



BY CAROLINE & YEXA.

SOUL SYNC

WOMEN'S RETREAT

MAY 29TH, 2026



Introduction



I'm thrilled to introduce **SoulSync** Retreat by Yexa & Caroline, a six-day women's wellness experience set amid the desert's golden light and the turquoise shores of Villajoyosa, Spain. Together, we'll blend morning breathwork and dynamic yoga with Pilates and desert hikes, heart-opening workshops—like Inner-Child Hug and Release Ritual—and unforgettable cacao and sound-bath ceremonies under the stars. You'll connect deeply with yourself, with sisterhood, and even with our gentle equine friends, before closing each day by the pool or on the beach. Get ready to slow down, let go, and truly sync your body, mind, and spirit.



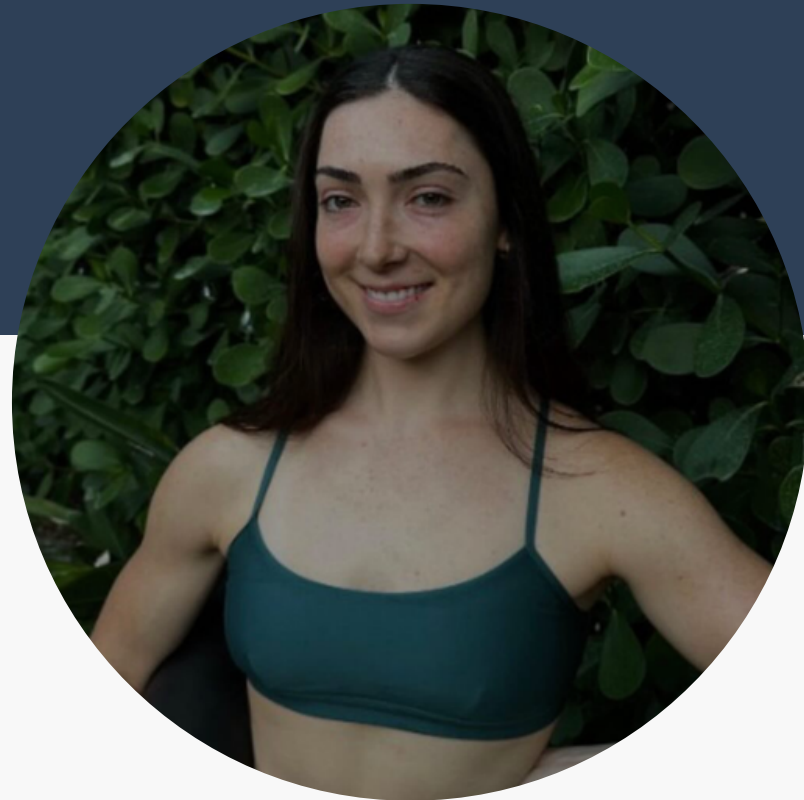
INTENTION.

WHAT TO EXPECT.

At SoulSync Retreat, our intention is to create a radiant sisterhood where women connect, laugh, and grow—flowing through Pilates and yoga classes, exploring desert hikes, and simply having fun together—while releasing what no longer serves and returning home renewed, empowered, and deeply reconnected.



INSTRUCTORS:



Caroline Cadorette

Pilates Instructor



Yexa Hernández

Yoga Teacher



WHY VILLAJOYOSA, SPAIN?

Perfect Mediterranean Climate

Villajoyosa enjoys a dry, sunny Mediterranean climate with warm temperatures ideal for outdoor yoga and Pilates almost year-round.

Stunning Natural Playground

You'll have over 12 km of Blue Flag beaches—perfect for sunrise acroyoga or sunset beach flows—and rugged mountain trails just inland for guided desert-style hikes.



Authentic Charm & Wellness Vibe

This “Joyful Town” is ideal for post-practice wellness breaks. Its laid-back atmosphere and boutique accommodations create a nurturing, sisterhood-focused sanctuary perfect for forging lifelong connections and deepening your spiritual journey

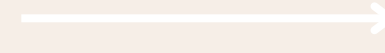
TRAVEL INFORMATION



*ARRIVE TO ALICANTE
AIRPORT*



*27 MIN TRAM
ALICANTE AIRPORT-VILLAJOSYA*



**TEAMS PICKS
YOU UP!**

MIAMI-MAD-ALICANTE
MIAMI-LISBOA-ALICANTE
MIAMI-BARCELONA-ALICANTE
MANY OPTIONS. THEY ALL HAVE
A STOP.

SOULSYNC

***FLIGHTS CAN BE:**

LOW : 600 AROUND TRIP

HIGHEST: 900 AROUND TRIP



WOMEN'S WELLNESS



FAQ

CAN I COME SOLO?

- Of course! Many of our guests arrive on their own, and you'll quickly find yourself part of a warm, welcoming sisterhood. From group hikes to evening cacao circles, there are endless opportunities to make deep connections and lifelong friends.

IS THIS RETREAT ALL LEVELS?

- Absolutely! Whether you're new to yoga, Pilates, or meditation, our classes are thoughtfully paced and fully adaptable. You'll receive hands-on guidance, plenty of modifications, and a supportive circle of sisters cheering you on every step of the way.

WHAT'S THE FOOD LIKE?

- We serve fresh, nourishing farm-to-table meals inspired by Mediterranean flavors—think vibrant salads, hearty grains, seasonal veggies, and wholesome proteins. Every dish is prepared to energize your body and delight your taste buds, with vegetarian, vegan, and gluten-free options always available.



ROOM OFFERS



SINGLE W/PRIVATE BATHROOM



TIPI SMALL



SHARE TRIPLE ROOM



DOUBLE ROOM



TIPI XL



ROOM PRICE

PRIVATE

\$3,450

PRIVATE BATHROOM.
LUNCH AND DINNER INCLUDED.
OP. TO SHARE ROOM, SECOND
PERSON WOULD BE 50%
SINGLE QUEEN SIZE BED

PRIVATE XL TIPI.

\$3,350

OUTSIDE BATHROOM.
LUNCH AND DINNER INCLUDED.
OP. TO SHARE TIPI, SECOND
PERSON WOULD BE 50%
SINGLE QUEEN SIZE BED.

SMALL TIPI

\$3,275

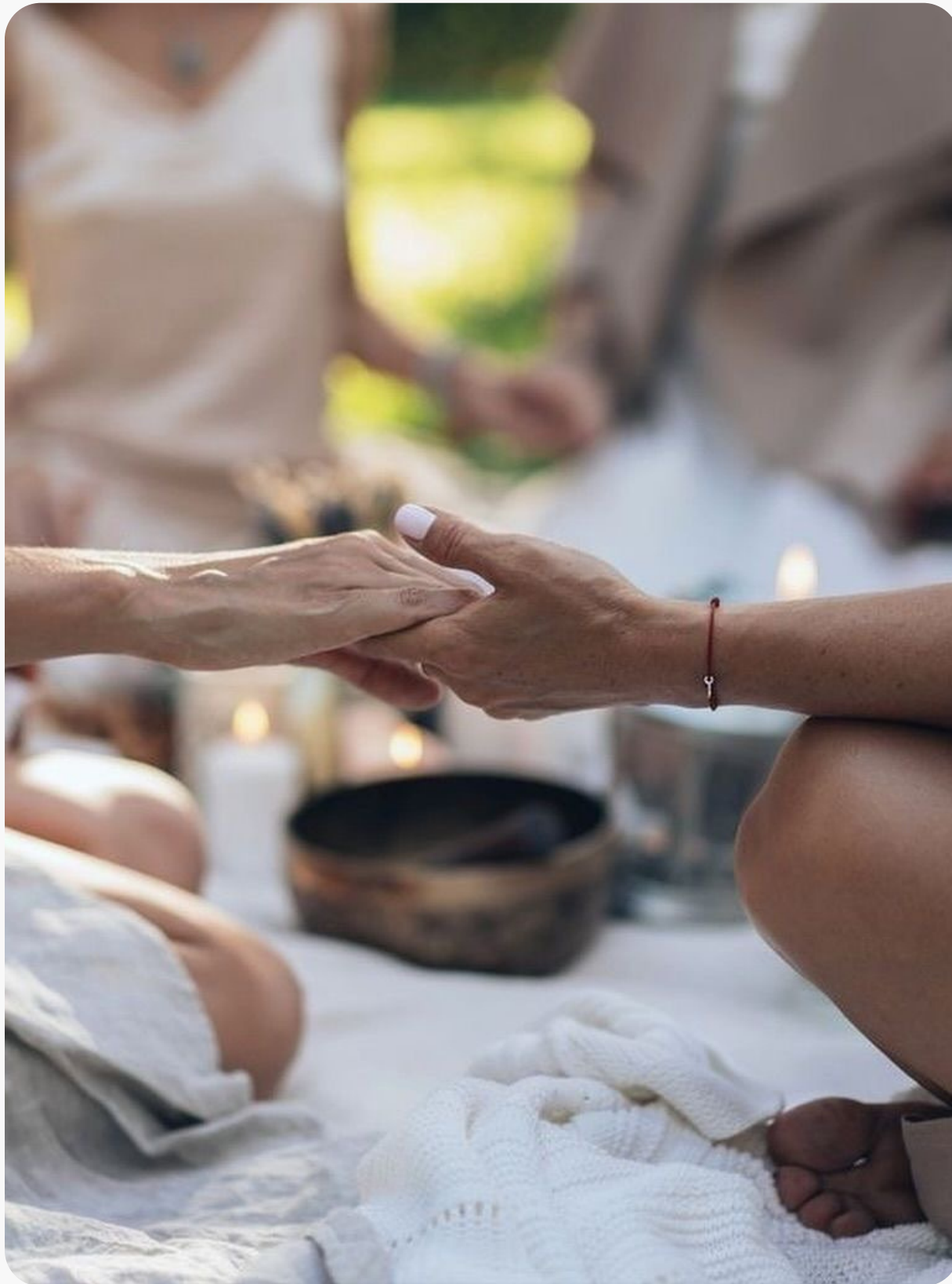
OUTSIDE BATHROOM.
LUNCH AND DINNER INCLUDED.
SINGLE BED.

SHARED ROOM/TIPI XL

\$3,255

SHARED INSIDE BATHROOM.
UNCH AND DINNER INCLUDED.
DOBLE SINGLE BEDS PER ROOM.
DOBLE BED XL TIPI.
DOBLE BED PRIVATE ROOM.
TRIPLE ROOM \$3,050.

HOW TO BOOK?



ONLINE:

- WEBSITE.

TEXT:

- 7282136082 (YEXA HERNANDEZ)

Reach out with questions or
schedule a quick call.

Conclusion



As you plan your journey to **SoulSync** Retreat, rest assured that all accommodations are available with flexible, interest-free monthly payment plans—making it easier than ever to invest in your renewal, connection, and sisterhood experience.



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*CAN'T WAIT TO
SEE YOU IN SPAIN!*



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