

# Purpose and Intention in Puerto Vallarta

## Day 1:

Arrive in Puerto Vallarta.

Transportation to hotel – your driver will be waiting for you outside the airport once you arrive.

Check into your ocean view room at the Iberostar Selection Playa Mita.

## Day 2:

- Buffet Breakfast
- Morning Yoga Practice
- Opening Circle – meditating on your intention for the retreat
- Canopy River Zip Lines excursion
- Lunch
- Workshop – Vision
- Dinner
- Evening Meditation on the beach



## Day 3:

- Buffet Breakfast
- Morning Yoga & Meditation
- Free Time
- Lunch
- Workshop – Vision
- Dinner
- Restorative Yoga

## Day 4:

- Buffet Breakfast
- Morning Yoga and Meditation
- Yoga Magic Workshop
- Free Time
- Dinner
- Sunset cruise excursion

## Day 5:

- Early Morning Yoga and Beach Walk Meditation
- Buffet Breakfast
- Workshop
- Dolphin encounter excursion
- Dinner
- Closing circle with intention and goal setting

## Day 6:

Breakfast

Check out of hotel

Your driver will pick you up and return you to the airport.

Spectacularly flanked by the lush green and tropical Sierra Madre mountain range and the Pacific Ocean, The AAA Four Diamond **Iberostar Playa Mita** offers a fantastic beach and fabulous ocean views. About an hour northwest of central Puerto Vallarta, a lovely and lush peninsula juts out into the Pacific Ocean, offering sweeping views and beautiful stretches of beach. Located 45 minutes from the Puerto Vallarta International Airport, it is definitely the perfect place to enjoy memorable sunsets.

Our time will be spent creating our vision for the year ahead: setting goals, contemplating visionary dreams and grounding into truth of self. We will come home rooted, refreshed and restored, with our sights set on a powerful future.

*Included in the price: 6 days, 5 nights accommodation, transportation to and from the Gustavo Diaz Ordaz International Airport, Yoga Classes and CEU workshops, your choice of delicious breakfast, lunch and dinner each day, along with drinks, snacks, and resort activities. There will be optional sightseeing activities available.*



*Suite Dreams*  
TRAVEL