



Women's Wellness Retreat

A true getaway in serene paradise, with time to relax & rejuvenate!

4 Days | 3 Nights | 5 Meals

February 21st - 24th, 2025 | \$1270 per person
(Airfare not included)

Cozumel, Mexico

FRIDAY

02.21.25

2:00 - 4:00 PM

Check in & Free time

4:00 PM - 5:00 PM

Walking tour of the island

5:00 PM

Welcome Social Hour
with beverages

7:00 PM

Free time &
Independent Dinner

MONDAY

02.24.25

7:30 - 9:30 AM

Breakfast

9:30 - 10:00 AM

Farewell & Group
Reflection

SATURDAY

02.22.25

7:30 - 9:30 AM

Breakfast

9:00 - 10:30 AM

A walk near the ocean

10:30 - 11:30 AM

Mindset & Journaling
exercises in zen room

11:30 - 12:30 AM

Gentle Yoga

12:30 PM

Optional Scheduled
Activities (messages
or energy healing)

4:15 - 7:15 PM

Sunset sail with
beverages & light
appetizers

7:00 PM

Free time &
Independent Dinner

SUNDAY

02.23.25

7:30 - 9:30 AM

Breakfast

9:45 - 10:30 AM

Mindset & Journal
exercises in zen room

10:30 - 11:30 AM

Stretch & Gentle
yoga with Mary

11:00 - 12:30

Snorkel at Buccanos

12:45 - 3:00 PM
Lunch & relaxation
near the beautiful
ocean at Buccanos

3:15 PM

Return to Tamarindo
B&B and refresh

7:00 PM

Authentic Mexican
Farewell Dinner

-Space is limited-

A \$200 non-refundable deposit is required to
reserve your spot.

For more details contact

Jessica or Mary

@cultura_wellness

@companyofwomentravel

