



## *5-Day A Return to Me Retreat*

### **INCLUSIONS**

#### **Meals, snacks and beverages as outlined in the Retreat Schedule**

- Fresh, market to table, vegetarian menu, customized for personal dietary requirements
- In season familiar and exotic fruits
- Healthy sweets and treats
- Fresh, flavorsome and cell rejuvenating beverages

#### **Daily Materials and Practices**

- A 30+ Page Pythagoras Numerology Report
- Clear, guided, daily schedules to maximize your experience and transformation
- Daily body movement / yoga practice, meditation, and breathwork
- The 4 Metaphysical Tools material and writing implements
- The passing on of my ways of being and living through the practical, powerful and precise rituals, disciplines, and body-mind-spirit integration, that will set you up for ongoing success post your retreat
- Free time to take walks, enjoy sunsets, journal, lay in a hammock, explore Vilcabamba, and just be

#### **What's NOT Included**

- Flights
- Accommodation
- Transport to Vilcabamba
- Transport to and from town to Los Encantos - \$1.50 each way or a 15 minute walk

■ END