizers and drinks *Dinner</p>

<p>Day 2 2/26 Friday</p>	<p>Sayulita</p>	<p>7:30 Coffee/Tea available in room & courtyard</p> <p>8:00 Yoga & meditation practice by Paul</p> <p>9:30 Breakfast and lectures</p> <p>9:30 - 12:00 lectures - Burnout and Stress Reduction Nicole Johnson (2.5 hours)</p> <p>Lunch on your own - La Rústica, Barracuda, Terra Vida, The Dock, Bichos, Rueben's, Natys</p> <p><i>Spa services available at the house (reserve in advance), beach activities, pool time</i></p> <p>7:30 pm Dinner at Don Pedro (dinner not covered by UR)</p>	<p><u>Meals:</u> *Breakfast</p> <p>*Yoga</p> <p>*2.5 CEs</p>
<p>Day 3 2/27 Saturday</p>	<p>Sayulita</p>	<p>7:30 Coffee/Tea available in the courtyard</p> <p>8:00 Yoga & Meditation by Paul on the beach (leave the house at 7:45)</p> <p>9:30 =11:00 Breakfast and lecture - Burnout and Stress Reduction Nicole Johnson (1.5 hour)</p> <p>Lunch on your own - La Rústica, Barracuda, Terra Vida, The Dock</p> <p><i>Spa services available at the house (reserve in advance), beach activities, pool time</i></p> <p>5:00- 7:00 Mexican Culture & Medical Spanish - Juan Nivardy (2 CE) at the Spanish School (leave 4:50)</p> <p>7:30 pm Dinner in town (not covered by UR) Sur 38, Bichos, La Rustica, Alto Alto</p>	<p><u>Meals:</u> *Breakfast</p> <p>*Yoga</p> <p>*3.5 CEs</p> <p>Optional Cacao ceremony</p>

<p>Day 4 Feb 28th Sunday</p>	<p>Sayulita</p>	<p>7:30 Coffee/Tea available in the courtyard</p> <p>8:00 Yoga by Paul</p> <p>9:30 Breakfast Goodbye Breakfast - Self-care integration with Nicole & Paul over breakfast (1.5 CE)</p> <p>Evaluations and CE certificates</p> <p>Airport Shuttle ~ 12:30pm (depends on participants flights)</p>	<p><u>Meals:</u> *Breakfast *Lunch</p> <p>*1.5 CEs</p> <p>*Yoga</p>
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Arrange transportation - extra
 Golf cart - extra
 Cacao ceremony - extra

Not Included - Airfare & travel insurance
 Spa services
 Some meals, alcohol

NICO Sayulita
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