



This program helps rebalance your body and mind, restoring health and harmony.

- Customized treatments
- Nourishing meals
- Tranquil environment
- Certified therapists and instructors



life & Wellness

Balancing body and mind

RETREAT

- | | |
|-----------------------|------------------|
| YOGA & AYURVEDA | HOLISTIC THERAPY |
| FITNESS WORKOUT | MEDITATION |
| DETOX & NUTRITION | FLOW DANCE |
| BREATHWORK & ICE BATH | |

A journey of life, love, transformation, cleansing and rejuvenation to promote healing and renewed vitality on every level.

Open Dates
+52 612 1074 818
El Sargento, BCS



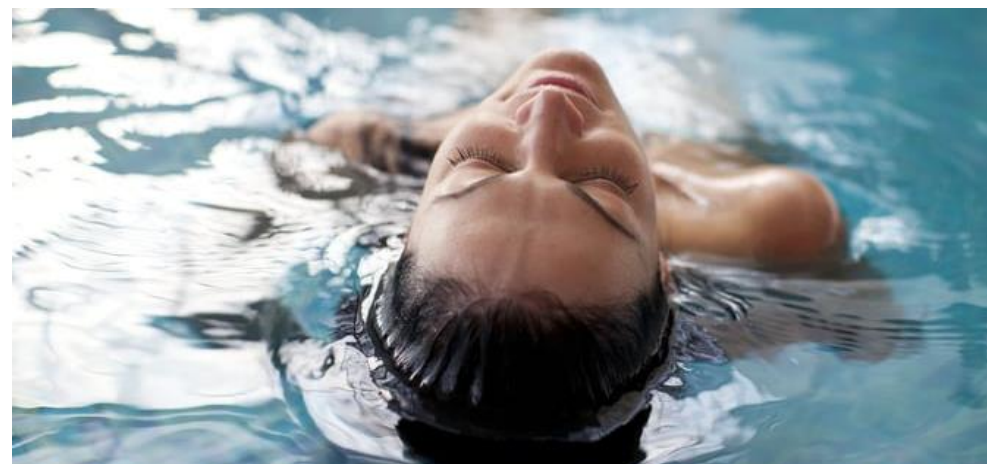
THE PLACE

El Sargento, Baja California Sur is a beautiful fishing town, located 30 minutes south of La Paz. Its white-sand beaches and turquoise ocean water, combined with the majestic mountains of its islands makes this serene spot on Ventana Bay unique.

The property is located 2 blocks from the beach, it is a boutique hotel with ocean view, roof terrace, restaurant, spa and pool.

See location here:

<https://maps.app.goo.gl/csayb73TucV9CMhe7>



THE PROGRAM

THURSDAY

Check in
Ayurveda consultation
Welcome dinner

FRIDAY

6 am Sunrise Yoga & Calistenia
7 am Swimming
8:30 am Green juice
9 am am Enema
10 am Breakfast
11:30 Body scrub
12 pm Body wrap
1.30 pm Lunch
2 – 4 pm Free time
4 pm Flow Dance
5 pm Couple yoga
6 pm Sunset Meditation
6:30 pm Dinner

SATURDAY

6 am Sunrise Yoga & Calistenia
7 am Swimming & Watsu Therapy
8:30 am Smoothie
9 am am Breathwork & Ice bath
10 am Breakfast
11:30 Abhyanga & Shirodhara*
1.30 pm Lunch
3 pm Abhyanga & Shirodhara*
5 :30 pm Flow Dance
6:30 pm Dinner

Abhyanga & Shirodhara*

Customized therapy according your dosha and needs, techniques included are Ayurvedic, shiatsu, reflexology, sacro craneal, lymphatic and thai massage.

Shirodhara, warm oil verted on the forehead and scalp massage.

Program includes acommodation and meals. Air tickets, transportation and travel insurance are not included.

SUNDAY

6 am Sunrise Yoga & Calistenia
7 am Stand up paddle
8:30 am Smoothie & breakfast
9 am Ocean Tour to Isla Cerralvo
Lunch box/ healthy snacks
2 pm Lunch
3 pm Free time
Mountain biking and Wind sports lessons/ rental gear, available with additional cost and previous reservation.
5.30 pm Sunset bonfire & dinner
(closing at La Tuna Beach Club)

MONDAY

Breakfast / Check out

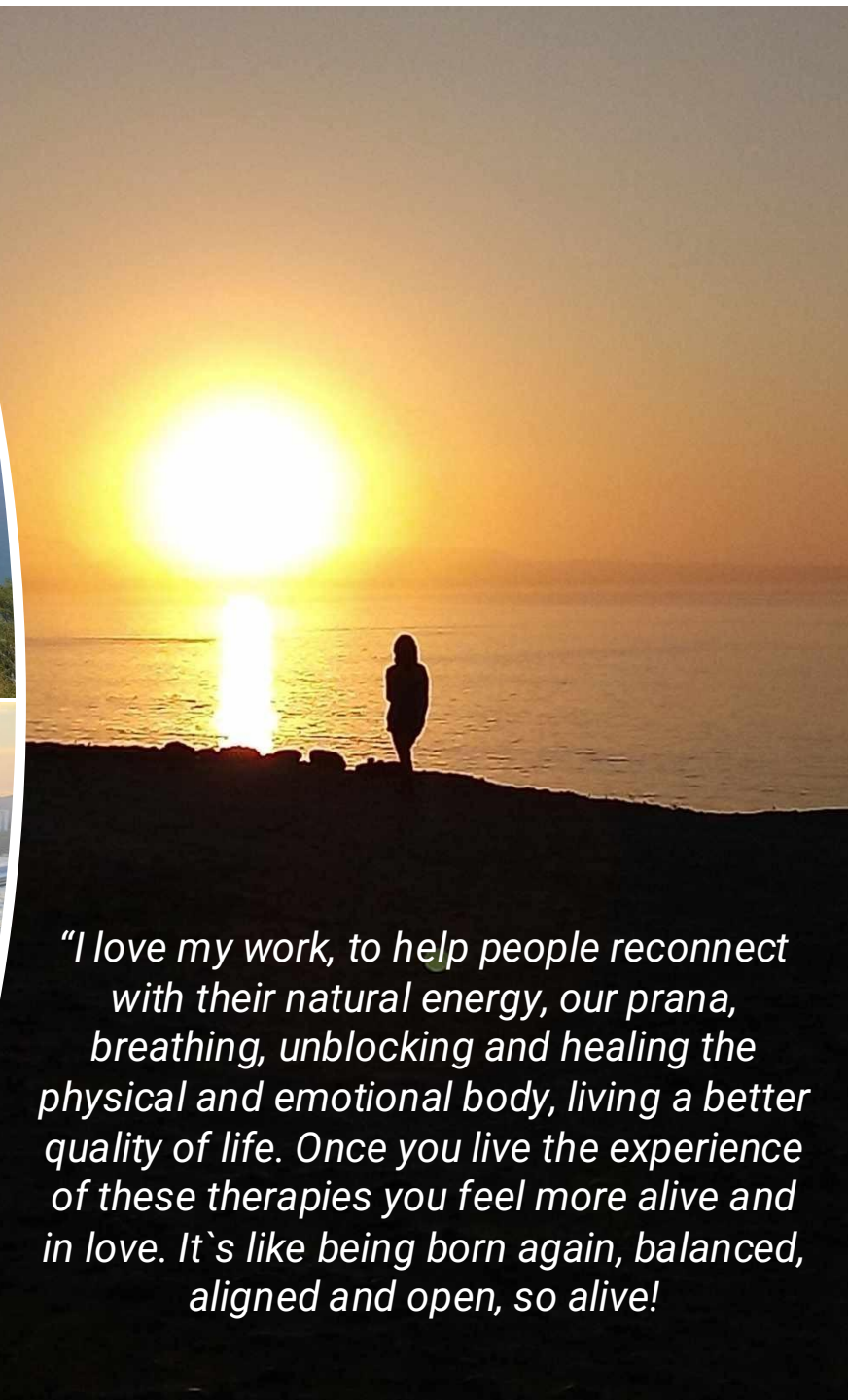
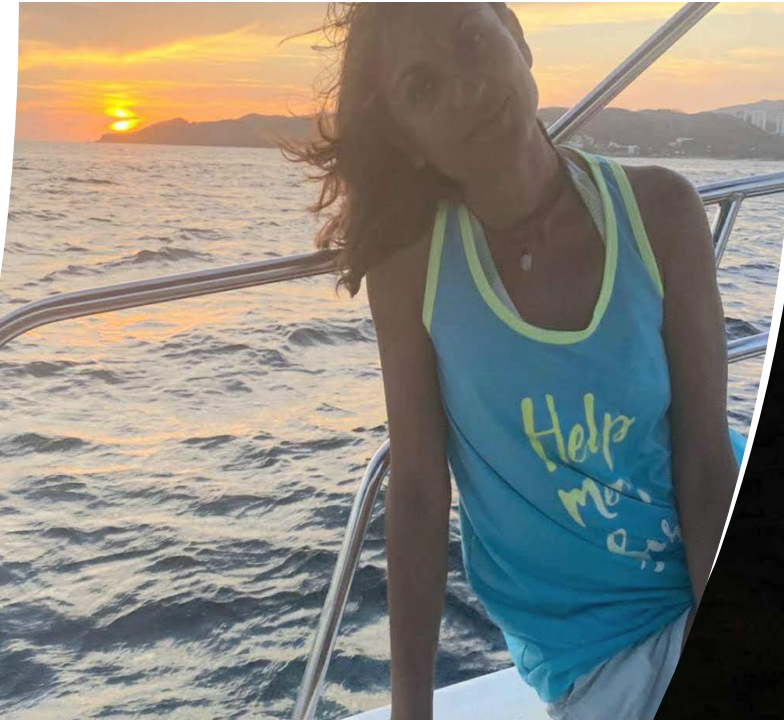


MEET THE TEAM

Hello!! I am Luz Rivera, a certified Holistic Therapist and Naturopath since 2001, for the last 22 years I've been working on the health and wellness path with Ayurveda, Yoga, Alternative Medicine, Physiotherapy, Nutrition, Psychology and Detox Programs. You can see more detailed info and testimonies @ Health and Wellness section in www.liveandlove.com.mx

I had the opportunity to study Education, Communication and Contemporary Dance at university, working in these fields as well, with human and environmental health programs. I'm a lover, of nature, ocean, dance, music, people, good food and good life. I believe in love and community, to work for a better life and a better world.

"Let all we do, be done in love"



"I love my work, to help people reconnect with their natural energy, our prana, breathing, unblocking and healing the physical and emotional body, living a better quality of life. Once you live the experience of these therapies you feel more alive and in love. It's like being born again, balanced, aligned and open, so alive!"

MEET THE TEAM

Michael's dance journey began in 2011, learning and teaching 25 different styles of partnership dance, including Waltz, Tango, Salsa, and more. While discovering the incredible feelings that partner dance offers, he also found it unnatural to learn. Since then, Michael's purpose has been to discover and share partnership dance as a natural physical language, emphasizing feel-good movement and realizing our own unique dance styles. In 2016, Michael opened a successful dance studio in Seattle teaching Flow. During the pandemic, he brought his passion to La Ventana, Mexico, where he teaches today, both in person and virtually. If we all discover our physical flow and the freedom to communicate it with others, unconditional love for everyone will become inevitable. #LetsGetThisWorldDancing www.flowfluently.com



Connect

"Life gives you stages to dance on all the time. The question is, will you take those chances?"

FAQ

When is the retreat?

You get to choose your weekend. Check in on Thursday and check out on Monday. Available dates are between November 2024 and May 2025.

What is the retreat price?

One person, single room \$ 1200 USD
Couple. double room \$ 1800 USD

What is included?

4 nights of accommodations
Meals and drinks (Program menu only)
Program activities and therapies

What is not included?

Airfare, Airport to hotel transportation, travel insurance, tours and activities outside of the program.

For more information
please contact us @

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We are excited to help you live a better life!

