



Mexico: Nurses Unwound Retreat (UR) March 31st - April 4th

8 Participants
Team Leader
Nicole Johnson

Overview

5 days, 4 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 3/31 Monday	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>

Day 2 4/1 Tuesday	Sayulita	<p>7:30 Coffee/Tea available in room & courtyard</p> <p>8:00 Yoga & meditation practice by Paul</p> <p>9:30 Breakfast</p> <p>10:00- 12:00 lectures (2 CEs) Burnout and Stress Reduction Part 1 & 2 Nicole Johnson</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>7:30 pm Dinner at Don Pedro (dinner not covered by UR)</p>	<p><u>Meals:</u></p> <p>*Breakfast</p> <p>*Yoga</p> <p>*2 CEs</p>
Day 3 11/14 Thursday	Sayulita	<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 Breakfast</p> <p>10:00 - 1200 (2 CEs) Burnout and Stress Reduction Part 3 - Nicole Johnson</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)</p>	<p><u>Meals:</u></p> <p>*Breakfast</p> <p>*Yoga</p> <p>*4 CEs</p>

Day 4 11/15 Friday	Sayulita	7:30 Coffee/Tea available in the courtyard 8:00 Meditation/journaling practice - by Nicole 8:30 Breakfast 10:00 Group Activity - Paddleboard Lunch on your own <i>Spa services available at the house (reserve in advance), beach activities, pool time</i> 5:00 Group check-in and yoga by Paul at the house (yoga 5:30-6:30) 7:00 Group dinner at the house	<u>Meals:</u> *Breakfast *Dinner *Paddle board *Yoga
Day 5 11/16 Novemer	Sayulita	7:30 Coffee/Tea available in the courtyard 8:00 Yoga by Paul 9:30 Breakfast Goodbye Breakfast - Bringing Self-Care Back Home Discussion over breakfast (1 CE) Evaluations and CE certificates 12:00 lunch (grab and go available) Airport Shuttle ~ 12:30pm (depends on participants flights)	<u>Meals:</u> *Breakfast *Lunch *1 CE Transfer to PVR airport

Included - Yoga for 4 sessions
Meditation/Journaling
Four Breakfasts

Two Dinners

One Lunch

2 hour Paddle Boarding

Transport to/from Airport

Welcome Bag

Luxury brand new accommodations, walking distance to town & beach, two pools, ocean views

Lodging is based on double occupancy.

Rooms are suites with a private bathroom and kitchenette. Safes in each room.

7-8 CEs

Not Included - Airfare & travel insurance

Spa services

Some meals, alcohol

NICO Sayulita

Address:

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