

Restorative Retreat for Healers
Pura Vida EcoRetreat in Yelapa, Mexico
June 20-26, 2020

It's time to give back to yourself, and this is the perfect way to do it. Engage with other healers, helpers, and therapists in a variety of activities designed to...
...Renew your mind. Pamper your body. Feed your soul.



Pura Vida EcoRetreat Center is located in the unique coastal town of Yelapa, Mexico, where the friendly locals move around on foot, and with the help of boats and mules. There are no roads, no cars, no high-rise hotels, no banks, hospitals, or chains of any kind. Visiting this little village is like stepping back in time, in all the right ways.

Pura Vida's open-air palapas with panoramic ocean views from every bed, the organic, vegetarian, chef-prepared food, and the sea itself are therapy enough. The group activities and offerings are a bonus. And the magic generated by a circle of inspirational women completes the experience.



Each palapa sleeps 2-4 people, each with her own bed. There is one full bathroom with hot, running water per palapa, and you might even have an ocean view from the shower. Most palapas also have a hammock and a sitting/dining area with a view (you can't escape the view anywhere in this resort, which was built into the hillside at the point on the edge of town).



Three delicious and nutritious meals per day are served in this picturesque dining room.



Use your down time to relax in the saltwater infinity pool, walk to town, relax at the nearby beach, nap in your hammock, check out something from the library (which has a selection of books and movies on psychological and/or spiritual healing), enjoy a fresh fruit smoothie, or visit with your new friends.

What's Included:

- Your own bed in a shared ocean-view room or suite (private rooms are available for an additional \$400)
- Three fresh, organic meals per day, prepared by local chefs with professional training
- Daily housekeeping services
- A 60-minute integrative bodywork session with Hazel House's own Lisa Kammerud
- New Moon Ceremony for refreshing your dreams and desires
- Temazcal (indigenous sweat lodge) Ceremony led by a local shaman
- Intuitive art-making, with all supplies provided
- Daily yoga and/or meditation
- Daily journaling prompts and silent time for reflection
- Access to all common areas, including the ocean-water infinity pool, jacuzzi, labyrinth, meditation deck, hammocks, library
- All other activities, led by psychologist and healer, Lindsay Vaughn
- Million Dollar Views in every direction!!

What's not included:

- Transportation to Puerto Vallarta by plane
- Transportation from Puerto Vallarta to Yelapa (and back) by water taxi (about \$10-12 each way)



Fees:

All-inclusive cost is \$1350.

\$500 non-refundable deposit is due April 1.

Balance of \$850 is due by May 15.

Make checks payable to Hazel House, PLLC
mail to 1503 16th Ave S., Nashville, TN 37212



*This is an eco-retreat center, and efforts are made to minimize disruption to the natural world. There is electricity and running water, and limited internet. Buildings here have no windows, no screens, and no A/C, but you will have a mosquito net to cover your bed, and temperatures are usually comfortable. Pura Vida property is smoke- and alcohol-free.

*You must be able to walk up several flights of stairs to reach many parts of the resort, which is built into a steep hillside. If you have any medical concerns or physical limitations, please discuss with me prior to booking.

*Passport required for travel to Mexico.

Pictured:
Temazcal Ceremony

