

YELAPA

MEXICO
RETREAT

1/9-16





Tucked into the pacific jungle of Yelapa, Mexico, Los Naranjos has been taking care of retreat groups and travelers for 16 years.

As an indigenous-protected land accessed by boat, Yelapa is filled with charming walking paths surrounded by colorful wildlife, mountains and waterfalls.

YOUR CASITA FOR THE WEEK

A short walk from the beach, fall asleep to nature's symphony in your own unique, open-air casita, surrounded by acres of biodiverse trees and gardens.



MEET YOUR HOSTS.

EMILY & RAFA



EMILY has been sharing the practice of yoga and natural adventure with retreat groups across central america for 8 years. She is beyond grateful to have guided over 100 people to different countries through these unforgettable soul trips. Each one is different, unforgettable and special.

Emily will guide yoga everyday to help you build your practice as well as workshops and adventures to help you connect with yourself and the natural world that we get to live in together for a week.

RAFA has been running Los Naranjos Eco Retreat for 16 years, welcoming countless retreat groups, travelers and students to his place. As a biologist, he and his legendary team take great care of the gardens, wild animals and guests that come to enjoy it.

Rafa will give a tour of the land to explore the medicinal plants, fruit trees, roots, herbs, and wildlife that surround us as well as a few workshops in the garden. Picking various aromatic leaves to make fresh tea every night has become a memorable staple of these trips.

Rafa and Emily met in Yelapa in 2023 and have been collaborating in life, love and retreats since.

"This will be our fourth retreat together and we're grateful to each person who adds to the story!"

A DAY IN THE LIFE ON YOUR RETREAT

Yoga is the foundation of our retreats, with fun, invigorating practices in the morning and calming yin style practices at night, woven with philosophy and ayurveda workshops.

Permaculture is another pillar of the retreat, with hands on classes that naturally connect you with the earth and give you knowledge to take back home to your own kitchen, garden or potted plants.

A typical day

"One day, after a shorter yoga class & breakfast, we take a private boat to whale watch and make a stop at a different beach to explore, swim and have lunch"

8am: Yoga

10am: Big Breakfast

12pm: Workshop/Activity or break

2pm: Lunch

4pm: Break or Workshop/Activity

7pm: Dinner

8:30: Yin yoga, break or Fire Circle

Below are some activities we get into (with room for surprises):

Guided Waterfall Hikes (One is on our retreat site!)

Horseback/Mule Riding (Added/Optional)

Permaculture Course (With Rafa)

Walk to Town

Drumming & Music Fire Circle

Private Boat Day with Whale Watching

Parasailing & Paragliding (Added/Optional)

Snorkeling

Philosophy, Ayurveda & Journaling Circles

Archery

Mexican Cooking Class

Simple Spanish Lesson (with Abraham!)

Flow Arts & Slackline

While our retreats are filled with adventure, we encourage and provide space for you to take time to yourself, relax in a hammock and read a book, or do anything else that makes you happy.





Deepen your yoga practice and connect with yourself, surrounded by the sounds and sensations of nature.





Share 3 fresh-from-the-garden meals a day, with great conversation, sometimes tears, and laughter around one big table..

with people you will never forget.





This retreat completely flipped my perspective on myself and my life. I am so so so grateful I got to have this experience.

-KELSEY

Some of my best memories. Planning to join again soon.

-MARY

"Such a special and transformational experience."

-LOGAN W.

The best retreat out. I highly recommend this to anyone considering going.

-BRIDGET



This retreat exceeded my expectations. It was a trip for the soul. I also have been dreaming about the cevice ever since. I can't wait to join again soon.

-SOPHIE

This was such a transformational trip for me. If you are on the fence about it, just take the leap!

-KELLY M



PRICING

MAKE ALL PAYMENTS TO VENMO @EMILYO_YOGA

OTHER PAYMENT METHODS AVAILABLE UPON REQUEST



Through September 6 (Spaces limited) \$400 deposit

\$1,600 shared room

\$1,800 private room

After September 6: \$1,900 shared room | \$2,100 private room

Extend your trip (Guided camping trip to remote waterfall): \$550

Saturday, January 16: Stay at Los Naranjos- Lunch included, flexible dinner

Sunday, January 17: Backpack to 80-ft waterfall-Breakfast at Los Naranjos to-go lunch, & fireside dinner included

Monday, January 18 (MLK Holiday): Relax, swim & explore around waterfall campsite for the day & night: Breakfast, lunch & dinner included

Tuesday, January 19: Breakfast at campsite included with to-go lunch as we hike back to Los Naranjos. Family dinner at Los Naranjos included

Wednesday, January 20: Breakfast at Los Naranjos included before check out and goodbyes (for now!) All Wednesday afternoon flights are accessible by early morning (8-9am) boat from Yelapa.

This is an (intensely) beautiful 6-ish hour hike up and down mountains, through the jungle, and across rivers. We will be guided by Rafa and Jaime, two experienced hikers who know the trails well and how to keep us in good hands. Mules will be provided to carry our cooking supplies, tents, pillows and blankets (all provided). You will be required to bring a backpack, sleeping pad and the clothes you wish to carry. You may secure any other items you'd like to leave behind safely at Los Naranjos until we get back. This waterfall is breathtaking, remote and surrounded by untouched nature. We are honored to guide you to this special place in good hands for campfires, climbing, fire-cooked meals, swimming, music circles and one of a kind memories.

GETTING HERE

YOUR ADVENTURE AWAITS.

- »Fly into Puerto Vallarta Airport (PVR)
- »Take a 30 min taxi to Los Muertos Pier in Puerto Vallarta (or stay in town the night before!) Emily will connect you with other retreat guests who land around the same time to share a taxi.
- »Take a 50 min boat ride with Emily and the group at a designated PM time
- »Arrive to Yelapa and hand your heavy bags to the mules while you jump in the ocean, enjoy a mocktail and make your way to our enchanted retreat site.
- »Connect through an opening ceremony on Saturday night followed by dinner



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All photos by Keena Good and Ben Wright

