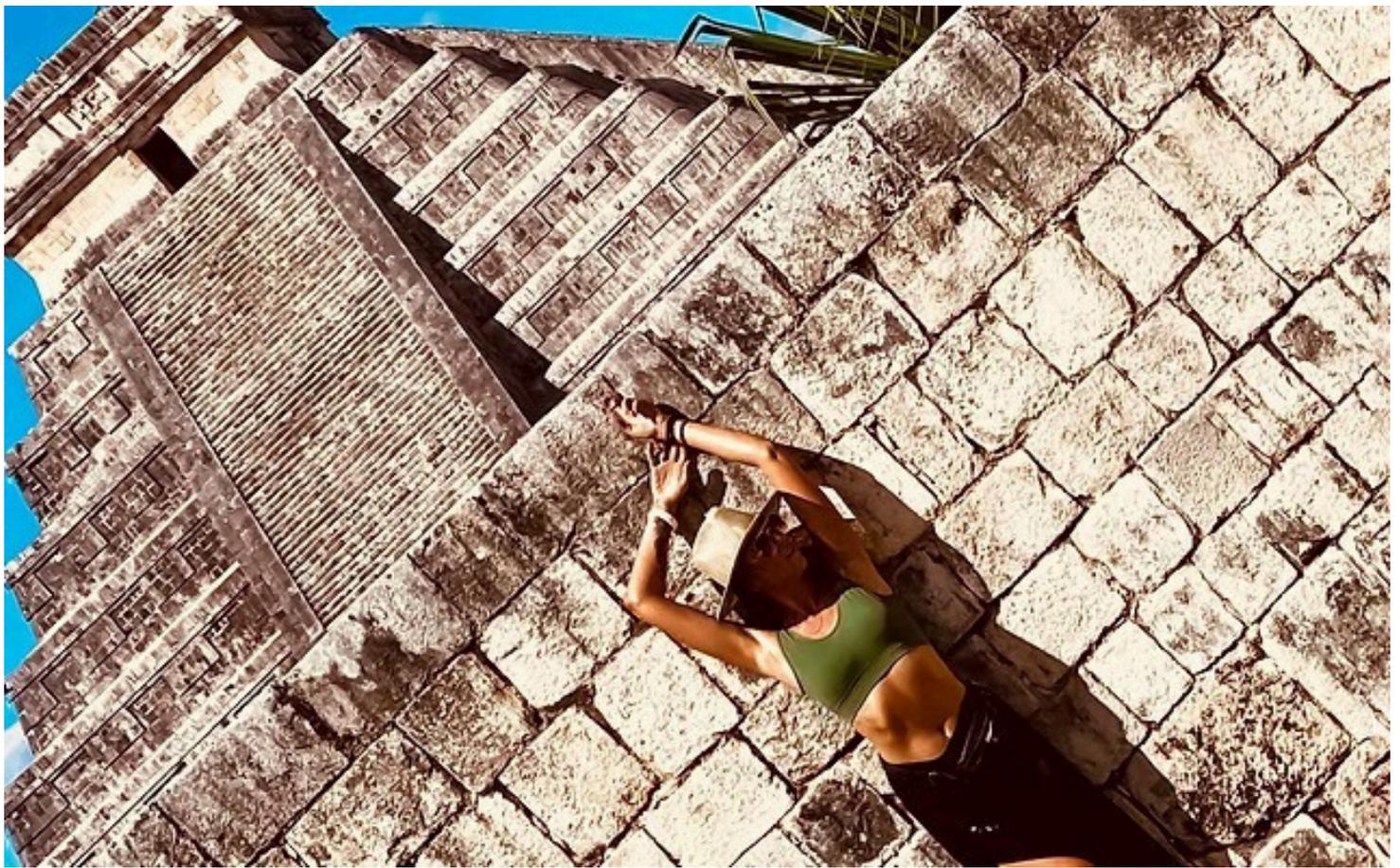


# TRAVEL - RETREAT MEXICO



SMALL GROUPS ONLY  
limited to 12 participants



## WHO THIS RETREAT IS FOR AND WHY MEXICO?

This travel-retreat is designed for those who crave more than just a vacation. It's for anyone seeking genuine connection and experiences that nourish the body, mind, and soul. Mexico is a land where ancient wisdom and wild beauty breathe through everyday life. Here, sacred cenotes whisper stories of the Earth, cacao awakens the heart, and the ocean invites you to cleanse your energy and feel reborn. It's a place of deep roots and open skies, where Mayan tradition, natural abundance, and human warmth meet. **This land doesn't just welcome you — it transforms you.**



**Choose the dates that speak to you and save your spot with a \$500 deposit or enjoy our Early Bird rates and other special offers:**

**March 14–22.** Rebirth & Radiance (New Moon on March 17)

**April 18–26.** Full Sun Power (Full Moon on April 24)

**May 9–17.** Bloom & Flow (New Moon on May 16)

**September 12–20.** Harmony Rising (New Moon on September 20)

**October 30 – November 7.** Gratitude & Light (Full Moon on November 3)

Bonus: includes the Día de Muertos celebration.

# HIGHLIGHTS



Major Archaeological Sites



Ancient Ceremonies



Wildlife & Nature



Sacred Cenotes



Cultura & History



Colonial Architecture



## DAY 1 Arrival & Soft Landing

Arrival at Cancún International Airport and private transfer to a beachfront boutique hotel on the Caribbean Sea. Check-in and time to unwind after the journey. Enjoy the hotel's SPA services (optional) to relax and restore the body after the flight.

Evening gentle yoga and sunset meditation on the beach - an opening practice to arrive fully, breathe deeply, and reconnect within.



## DAY 2. Wildlife: Monkeys & Turtles

Morning yoga and breakfast at the hotel. Trip to Akumal, a coastal paradise of jungle greenery and crystal waters. Visit the Monkey Sanctuary, meet rescued monkeys, and immerse yourself in their playful world. Snorkel with sea turtles in Akumal Bay, gliding alongside these gentle creatures among corals and bright tropical fish.

*- A day filled with pure wonder, close encounters with nature, and unforgettable underwater magic.*





## DAY 3. Isla Mujeres: Island of Women

Morning yoga and breakfast at the hotel.

Free Day: Enjoy time to explore Playa del Carmen at your own pace, wander through local boutiques, discover cozy cafés, or simply relax at the beach club and soak in the Caribbean sun.

Optional Experience (US\$150): Join a full-day catamaran trip to Isla Mujeres with open bar and buffet lunch. Snorkel in turquoise waters, cruise along the Caribbean coast, and unwind at Playa Norte - one of the most beautiful beaches in the world. -

— *A day designed for freedom, pleasure, and choosing the experience your heart calls for.*



## DAY 4 Valladolid & Chichén Itzá

Morning yoga and breakfast at the hotel.

Journey to the colonial town of Valladolid. Visit Chichén Itzá, one of the New Seven Wonders of the World, the sacred Mayan cenote Ik Kil.

Exploration of Valladolid's colorful streets and markets. Return to the hotel in the evening.

— *Ancient stones, living wisdom - remembering what was never forgotten.*





## DAY 5 Xcaret Park

Morning yoga and breakfast at the hotel.

Trip to Xcaret, Mexico's legendary ecological and cultural park nestled between jungle and ocean: swim through crystal-clear subterranean rivers, wander shaded jungle trails, explore replicas of ancient Mayan villages, sacred sites, and traditional workshops that preserve centuries-old craftsmanship. And the world-famous Xcaret México Espectacular - a breathtaking night show that brings the spirit of the country to life.

*- A day filled with nature, culture, wonder, and deep inspiration.*



## DAY 6 Coba & Tulum

Morning yoga and breakfast at the hotel.

Dive into the beauty and spirit of the Riviera Maya: Explore the ancient Coba ruins, where soaring jungle pyramids and quiet forest paths reveal the mystery of the Maya world. Continue to the iconic Tulum ruins, perched above the turquoise sea and surrounded by timeless Caribbean breeze. Finish the day at a Tulum beach club, relaxing on white sand, swimming in crystal-clear water, and enjoying the bohemian coastal atmosphere.

*- A day woven with history, nature, and the pure freedom of the Caribbean coast.*





## DAY 7

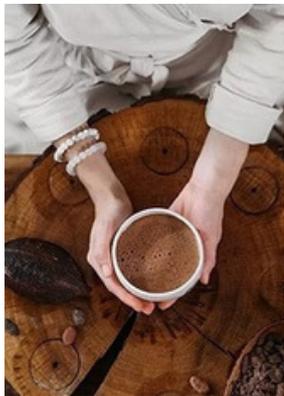
### Cenotes & Temazcal

Morning yoga and breakfast at the hotel.

Full-day trip to the Ruta de los Cenotes, where we swim and jump into crystal-clear freshwater caves hidden in the jungle. Picnic lunch and quiet time surrounded by nature.

Evening Temazcal ceremony in the jungle - a sacred steam ritual for purification and renewal.

- *Water and fire: cleansing, releasing, returning to your natural flow.*



## DAY 8 Cacao Ceremony

Morning yoga and breakfast at the hotel. Morning free time to rest, relax on the beach, and gently integrate the insights from yesterday's ceremony. Unhurried moments for journaling, connection, or simply enjoying the rhythm of the sea.

In the evening, a cacao ceremony with sound healing - a soothing closing experience that opens the heart, harmonizes the body, and brings the journey to a peaceful, grounded completion.

- *A soft landing, a deep breath, and a beautiful ending to the retreat.*





## DAY 9 Closing & Departure

Morning yoga and breakfast at the hotel.

Closing circle on the beach - reflection, sharing, and gratitude.

Check-out and private transfer to Cancún International Airport.

*-You leave lighter, softer, and more alive, carrying the sun  
w i t h i n y o u .*



## Where We Stay:



## PETIT LAFITTE

During this travel-retreat, you'll be living in a beautiful boutique hotel set directly on the shores of the Caribbean Sea — a peaceful, intimate place where nature meets comfort and every sunrise feels like a quiet blessing. It's perfect for gentle morning practices, barefoot walks, and slow moments of stillness. The hotel's tropical garden invites you to wander, breathe deeply, and reconnect with the natural world.

Each morning, breakfast will be served in a cozy palapa overlooking the ocean: fresh air, early light, and the soft sound of waves setting the tone for the day. You'll also have access to the hotel's beach club, complete with sunbeds and hammocks, where you can rest, read, swim, or simply enjoy the ease of doing nothing at all.

Accommodation is based on shared double rooms, thoughtfully designed for comfort and relaxation. If you prefer a private room, just let us know and we'll arrange it for you.



# WHY IT'S WORTH EVERY DOLLAR

Because this isn't just a trip. It's a carefully designed experience where every detail is taken care of.

You're not paying for luxury, you're investing in peace of mind, in presence, in moments that realign your body, heart, and direction.

The small group ensures personal attention, depth, and connection. Every activity, every place, every breath is chosen with meaning to help you rest, recharge, and remember what truly matters.

Price  
**\$2990**  
/per person

Limited to 12  
participants

- ✓ Early bird rates available
- ✓ Secure your spot with a \$500 deposit
- ✓ Flexible cancellation policy

## What's included:

- 8 nights in a boutique beachfront hotel (shared twin rooms) with daily breakfast
- Daily yoga and meditation sessions by the Caribbean Sea - gentle, restorative, and suitable for all levels
- Airport pickup and drop-off, all local transfers
- Ceremonies & Excursions
- Personal Guidance by Mila B.



## ALL ENTRANCE FEES FOR PARKS, CENOTES, TEMPLES, AND EXPERIENCES ARE INCLUDED:

- **Ruta de los Cenotes** - swim in sacred freshwater caves surrounded by jungle
- **Temazcal** - traditional Mexican steam ceremony for cleansing and renewal
- **Cacao ceremony** - sound healing, movement, sacred medicine
- **Valladolid & Chichén Itzá** - visit one of the New Seven Wonders of the World
- **Coba & Tulum Ruins** – discover ancient pyramids hidden deep in the jungle and with stunning Caribbean views
- **Xcaret Eco Park** - explore underground rivers, wildlife, and Mayan culture
- **Akumal Bay Snorkeling** – swim with sea turtles and tropical fish in crystal-clear water
- **Monkey Sanctuary** – meet rescued wildlife & learn about conservation



## What's not included:

- International flights.
- Lunches and dinners.
- Optional SPA treatments and additional ceremonies.
- Isla Mujeres Cruise - Beach Club, snorkeling, and open bar (\$150)
- Travel insurance (recommended).
- Tips and personal shopping.



# Who we are

**BeING** is a global ecosystem devoted to conscious living, self-awareness, and human connection.

**Mila B.** is a writer, therapist & retreat guide in Latin America - weaving yoga, healing, and conscious living. Through BeING, she brings together the worlds of inner growth and real travel — creating experiences that nurture the body, open the heart, and reconnect you with life itself.

## Quick facts about Mila B.:

- ✦ Founder of BeING (BeGlobal, BeNatural, BeInfinite)
- 🌍 Traveled 40+ countries, lived in several
- 🏠 Permanent residencies in Peru & Mexico
- 📖 Author of Inside Peru
- 🧘‍♀️ Yoga Alliance RYT500 teacher
- 🌿 Reiki Master & Sound healer
- 🧠 CBT practitioner & psychedelic therapy guide

Read more: <https://www.beglobals.com/about>



**BeING**  
INFINITE NATURAL GLOBAL

# What people say about our previous travel-retreats

*A magical and healing adventure - I left feeling inspired, liberated, and full of light.*

*-Adrienne P., California*

★★★★★

*More than I could have asked for. I came home with less stress, more calm, and a new sense of balance.*

*-Michael L., Texas*

★★★★★

*This retreat exceeded every expectation — a deeply spiritual and transformative experience in the jungle.*

*-Nick F., Arizona*

★★★★★

*It was a life-changing experience - a journey of healing, surrender, and deep transformation. Mila guides with authenticity, grace, and an open heart.*

*-Sam R., New York*

★★★★★

**Read more reviews and watch video stories on our website and social media**

[www.beglobals.com](http://www.beglobals.com)

[@beings.hub](https://www.instagram.com/beings.hub)

# Everything You May Want to Know

## 01

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### **What level of yoga / physical activity is required?**

All practices and ceremonies are for all levels: gentle, restorative, focused on connection, not performance

## 03

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### **When should I arrive and leave?**

It's best to arrive at Cancún International Airport (CUN) around midday on Day 1 of the retreat. Your private transfer will meet you at the airport.

On the final day, we suggest booking your return flight after 2PM from Cancún Airport.



## 02

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### **Can I come alone?**

Absolutely! Most participants come solo. The group setting is intimate and supportive, and by the end everyone feels connected. Accommodation is based on shared twin rooms, and if you're coming alone, you'll be paired with a roommate of the same gender.

## 04

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### **What makes this retreat different?**

It's not just travel, it's transformation through simplicity, nature, and truth. Every detail is created with care, meaning, and authenticity, so you can truly rest, reconnect, and feel alive.

## 05

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### **How do I book and pay?**

Just visit [beglobals.com](https://beglobals.com) and click "Book Now." You'll find several options for making your deposit or full payment. We accept debit/credit cards, PayPal, or cryptocurrency.

*We offer:*

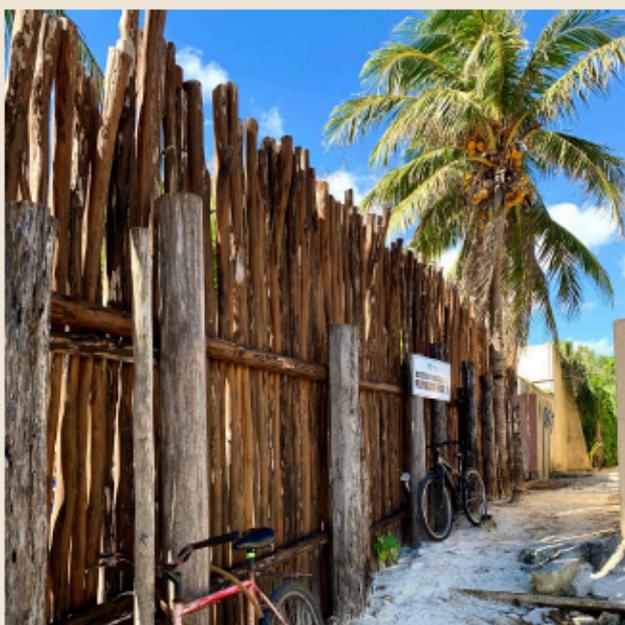
- ✓ Early Bird Special
- ✓ Private retreat options
- ✓ Special prices for couples
- ✓ Itinerary planning

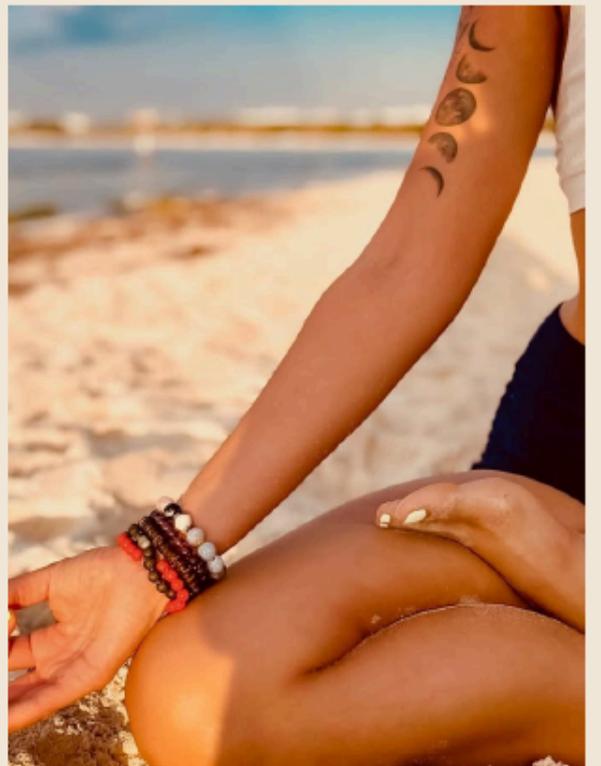
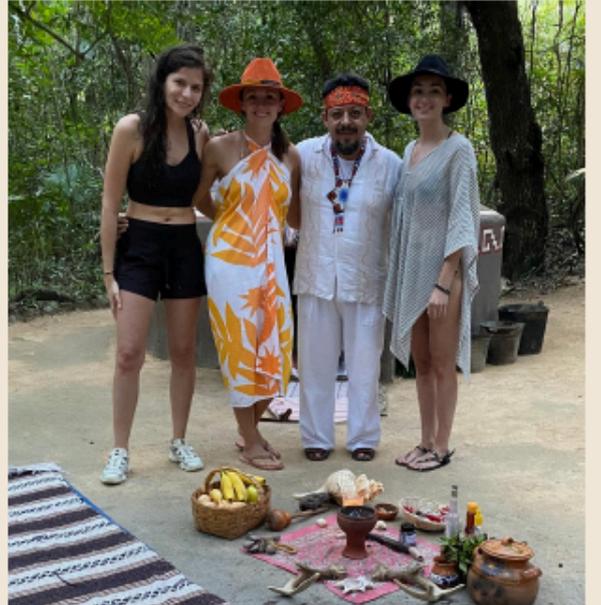
Let's  
**Travel-  
Retreat**

**Pick your dates and secure  
your spot with a \$500 deposit  
or enjoy our special rate**

*Ready to Join?*

[www.beglobals.com/mexico2026](http://www.beglobals.com/mexico2026)







Travel slowly. Feel deeply. Live freely.

**Be Global. BeING.**

