

TRAVEL- RETREAT

MEXICO



TRAVEL SLOWLY. FEEL DEEPLY. LIVE FREELY.
BE GLOBAL. BEING.



IF YOU ARE CRAVING SIMPLICITY, SUNLIGHT, AND
CONNECTION, YOU'LL FEEL AT HOME HERE

WELCOME HOME



2026 Calendar

February 13-18 — Soft Awakening

March 15-20 — Rebirth & Radiance

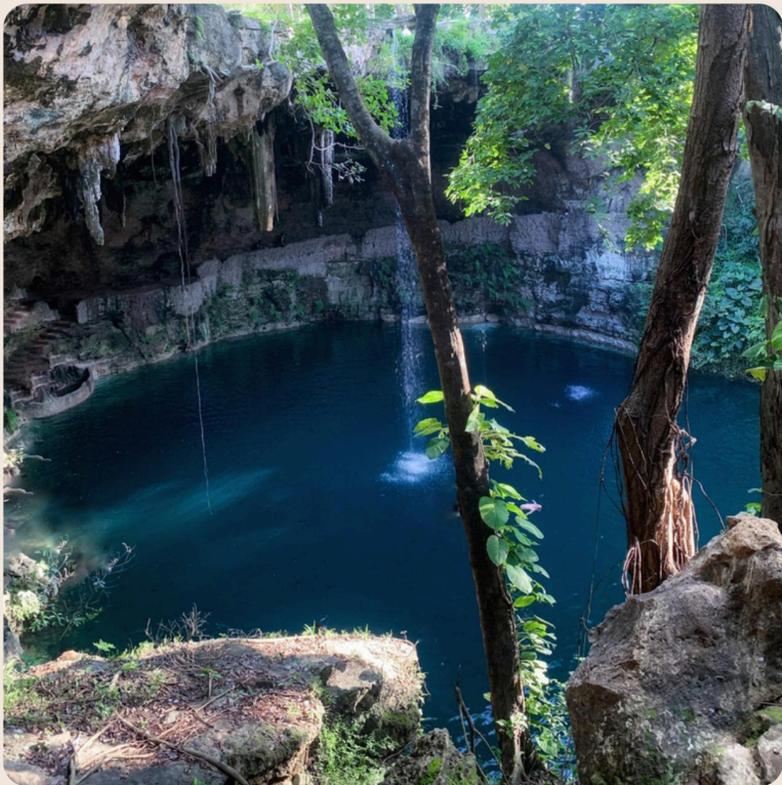
April 16-21 — Full Sun Power

May 14-19 — Bloom & Flow

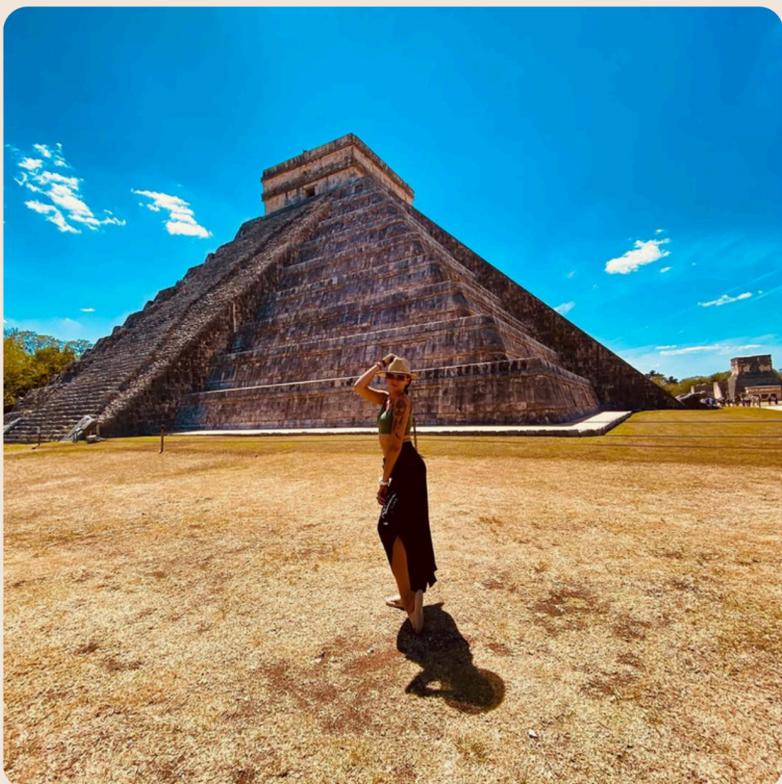
October 8-13 — Return to Heart

November 6-11 — Gratitude & Light

December 5-10 — Return to Light



**Regular Package - \$2150usd
(limited to 12 participants)**





Who This Retreat Is For

This retreat is designed for those who crave more than just a vacation – for people ready to pause, breathe, and reconnect with what truly matters.

It's for anyone seeking a slower rhythm, real connection, and experiences that nourish the body, mind, and soul.

You'll be part of **a small circle of 6–12 participants**, sharing meaningful days filled with sun, sea, and presence.



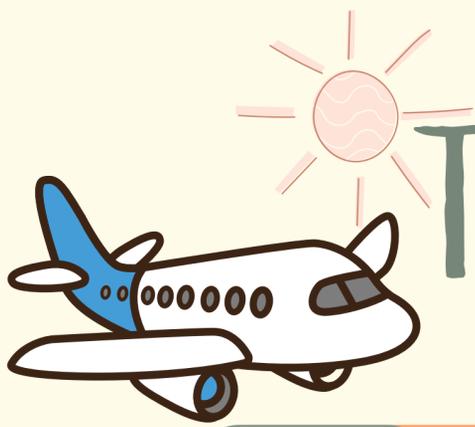
Why Mexico

Mexico is a land where ancient wisdom and wild beauty still breathe in everyday life.

Here, sacred cenotes whisper stories of the Earth, cacao awakens the heart, and the ocean invites you to remember your own rhythm.

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.



TRAVEL ITINERARY

Day 1

ARRIVAL & SOFT LANDING

Private transfer from Cancún Airport. Check-in, rest, optional SPA. Evening gentle yoga and sunset meditation on the beach – an opening practice to arrive fully, breathe deeply, and reconnect within.

Day 2

CENOTES OF PUERTO MORELOS & TEMAZCAL CEREMONY

Morning yoga and breakfast by the sea. Day trip to sacred cenotes – swim, explore, and reconnect with nature's stillness. Evening Temazcal ceremony in the jungle - a sacred steam ritual for purification and renewal.

Day 3

CRUISE TO ISLAND OF WOMEN

Morning yoga and breakfast by the sea. Catamaran cruise to Isla Mujeres with snorkeling, Beach Club access and the turquoise water at Playa Norte - one of the most beautiful beaches in the world.



TRAVEL ITINERARY



Day 4

VALLADOLID & CHICHÉN ITZÁ

Morning yoga and breakfast by the sea.

Travel to the heart of the Yucatán - explore the colonial charm of Valladolid and visit Chichén Itzá, one of the New Seven Wonders of the World, and the sacred Mayan cenote Ik Kil.

Day 5

XCARET PARK & CACAO CEREMONY

Morning yoga and breakfast by the sea.

Trip to Xcaret, Mexico's ecological and archaeological park. Discover a network of subterranean rivers, watch for monkeys, butterflies, and tropical birds, and explore the ancient Mayan sites. Evening cacao ceremony – sound, movement, and intention.

Day 6

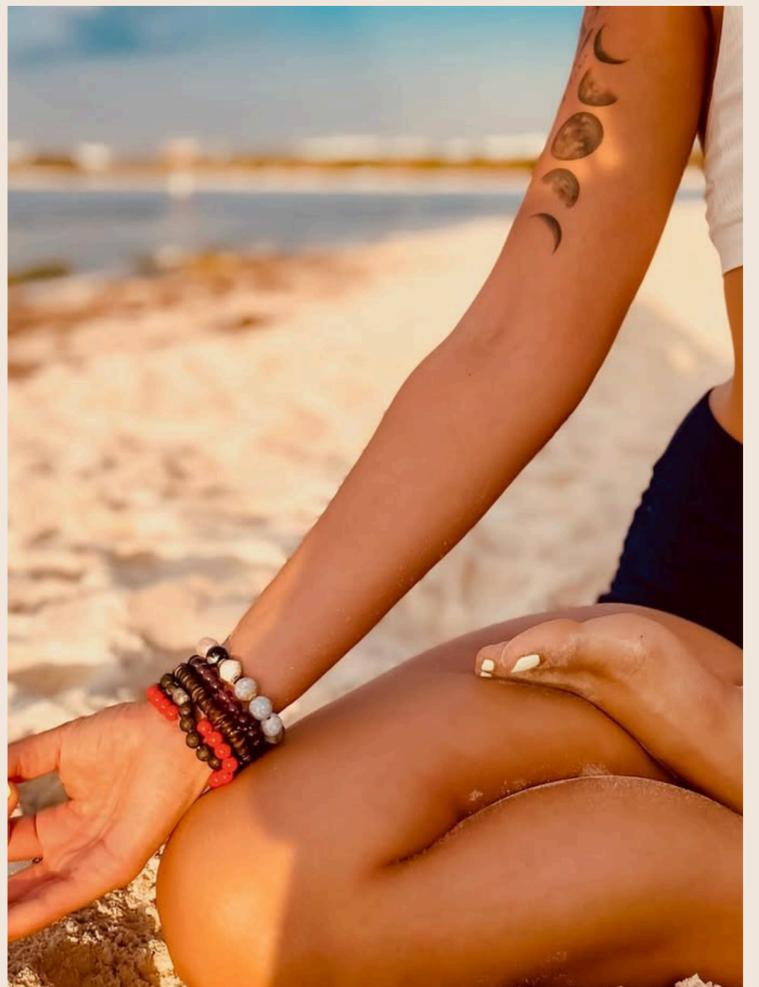
CLOSING & DEPARTURE

Morning yoga and breakfast by the sea.

Closing circle on the beach - reflection, sharing, and gratitude. Check out and private transfer to Cancún Airport.







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
\$2150
/per person

Limited to 12
participants

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

What's included:

- 5 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
- **Isla Mujeres Cruise** - Beach Club, snorkeling, and open bar
- **Valladolid & Chichén Itzá** - visit one of the New Seven Wonders of the World
- **Xcaret Eco Park** - explore underground rivers, wildlife, and Mayan culture



TRAVEL-RETREAT CURATED BY
MILA B., FOUNDER OF BEING



What's not included:

- Lunches and dinners not mentioned in the itinerary.
- Optional SPA treatments and additional ceremonies.
- International flights to and from Cancún.
- 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

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

Everything You May Want to Know

01

What level of yoga / physical activity is required?

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

03

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

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

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

How do I book and pay?

Just visit 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
- ✓ Special prices for couples
- ✓ Private retreat options
- ✓ Itinerary planning

Let's
**Travel-
Retreat**

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

Ready to Join?

www.beglobals.com/mexico2026

Join us and create memories
that will last a lifetime.

BOOK NOW

If you'd like to know what
bonuses and offers are
available today - contact us
through any of the following:

-  +52 5523438711
-  ceo.being@gmail.com
-  www.beglobals.com
-  @beings.hub
-  Beings Hub



Travel slowly. Feel deeply. Live freely.

Be Global. BeING.

