



Retreat Details

Isla Mujeres

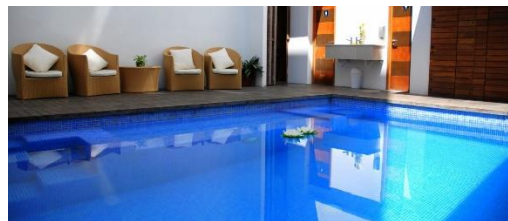
I love this island! I travel a lot and this is the only vacation spot that I've come back to more than once! Isla Mujeres is a beautiful, peaceful paradise just across the Bahía de Mujeres (Bay of Women) from Cancun, Mexico. Isla Mujeres is more laid-back and tranquil than Cancun, but that doesn't mean there isn't plenty to do!

It is known for beautiful white sand beaches, calm crystal clear turquoise waters, and the friendliest locals in the Mexican Caribbean. With the beauty of the Caribbean, the heritage of the Mayans, and the easygoing charm of the people, Isla Mujeres has become a haven for people from all over the world. That's why I keep going back!

Check out this website to get good information about the island, including electricity, water, medical assistance, etc. <http://www.isla-mujeres.net/generalinfo.html>.

Lodging

We will be staying at a newly renovated hotel right on the beach. This is where a bulk of our teaching time together will be spent. If you want to make other lodging arrangements, let me know. There are two package options – one that includes lodging (so you don't have to deal with any of those details!) and one that does not.



Flights (not included in package cost)

- Fly into Cancun International Airport (CUN) – there are many cities who have nonstop flights to Cancun.
 - Most major airlines fly to Cancun and there are many cities who have nonstop flights. Airlines include American, Southwest, Delta, Jet Blue, Spirit, Frontier, Sun Country, United and others.
- Arrive on Wednesday, 7/5/2017 no later than 3:00 p.m.
- Depart Sunday, 7/9/2017 late afternoon after 3:00 p.m.
- Of course, you can always arrive earlier or stay longer to enjoy the sites!

Tentative Schedule

DAY ONE –ARRIVE!

Wednesday, July 5

- Arrive in the afternoon on July 5th
- Dinner **near the beach at 7:00.**
- ***Burning Bowl Ceremony.***

DAY TWO – AM I A SCAREDY CAT?

Thursday, July 6

- Breakfast
- Yoga



- Session #1
Let's Talk – One Scaredy Cat to Another!



- Lunch
- Session #2
Move Past Fear Towards Courage
- Free Time
- Dinner
- Evening Sharing Session

DAY THREE – WHAT WOULD I LOVE IN MY LIFE? **Friday, July 7**

- Breakfast
- Yoga
- Session #3
If I Had the Guts – What Would I Be Doing with My Life?



- Lunch and Free Time
- **Afternoon Excursion – Snorkeling Trip to Museo Subacuatico De Arte (MUSA)** www.musamexico.org



- **Happy Hour at Casa Sirena – 6:00 to 8:00**



- Dinner
- Evening Sharing Session

DAY FOUR – I'M NO SCAREDY CAT!!!

Saturday, July 8, 2017

- Breakfast
- **Whale Shark Excursion!!!**
 - Breakfast
 - Adventure
 - Lunch on the boat



- Dinner
- Evening Sharing Session

DAY FIVE – Sunday, July 9, 2017 – MAKING IT HAPPEN!

- Breakfast
- Session #4
Courageous Action
- Lunch
- Ferry back to Cancun
- Depart from Cancun International Airport (CUN)

INVESTMENT – TWO PACKAGE OPTIONS

Package #1

\$1299* Price includes instruction, meditation, yoga, **lodging (2 people per room)**, whale shark excursion, snorkeling excursion, breakfast and lunch, and one happy hour with the best margaritas on the island!

Package #2

\$999* Price includes instruction, meditation, yoga, excursions, breakfast, lunch, and one happy hour with the best margaritas on the island!

*Price does not include airfare, transportation to/from the island, and dinners.

I am offering 2 and 3- part payment plans! Sign up today and pay for the retreat in 2 or 3 installments. Payment options available on my website at www.YourNextChapterCoaching.com