

BAJA RETREAT EXPERIENCES

5 DAY / 4 NIGHT LUXURY YOGA RETREAT IN CABO

Farm-to-Table Culinary Experience in Cabo with Yoga!

Reservations@BajaRetreatExperiences.com

EXPERIENCE BAJA

be here now

At the southernmost tip of the Baja California Peninsula lies the magical town of Los Cabos. Known for its abundance of beautiful beaches, surf community, art and cuisine, and a very special contrast of desert, ocean, and sea.

This 5-day luxury culinary and yoga retreat offers a balancing blend of rejuvenation and pleasure in the breathtaking tropical desert oasis destination of San Jose del Cabo, on the Baja Peninsula.

Enjoy soothing yoga and meditation, cooking classes, mezcal tasting and Mexican wine tasting.

Explore finding and maintaining balance in your life by reconnecting with the Self and making space for the body, mind, and soul to rest, restore and enjoy.





DISCOVER ACRE

a luxury treehouse hotel

Tucked in the foothills of San Jose you'll find ACRE, a lush sanctuary set on 25 acres of abundant greenery and an estate of rich agriculture.

Featuring elegant treehouses, organic farms, an animal sanctuary, and an award-winning bar and restaurant, connection and celebration are the heart of this space.

A playground for all - ACRE is a lush secret garden of palms, hidden away in the mountains, filled with nature and away from the crowds.

During our retreat, you'll have free rein to enjoy all of what this beautiful sanctuary has to offer.





LUXURY TREEHOUSES

a sleepover amongst the palms

Stay in your own secluded treehouse that is accessible from its own greenery-adorned path leading to your personal hideaway atop a private jungle oasis.

Nestled in a canopy of palms, each treehouse has a plush king-size bed with a private bathroom, outdoor seating area, and beautiful outdoor shower.

RETREAT YOURSELF

unplug and reconnect

The 5-day retreat itinerary offers a balance of rejuvenating wellness practices and fun Baja experiences each day. All your accommodations, food and transportation is included, but you're welcome to choose to venture out on your own and do as much or as little as you feel like.

We'll welcome each day with morning yoga and meditation before filling our tummies with a light breakfast. If you feel like some pampering, you can make arrangements for a massage or other forms of bodywork at the Treehouse Spa.

Every day includes a selection of activities to partake in, delicious organic meals, and plenty of free time to relax by the pool or roam the ACRE farms and gardens.





WHAT'S INCLUDED

let go and be free

5 day, 4 night luxury treehouse accommodation
Transportation to and from the SJD airport
Welcome drink, snack and gathering
Daily continental breakfast
Organic farm-to-table lunches and dinners daily
2 cooking classes with local chef
ACRE farm tour
Daily yoga and meditation classes
Visits to the onsite animal sanctuary
Artistic therapy workshop / paint class
Mezcal tasting
Late check-out
Outdoor pool, pickleball and bocce
Access to roam the ACRE grounds and use the onsite bicycles
Optional day trip to the beach
Group hiking excursion
Excursions into town / free time to explore San Jose del Cabo
Dia de Los Muertos celebrations
Evening dance party under the stars



YOUR HOSTS

Drs. Bruce & Laura

Drs. Bruce & Laura Presnick are practicing doctors of chiropractic, who are passionate natural health advocates with over 40 years of experience, and part-time residents of San Jose del Cabo.

They bring a wealth of knowledge and experience and look forward to sharing it with you, in an incredible setting created by the Acre team.

They have worked with thousands of people via seminars, workshops, and their clinic, to help them achieve vibrant health by using chiropractic, nutrition, yoga, and meditation.

“Our purpose is to share with you what we have learned on our journey to health so that you can live your life more vibrantly. We look forward to meeting you!”

DATES & PRICES

October 28 - November 1, 2022

LUXURY KING TREEHOUSE
FOR ONE

\$3995 USD

EARLY BIRD (paid in full by 9/27/22) \$3695 USD

LUXURY KING TREEHOUSE
FOR TWO

\$7390 USD

EARLY BIRD (paid in full by 9/27/22) \$6,790 USD

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REST & REBALANCE

BOOK NOW

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