

# BIKRAMYOGAWORKS CASA OM RETREAT ITINERARY

May 26 - June 1, 2024



Dear AdZENTure Retreat Participants,

Welcome to the AdZENTure Retreat in the beautiful coastal town of Puerto Morelos, Mexico! We are thrilled to have you join us for a week of self-discovery, relaxation, and adventure.

As we come together for this retreat, we want to express our deepest gratitude for choosing to embark on this journey with us. We understand that you've entrusted us with your well-being and valuable time, and we are committed to making this experience truly transformative and unforgettable.

Over the next week, you'll have the opportunity to deepen your yoga practice, explore the natural wonders of Mexico, and connect with like-minded individuals. Our daily yoga sessions and meditation will rejuvenate your body and calm your mind (yoga mats and towels will be provided on-site).

In addition to yoga, you'll have the freedom to explore Puerto Morelos at your own pace. Whether you choose to take leisurely walks through town, unwind on the beach, or indulge in bodywork sessions, we've designed our schedule to ensure you find balance and serenity during your stay.

Throughout the week, we also have exciting excursions and signature events planned! View details in the itinerary. These experiences will immerse you in the rich culture and natural beauty of Mexico.

Please don't hesitate to reach out to our team if you have any questions or require assistance during your stay. We are here to ensure your experience is seamless and fulfilling. Get ready to explore, connect, and thrive during this week of self-discovery and self-care. We invite you to open your heart, connect with nature, and make lasting memories with your fellow participants.

See you at our welcome dinner this evening as we set the stage for a magical week ahead!

With gratitude and excitement,

Kendra and the AdZENTure Retreat Team





# CASA OM RETREAT

## ITINERARY

**SUN | MAY 26**

**Arrivals and Welcome**

**MONDAY  
MAY 27**

**8:00 AM: Bikram Yoga  
10:00 AM: Brunch  
12:00 PM: Free Time  
4:30 PM: Bikram Yoga  
7:00 PM: Dinner**

Our mornings will start with rejuvenating yoga sessions, setting a positive tone for the day. After a nourishing brunch, you have the freedom to explore Puerto Morelos at your own pace. Whether you choose to stroll through town, relax on the beach, or indulge in bodywork sessions, the day is yours to savor. Our afternoon yoga practice will help you find balance and unwind, preparing you for a delicious dinner.

**WEDNESDAY  
MAY 29**

**8:00 AM: Bikram Yoga  
10:00 AM: Brunch  
12:00: Free Time  
4:00 PM: Posture Clinic (2.5 hours)  
7:00 PM: Dinner**

After morning yoga and brunch, we'll dive deeper into your practice with an afternoon Posture Clinic. It's an opportunity to refine your yoga poses and enhance your understanding of the practice. In the evening, enjoy dinner in Puerto Morelos at a local restaurant of your choice (not included in the retreat package).

**FRIDAY  
MAY 31**

**8:00 AM: Bikram Yoga  
10:00 AM: Brunch  
12:00 PM: Free Time  
4:30 PM: Yoga en Blanc  
7:00 PM: Dîner en Blanc**

Our final full day starts with a morning yoga practice and a leisurely brunch. In the afternoon, we'll host our signature event, Yoga en Blanc, a transformative yoga experience in white attire. It's a moment for personal reflection and celebration. The day concludes with a beautiful Dîner en Blanc, our farewell dinner.

**TUESDAY  
MAY 28**

**8:00 AM: Bikram Yoga  
10:00 AM: Brunch  
12:00 PM: Excursion (4 hours)  
7:00 PM: Dinner (on your own)**

Today, we embark on an adventurous journey to the Cenotes/Lazy River, hidden natural wonders. We'll practice yoga in the morning, refuel with brunch, and then head to the Lazy River & Cenotes for exploration. Dinner is on your own this evening, giving you a chance to explore local cuisine in Puerto Morelos.

**THURSDAY  
MAY 30**

**8:00 AM: Bikram Yoga  
10:00 AM: Brunch  
12:00 PM: Excursion (5 hours)  
7:00 PM: Group Dinner**

Today, we'll travel to Tulum, a coastal paradise known for its ancient ruins and breathtaking beaches. Morning yoga and brunch will energize you for a day of exploration. You'll have the chance to explore the historic Tulum ruins and relax on the stunning beaches. Group dinner in Tulum before returning back to Puerto Morelos.

**SATURDAY  
JUNE 1**

**8:00 AM: Bikram Yoga  
10:00 AM: Brunch  
Farewell and Check-out**

As our retreat comes to a close, we'll gather for one last yoga session, allowing you to carry the peaceful energy of your practice with you. A final brunch is served, providing nourishment for your journey home. It's a time to reflect on your retreat experience and bid farewell to new friends.

