JANUARY 14–18, 2027 · 5 DAYS / 4 NIGHTS

Sukha's Self+CENTERED Tulum Escape

Daily yoga, nourishing meals, turquoise-water adventures, relaxation, and stylish bohemian nights — earthy, elevated, feminine, and effortlessly chic, with plenty of time to connect, unwind, and enjoy Tulum.

THE DAILY ESCAPE RHYTHM

8:00–9:00 AM	**Breakfast** — fresh tropical fruit, smoothie bowls, eggs, avocado toast, coffee, tea, and fresh juices.
10:00–11:00 AM	**Daily sculpt class**
12:00–1:00 PM	**Lunch** — Mexican-inspired bowls, salads, tacos, ceviche, and vegetarian options.
7:00 PM	**Dinner & drinks** — Michelin-inspired dinners of fresh seafood, local ingredients, and globally influenced cuisine, with cocktails of choice.

Applies to full Escape days; arrival, boat-day lunch, and departure vary as noted.

THURSDAY, JANUARY 14

Arrive & Unwind

Arrive softly. Settle in. Let the escape begin.

YOUR ARRIVAL

Afternoon	**Arrive at Villa TuluMar**
4:00 PM	**Settle in & free time** — unpack, enjoy drinks and snacks, and explore the property, pool, or beach.
7:00 PM	**First night dinner** — fresh Mexican cuisine, margaritas or mocktails, and time to connect.

FRIDAY, JANUARY 15

Cenotes & Jungle Magic

Freshwater swims, jungle stillness, and a golden-hour toast.

MORNING · NOURISH & MOVE

8:00–9:00 AM	**Breakfast**
10:00–11:00 AM	**Sculpt class**
12:00–1:00 PM	**Lunch**

AFTERNOON · INTO THE JUNGLE

2:00–5:30 PM	**Cenotes excursion** — swim in a beautiful freshwater cenote, with time for photos, floating, and exploring. Return to Villa TuluMar for downtime.

Bring along: swimwear, a towel, water shoes, and sunscreen.

EVENING · SUNSET & DINNER

6:00 PM	**Optional sunset drinks**
7:30 PM	**Dinner together**

Dress code: relaxed and beachy.

SATURDAY, JANUARY 16

Tulum After Dark

A free-spirited day. An unforgettable boho-luxe night.

MORNING · NOURISH & MOVE

8:00–9:00 AM	**Breakfast**
10:00–11:00 AM	**Sculpt class**
11:00–11:30 AM	**Nutrition with Grace**
12:00–1:00 PM	**Lunch**

1:00 PM ONWARD · CHOOSE YOUR OWN ADVENTURE

Poolside reset	Lounge, read, sip smoothies, and enjoy a leisurely afternoon with the group.
Beach day	Swim, sunbathe, or paddle board.
Town shopping	Explore boutiques, jewelry, artisan goods, and local cafés.

SIGNATURE ESCAPE DINNER · BOHO-LUXE

Sexy, earthy, candlelit, and effortlessly glamorous — the standout night of the Escape.

7:00 PM	**Cocktails & photos**
7:30 PM	**Candlelit group dinner**

Dress code: chocolate, tan, black, crochet dresses, flowing silhouettes, gold jewelry, and body shimmer.

Decor: terracotta accents, amber glassware, linen runners, abundant candlelight, and a long communal table.

Atmosphere: mezcal cocktails, a curated playlist, a DJ, and dinner under the stars.

Menu: shared Mexican-inspired dishes, grilled fish or steak, fresh salads, guacamole, and a decadent dessert.

SUNDAY, JANUARY 17

Catamaran & Inha Reef

Turquoise water, salty air, and Caribbean views.

MORNING · MOVE & PREPARE

8:00–9:00 AM	**Breakfast**
10:00–11:00 AM	**Sculpt class**
11:00 AM–12:00 PM	**Shower, change & prepare for the boat**

AFTERNOON · OCEAN ADVENTURE

1:00 PM	**Depart for the marina**
2:00 PM	**Board the catamaran & set sail** — snorkel Inha Reef, swim, and relax on deck. Ceviche, fruit, snacks, and lunch served on board (in place of the usual lunch).
Early evening	**Return to Villa TuluMar** — about 5–6 hours total for the boat and transfers, subject to the charter operator.
7:30–8:30 PM	**Casual dinner** — comfortable clothing, fresh food, and early relaxation.

MONDAY, JANUARY 18

Closing & Departure

Carry the calm home with you.

8:00–9:00 AM	**Final group breakfast**
10:00–11:00 AM	**Sculpt class (tentative)** — to be confirmed around checkout and departure schedules.
11:00 AM	**Group reflection, photos & farewells**
12:00–1:00 PM	**Farewell lunch**
Afternoon	**Departures** — airport transfers; later flights can enjoy extra pool or beach time if permitted.

Grounded in connection. Leaving a little lighter.