



## Mexico: Nurses Unwound Retreat (UR) November 9th-13th

8-10 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 11/9 Sunday	Sayulita	<p><b>Puerto Vallarta (PVR):</b> 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><b>Plan to fly in after 2pm to Puerto Vallarta International Airport</b></p> <p><b>Afternoon/Evening:</b> Arrival at NICO with the assistance of the retreat leader to settle into your accommodations.</p> <ul style="list-style-type: none"> <li>• Chips/Salsa available</li> <li>• Gift bags in rooms</li> </ul> <p><b>6:30 pm</b> Meet in common area to enjoy drinks and appetizers</p> <p><b>7:00 pm:</b> 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 11/10 Monday	<b>Sayulita</b>	<p><b>7:30 Coffee/Tea available in room &amp; courtyard</b></p> <p><b>8:00 Yoga &amp; meditation practice by Paul</b></p> <p><b>9:30 Breakfast</b></p> <p><b>10:00- 12:00 lectures (2 CEs) Burnout and Stress Reduction Part 1 &amp; 2 Nicole Johnson</b></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><b>7:30 pm Dinner at Don Pedro</b> (dinner not covered by UR)</p>	<p><u>Meals:</u></p> <p>*Breakfast</p> <p>*Yoga</p> <p>*2 CEs</p>
Day 3 11/11 Tuesday	<b>Sayulita</b>	<p><b>7:30 Coffee/Tea available in the courtyard</b></p> <p><b>8:00 Yoga &amp; Meditation by Paul on the beach (leave the house at 7:45)</b></p> <p><b>9:30 Breakfast</b></p> <p><b>10:00 - 1200 (2 CEs) Burnout and Stress Reduction Part 3 - Nicole Johnson</b></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><b>5:00 -7:00 Mexican Culture &amp; Medical Spanish - Juan Nivardy (2 CE) at the Spanish School (leave 4:50)</b></p> <p><b>7:30 pm Dinner in town (not covered by UR)</b></p>	<p><u>Meals:</u></p> <p>*Breakfast</p> <p>*Yoga</p> <p>*4 CEs</p>

Day 4 11/12 Wednesday	<b>Sayulita</b>	<b>7:30 Coffee/Tea available in the courtyard</b>  <b>8:00 Meditation/journaling practice - by Nicole</b>  <b>8:30 Breakfast</b>  <b>10:00 Group Activity - Paddleboard</b>  Lunch on your own  <i>Spa services available at the house (reserve in advance), beach activities, pool time</i>  <b>5:00 Group check-in and yoga by Paul at the house (yoga 5:30-6:30)</b>  <b>7:00 Group dinner at the house</b>	<u>Meals:</u> *Breakfast *Dinner   *Paddle board *Yoga
Day 5 11/13 Thursday	<b>Sayulita</b>	<b>7:30 Coffee/Tea available in the courtyard</b>  <b>8:00 Yoga by Paul</b>  <b>9:30 Breakfast Goodbye Breakfast - Bringing Self-Care Back Home Discussion over breakfast (1 CE)</b>   <b>Evaluations and CE certificates</b>  <b>12:00 lunch (grab and go available)</b>   <b>Airport Shuttle ~ 12:30pm (depends on participants flights)</b>	<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:

Calle Loma Alta 7

6373 Sayulita, Nayarit

Nicole Johnson mobile - 206-948-0458