

Dance + Yoga Caribbean Retreat 2019

Amansala Eco-Chic Resort + Spa: Tulum, Mexico
Wednesday October 23rd - Sunday October 27th, 2019



Amansala is located on a pristine beach in Tulum, Mexico, approximately 90 min south of Cancun. Famous for the spectacular Mayan ruins, clear turquoise water and white sandy beaches, Tulum is an eco-friendly paradise known worldwide for its relaxed bohemian-chic feel & breathtaking beaches on the Caribbean Sea.

Eco-Chic Rooms

Accommodations range from beachfront suites to cozy tucked away rooms. The architecture whispers the signature Tulum style of driftwood, mosaics, river rocks, smooth cement, thatched roofs & staircases that weave together the various spaces within the resort.

Fare

Our physical days will be nourished by the fresh produce that highlight Mexican whole food culture. The meals are vibrant, plentiful, delicious and can be customized to your needs, accommodating vegetarian, gluten free, dairy free etc.

Yoga + Dance

Each day will have both a yoga & dance class. You choose how vigorous a schedule you want to have for your retreat. Classes are for ALL levels both in yoga & dance. This retreat gives you the luxury of time to truly indulge in the experience of the class.

Retreat Costs

Retreat includes: daily light breakfast, coffee, teas, juices pre-class, post-class brunch/lunch, afternoon snack, dinner except one off-site dinner (so you can explore the cuisine outside the resort), all yoga + dance classes, a bike to wander & explore about the town. Taxes and gratuities.

Does not include flight, transportation*, alcohol.

Accommodation Options

Best Beachfront King Private

Best beachfront rooms with large terrace facing the sea. King bed, large bathroom & sitting area.

\$2,495 per person (Shared \$1,950 per person)

Beachview King Private

Beach view rooms are spacious with large bathroom, located with nice views of the beach and small outside sitting area.

\$2,360 per person (Shared \$1865 per person)

Semi Seaview King Private

Charming room with semi sea view. King bed, bath and small terrace.

\$2,190 per person (Shared \$1785 per person)

Garden Plus King Private

Small private room in the garden. Perfect for privacy, tucked away in the back of the property.

\$2,095 per person (Shared \$1650 per person)

Double Beachfront Room

Two queen beds with nice view of the ocean. Large terrace & lovely natural light.

\$1,995 per person

Double Room

Large room with two queen beds & sitting area.

\$1,850 per person

Garden Triple Room

Large room set up to share. Each person has their little own space. No beach view but comfortable & peaceful and spacious.

\$1,750 per person

*Airport transportation: You fly into Cancun International Airport. The hotel will be arranging your incoming & outgoing transfers with their own resort car service. Transportation costs are based on one way and the number of guests in the vehicle. They group all arrivals once they receive your arrival information pre-trip, to make the most economical option for all. All is coordinated directly by resort.

1 person traveling alone in a private car = \$135	4 people = \$50 each
2 people = \$70 each	5 people = \$45 each
3 people = \$60	6 += \$40 each



Sample Day Schedule

Sunrise Meditation

7:00/7:30 AM light breakfast fruit, tea and coffee or fruit, granola and yogurt

8:30 AM-10:00 AM Yoga Class

10:30/11:00 AM Full Brunch

Time for massages, snorkeling, Mayan Clay treatments, tours, hammock reading, swimming, relaxing, playing volleyball, kayaking, bike riding, shopping, napping.

3:00 PM Snack

4:30-6:00 PM Dance Class

7:30 Dinner

Evening to relax on beach, play, party

Want More?

Once there, add on to your experience a la carte directly through the resort:

Massage

Mayan Clay Treatment

Bike ride to the local ruins of Tulum

Jungle Walk to Magical Mayan Cenote

Grand Cenote Snorkel Tour

Snorkel & Mayan Ruin & Bike Trip

Temescal Mayan Sweat Lodge

Sound Healing Meditation

package and group rates available

Payment

Deposit of \$500 is due upon reservation.

Remainder of payment is due by July 15th, 2019.

All transactions are non-refundable. Some transactions are transferable and discussed by case to ensure fairness for both parties. As per resort policy: cancellation more than 21 days prior to your start date, two nights will be charged.

Any cancellation with less than 21 days to your start date, results in no refund.

Payment through Paypal, Venmo, Credit Card or Check.

Questions/Concerns/Revelations: tootsie@tootsieolan.com