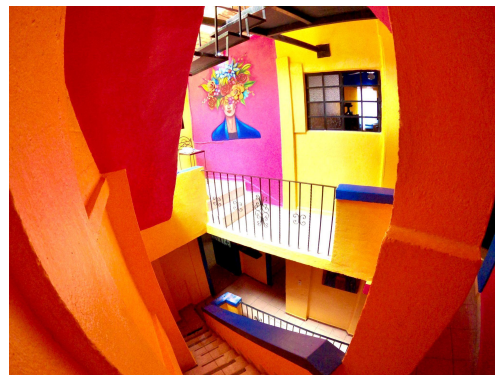


# Puerto Vallarta

## Soulminding Retreat

March 12th to 18th, 2024

7-days/6-nights at Casa de  
Influencia with Tina Moreau-Jones  
and Julie Ann



We are very excited to welcome you to Casa de Influencia to enter into active contemplation with your soul and mind!.

Our beautiful rooftop venue is the perfect location to inspire your creative life visioning. Immerse yourself in the Mexican culture, and allow the Spirit to speak into you so you gain deeper clarity about your “Great Work” and return home refreshed and with a plan of action.

\*Itinerary subject to change

Casa de Influencia

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*Day 1 - March 12th, 2024*

### **Puerto Vallarta - Arrival**

Upon arrival into Puerto Vallarta, transportation will be waiting for you to take you to Casa de Influencia. After you are settled into your room you can get acquainted with Old Town and the many Galleries, Artisan stores, boutiques and restaurants. You might like to take the short 10 minute stroll to the Malecon and Beach, or climb to the Mirador Lookout. Our welcome dinner together on the rooftop will be our first opportunity to introduce each other and set our intentions for our time together. **(D)**

*Day 2 - March 13th*

### **"SOUL" Work**

After a delicious breakfast, we start the retreat with our first session. We will explore our understanding of the soul, and it's invitation from and connection to the calling of God on your life- your Divine Calling that comes from deep within you. There will be time for solo reflection and journaling before lunch. In the afternoon we will have group share and exploration of soul calling. In the evening, after dinner, we will experience a drumming circle on the rooftop while the sun sets. Playing the drums together facilitates the integration of soul and body, opening our minds and hearts for creative expression. **(B,L,D)**

*Day 3 - March 14th*

### **"MIND" Work**

After breakfast, we continue the retreat with a session about the mind and the invitation to "marry the soul and mind". Lunch on the rooftop and time in the afternoon to integrate your understanding of Soulmapping in your life. You can choose to explore the local beach or find a restaurant to begin your integration. Free time to shop and experience Puerto Vallarta. Enjoy your dinner on the Malecon watching the sun set (no formal group dinner) **(B,L)**



*Day 4 - March 15th*

### **Southern Beach Tour**

We depart after breakfast for a full day excursion to visit the beautiful southern beaches . We will begin at Los Arcos National Marine Park for meditation, reflection, and setting intentions for Mindmapping. There is the opportunity to shop at an authentic Mexican outdoor market. We will then make our way to explore another one of the southern beaches. You will have the afternoon free to swim, walk the beach and relax. Wind down for the evening at Casa de Influencia with a light dinner followed by Mindmapping. **(B,D)**

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*Day 5 - March 16th*

### La Capella Brunch

We enjoy a late morning start as we head out for a short walk to La Capella for Brunch and entertainment. La Capella offers a unique experience at this opulent open-air restaurant with a beautiful view of the Lady of Guadalupe church and the Bay of Banderas. Enjoy a limitless brunch as you are entertained by local singers and musicians. After brunch, we will review and share our mind maps and, with input for all retreatants, start to create the next level of our Great Work.

Enjoy dinner as a group on the rooftop. **(BR,D)**



*Day 6 - March 17th*

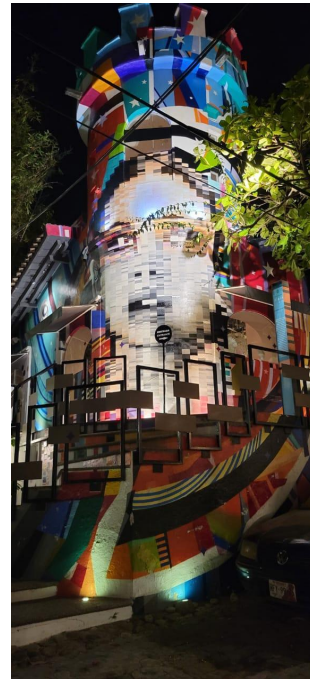
### Worship, Wrap Up, Celebration Dinner

Early morning worship at Our Lady of Guadalupe or time for private meditation on the roof, followed by breakfast/lunch and relaxation at one of the beach restaurants. We will continue our conversation about Soulfinding our Great Work Plan for our return home by the sea. Free time in the afternoon for shopping and exploration. Farewell Celebration Dinner on the rooftop where we will have an opportunity to share our Great Work **(B, D)**

*Day 7 - March 18th*

### Closing Circle and Departure

Closing Ritual (please be ready to present a Mexican artifact from your time in Puerto Vallarta), farewells and departure. Enjoy the rest of your travels **(B)**



### INCLUDED

Meals as shown above, B - Breakfast, L - Lunch, BR - Brunch, D - Dinner, all accommodation on a shared basis (private bedroom, shared bathroom), workshops and excursions,

### NOT INCLUDED

International airfare, airport taxes and departure transfers, gratuities to local guides, items of personal nature, extra accommodation due to missed flights, alcoholic beverages, meals not included in above itinerary.

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