# bidi yoga retreat with kira maar

## OCT 9-13, 2025

### SAN PANCHO, MEXICO

JOIN US FOR A 4 NIGHT RETREAT IN THE COASTAL NAYARIT VILLAGE IN AN AUTHENTIC LUXURY HACIENDA



HACIENDA DE LA LUNA IS LOCATED IN THE PRIVATE GATED COMMUNITY LAS OLAS IN NAYARIT, MEXICO. THE BEAUTIFUL SURF TOWN OF SAN FRANSISCO (SAN PANCHO) IN THE PACIFIC OCEAN. 15 GUEST MAX

THIS WOMEN-FOCUSED RETREAT IS AN INTIMATE OPPORTUNITY FOR SELF-CARE, CONNECTION, AND FUN.

- Stay in one of 5 double occupancy king suites.
- Includes:
  - Airport Transfers from PVR
  - 2-3 inspired daily yoga practices w/kira maar and Kira's infamous oils
  - Jungle Hike from Sayulita to San Pancho
  - 3 traditional Mexican meals daily
  - Refresh and relax in the heated pool
  - Special card readings and

### SCOST: \$1899 PER PERSON

BASED ON DOUBLE OCCUPANCY FOR 4 NIGHTS.

### SCOST: \$3198 PER PERSON

BASED ON SINGLE OCCUPANCY FOR 4 NIGHTS

A S500 DEPOSIT IS

grounding experiences that will deepen your journey

#### REQUIRED TO SECURE YOUR SPOT.



HOSTED BY KIRA MAAR TAMARA HOLMES MELISSA CARR

RESERVE YOUR SPACE NOW! JOIN US FOR 4 UNFORGETTABLE DAYS IN PARADISE. EMAIL HELLO@DIDIRETREATS.COM OR 847.878.2134

### WWW.HACIENDADELALUNA.COM

# AGENDA

### THURSDAY, OCTOBER 9- ARRIVAL & OPENING SUNSET YOGA

- **3:00 PM GUEST ARRIVAL & CHECK-IN.** GUESTS ARE WARMLY
  WELCOMED, WITH TIME TO SETTLE IN, EXPLORE HACIENDA DE LA LUNA
  LUSH GROUNDS, AND ACCLIMATE TO THE SERENE SETTING.
- 5:30 PM WELCOME CIRCLE & INTENTION SETTING. MEET ON THE TERRACE FOR INTRODUCTIONS, A GUIDED INTENTION-SETTING CIRCLE, AND AN OVERVIEW OF THE RETREAT SCHEDULE.
- 6:00 PM SUNSET YOGA SESSION (PALAPA). A GENTLE, GROUNDING YOGA SESSION IN THE PALAPA AS THE SUN SETS OVER SAN PANCHO DESIGNED TO EASE TRAVELERS INTO THE RETREAT MINDSET.
- 7:30 PM DINNER AT HACIENDA. ENJOY A FRESH, LOCALLY-SOURCED MEAL WITH FELLOW PARTICIPANTS IN A RELAXED GROUP DINING SETTING.

### FRIDAY, OCTOBER 10 – EMBARKING ON THE YOGA JOURNEY

- 6:45 AM SUNRISE YOGA (PALAPA). BEGIN THE DAY WITH A 45-MINUTE ENERGIZING FLOW AS THE SUN RISES OVER THE HORIZON.
- 8:00 AM TRADITIONAL MEXICAN BREAKFAST. SAVOR A LIGHT BREAKFAST WITH OPTIONS LIKE FRESH FRUIT, CHIA PUDDING, AND HANDMADE TORTILLAS WITH AVOCADO AND LOCAL SALSAS.
- 9:00 AM BREATHWORK & GUIDED MEDITATION. RECONNECT WITH BREATHWORK AND MEDITATION IN THE GARDEN, SETTING INTENTIONS FOR THE DAY.
- 12:00 PM LUNCH AT HACIENDA ANTIGUA. A NOURISHING, SEASONAL LUNCH FEATURING FRESH SALADS, GRAINS, AND LOCAL VEGETABLES.
- AFTERNOON LEISURE TIME. GUESTS CAN RELAX BY THE POOL, JOURNAL, BOOK OPTIONAL SPA TREATMENTS, OR EXPLORE LO DE MARCOS/SAN ANCHO AT THEIR OWN PACE.
- 5:30 PM SUNSET BEACH YOGA. MEET AT THE BEACH FOR A REJUVENATING SUNSET YOGA SESSION, CONNECTING WITH NATURE AS THE SKY CHANGES COLOR.
- 7:30 PM DINNER AT HACIENDA ANTIGUA. A COZY GROUP DINNER FEATURING TRADITIONAL MEXICAN DISHES AND A TIME FOR REFLECTION ON THE DAY'S PRACTICE.



### SUNDAY, OCTOBER 12 – YOGA, HIKING, & BEACH CONNECTION

- 6:45 AM SUNRISE YOGA (PALAPA). ANOTHER ENERGIZING MORNING FLOW TO WAKE UP MIND AND BODY, WELCOMING THE DAY WITH GRATITUDE.
- 8:00 AM TRADITIONAL MEXICAN BREAKFAST. ENJOY A LIGHT, AUTHENTIC BREAKFAST AS THE DAY BEGINS.
- 9:00 AM BREATHWORK & MEDITATION. A CALMING BREATHWORK SESSION TO PREPARE FOR THE JUNGLE HIKE.
- 10:30 AM GUIDED JUNGLE HIKE: SAYULITA TO SAN PANCHO.
  DEPART FOR A SCENIC HIKE FROM SAYULITA TO SAN PANCHO
  THROUGH LUSH JUNGLE TRAILS. THIS JOURNEY OFFERS CONNECTION
  WITH NATURE, CONVERSATION, AND A TRUE IMMERSION IN THE
  SURROUNDING LANDSCAPE.
- 12:30 PM PICNIC LUNCH IN SAN PANCHO. ENJOY A PREPARED LUNCH ON THE BEACH IN SAN PANCHO, TAKING IN THE OCEAN BREEZE AND RELAXING POST-HIKE.
- AFTERNOON FREE TIME IN SAN PANCHO. GUESTS CAN EXPLORE SAN PANCHO'S CHARMING TOWN, VISIT SHOPS, OR RELAX ON THE BEACH.
- 5:30 PM SUNSET YOGA (PALAPA). CONCLUDE THE DAY WITH A GROUNDING YOGA SESSION OVERLOOKING THE OCEAN, SOAKING IN THE EVENING'S PEACEFUL ENERGY.
- 7:30 PM FAREWELL DINNER AT HACIENDA ANTIGUA. SHARE A SPECIAL LAST DINNER, WITH A TOAST TO CELEBRATE THE EXPERIENCE AND NEWFOUND CONNECTIONS.
- MONDAY, OCTOBER 13 CLOSING PRACTICE & FAREWELL
  - 6:45 AM FINAL SUNRISE YOGA. A GENTLE, REFLECTIVE YOGA SESSION TO COMPLETE THE RETREAT JOURNEY.
  - 8:00 AM CLOSING CIRCLE & LIGHT BREAKFAST. GATHER TO REFLECT ON THE RETREAT, SHARING FINAL THOUGHTS AND FAREWELLS OVER BREAKFAST.
  - 10:00 AM CHECK-OUT. GUESTS DEPART FEELING REJUVENATED AND CONNECTED TO THEMSELVES AND EACH OTHER.



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MORE INFO ON RETREAT CENTER. <u>WWW.HACIENDADELALUNA.COM</u>

### SCAN CODE TO PAY \$500 DEPOSIT \$1399 DOUBLE OCCUPANCY | \$2398 SINGLE OCCUPANCY

# ZELLE TO HELLO@DIDI RETREATS.COM



Scan this code to pay



COME AS YOU ARE, LEAVE AS YOU CHOOSE, LET GO OF THE DAY-TO-DAY BLUES.

HERE, WE'LL BREATHE, STRETCH, AND UNWIND, WITH YOGA FOR BODY AND PEACE OF MIND.

AN AGENDA OF JOY, NO RIGID PLANS, JUST ROLLING MATS AND BAREFOOT SANDS.

HIKING TRAILS THAT CALL US TO ROAM, EACH STEP A JOURNEY, YET FEELS LIKE HOME

"NO SHOULDS, JUST SUGGESTIONS," LET'S LIVE BY THIS WAY, NAP, STRETCH, OR WANDER-JUST GO WHERE YOU MAY.

EMBRACE THE FINE ART OF LOUNGING AROUND, OR SEEK OUT ADVENTURE ON UNTRODDEN GROUND.

SAY YES TO DESSERT, OR SKIP IT, WHO CARES? EACH CHOICE A FREEDOM THAT JOYFULLY DARES.

UNPLUG FROM THE WORLD, THOUGH CAPTURE THE SCENE, REAL LIFE IS HERE, VIBRANT AND GREEN. NEW FRIENDS TO MAKE, OLD BONDS TO KEEP,

STORIES TO SHARE AS WE LAUGH AND LEAP. TIME ALONE OR TOGETHER, JUST LISTEN WITHIN,

IN THIS SACRED SPACE, LET YOUR JOURNEY BEGIN. BELLY LAUGHS ARE A RULE, SO LOOSEN THAT SMILE,

LIFE'S WAY TOO SHORT NOT TO LAUGH FOR A WHILE. WHEN YOU LEAVE, TAKE MEMORIES, LEAVE ONLY YOUR CARES, CARRY THE LOVE AND THE PEACE THAT WE SHARE.

TOGETHER WE'RE STRONGER, EACH SPIRIT A LIGHT, IN THE CIRCLE OF DIDIS, EVERYTHING FEELS RIGHT. 🔆