

Sun, Salt & Soul

A Private Yoga + Creative Retreat in Punta de Mita, Mexico

This isn't a retreat where every minute of your day is scheduled.

It's a week to move, create, explore, eat well, laugh, rest, and spend time with people you love, with plenty of room to follow the rhythm of the day.

Our home base is Casa Dorado in Punta de Mita, where your group will enjoy daily yoga with Leia, creative experiences and travel-journal instruction with Rain, time at the beach, local food, and plenty of unscheduled time to simply enjoy Mexico.

And because this is designed for a small private group, the experience can be customized for you.

DAY 1 — ARRIVE + EXHALE

Arrive in Puerto Vallarta in the afternoon, where Rain will meet you at the airport for the approximately 45-minute drive to Casa Dorado.

Once you arrive, settle in, grab a snack and a cold drink, take a dip in the pool, explore the neighborhood, or walk to the local markets for anything you'd like to have at the house during the week.

Yoga: Arrival + Grounding We'll officially begin our retreat with a gentle rooftop practice designed to shake off the travel day and help you land, physically and mentally, in Mexico.

Think long stretches, easy movement, breathwork and a long savasana.

Dinner: Head out together or explore on your own. La Cabaña is a great first-night option with a deck overlooking the water.

DAY 2 — CREATE + CONNECT

Wake slowly, grab a cup of coffee, and meet on the rooftop.

Yoga: Rise + Shine Flow An energizing but approachable morning practice incorporating mobility, balance, standing poses and breathwork.

After breakfast, Rain will distribute your travel sketchbook journals and art supplies and introduce ideas for capturing your trip through watercolor, sketches, words, color and collected inspiration.

Lunch is on your own, make something at Casa Dorado, wander into town, or head to the beach.

Evening: Restore + Reset Instead of another traditional yoga class, we'll slow things way down with restorative yoga and Yoga Nidra, an opportunity to deeply rest after your first full day.

Communal Dinner: Fresh shrimp ceviche tostadas, guacamole and cowboy caviar.

DAY 3 — OCEAN + ADVENTURE

Coffee and an easy breakfast before heading toward the water.

Yoga: Strong + Steady A playful morning flow focused on balance, core strength and opening the body for a day outside.

Spend the day discovering Punta Mita's beaches, or venture to beautiful Playa Careyerros for swimming, exploring and lunch with your toes practically in the sand.

The afternoon is yours.

Nap. Read. Paint. Swim. Wander. Do absolutely nothing.

Sunset Rooftop Yoga Meet back at Casa Dorado as the temperature drops for a slow-flow practice timed with sunset.

We'll finish with a few quiet minutes watching the sky change.

Dinner: Custom pizzas and salad provided at the house.

DAY 4 — PLAY + EXPLORE

After coffee:

Yoga: Wake-Up Mobility This morning's practice is less "yoga class" and more feel-good movement: hips, shoulders, spine, feet and all the places that appreciate a little love after several days of travel and adventure.

Communal Breakfast: Chilaquiles and fresh fruit.

Then the day is yours.

Optional adventures could include:

- Surfing or a beginner surf lesson
- Stand-up paddleboarding
- Snorkeling
- Fishing
- Beach hopping
- Working in your art journal
- Shopping and exploring
- Pool time
- Massage or spa treatment
- Reading somewhere shady
- A very serious commitment to doing absolutely nothing

Evening: Yoga Playground Tonight we'll have some FUN. Depending on the group, we might explore partner yoga, arm balances, inversions, playful transitions or a mini workshop based on something the group wants to learn.

No experience — or circus skills — required.

Dinner: Explore Punta de Mita's taco and churro stands or try Casa del Pintor.

DAY 5 — SLOW DOWN

This morning, sleeping in is officially allowed.

Optional Morning Practice: Coffee + Stretch Come to the rooftop in pajamas if you want. We'll spend about 30 minutes moving gently, stretching and breathing. Or skip it entirely and sleep. Because this is vacation too.

Spend the morning at the beach, pool or working on your travel journal. Rain will be available for individual art and journaling guidance.

Communal Late Lunch: Roasted chicken tacos from the neighborhood, a local favorite.

Golden Hour Gathering Rather than a formal evening yoga class, we'll gather on the rooftop around sunset for a short breathwork + meditation practice.

Then grab a drink and enjoy the view.

Dinner is on your own. La Rustica is a wonderful option.

DAY 6 — HEART + INTENTION

Coffee followed by our final full morning practice.

Yoga: Heart-Opening Flow A soulful practice incorporating heart openers, twists, breath and reflection as we begin wrapping up our week together.

After breakfast, Rain will introduce the Mi Corazón ("My Heart") creative project before we head to the La Cruz Farmers and Artists Market for color, texture, food, art and inspiration.

Spend the afternoon finishing your project, enjoying the beach, wandering town or soaking up your final full day.

Closing Practice: Sunset Circle + Yoga Nidra For our final evening together, we'll trade a traditional yoga class for something quieter. Gentle movement. Breath. Reflection. Yoga Nidra. And a closing circle celebrating what we experienced, created and discovered during the week.

Final Communal Dinner: Fresh fish tacos from the grill.

DAY 7 — ONE LAST MORNING

Wake up for one last cup of coffee in Mexico.

Optional Farewell Yoga If the group is feeling it, we'll meet for a short 20–30 minute stretch and meditation before breakfast. No pressure. Pajamas welcome.

Enjoy breakfast, pack up and soak in the last bit of Casa Dorado before transportation back to the Puerto Vallarta airport.

Then it's home, hopefully a little more rested, inspired, connected and sun-kissed than when you arrived.

YOUR WEEK INCLUDES

Yoga + Wellness

- Daily yoga experiences with Leia
- Rooftop sunrise and sunset practices
- Flow yoga
- Restorative yoga
- Yoga Nidra
- Mobility + functional movement
- Breathwork
- Meditation
- Optional yoga playground/workshop
- Closing practice + reflection

Creativity

- Travel sketchbook journal
- Art supplies
- Creative instruction with Rain
- Individual art/journaling guidance
- Mi Corazón creative project
- Inspiration excursion to La Cruz Farmers and Artists Market

Food + Hospitality

- Airport transportation to and from Casa Dorado
- Welcome snacks and beverages
- Select communal breakfasts, lunches and dinners
- Plenty of opportunities to discover favorite local restaurants, cafés and taco stands

Adventure + Free Time

- Beach days
- Pool time
- Local markets
- Optional surfing
- Paddleboarding
- Snorkeling
- Fishing
- Shopping
- Spa/massage opportunities
- And plenty of time with absolutely nothing on the schedule

THE BEST PART?

This retreat is intentionally small.

We'll take care of the yoga, creativity, home base and some incredible meals.

You bring the people who make you laugh until your stomach hurts.

This is your retreat. Let's make it yours.

Special Promo for the first group to come this November:

Reduced price and Extra free Day for this one trip! Price: \$1,650 per person (airfare is not included)