

MOTIVATED MOVEMENT HEALTH RETREATS

APRIL 1-7, 2024

# HUATULCO HEALTH RETREAT



---

# ITINERARY

THE ITINERARY LISTED BELOW IS A DRAFT ONLY AND MAY CHANGE PRIOR TO THE RETREAT. A DAILY SCHEDULE WILL BE POSTED AT THE VILLA SO YOU KNOW WHAT'S ON TAP EACH DAY. THIS IS YOUR VACATION AND YOUR RETREAT, AS SUCH, EVERYTHING IS OPTIONAL! IF YOU WOULD LIKE TO JOIN IN ON THE ACTIVITIES, AWESOME! IF YOU'D RATHER LAY BY THE POOL AND DECOMPRESS, THAT'S GREAT TOO!

---

## MON, APRIL 1

D

4PM - ARRIVE @ VILLA, GET SETTLED IN YOUR ROOM.  
6PM - DINNER @ THE VILLA  
9PM - EVENING YOGA

---

## TUES, APRIL 2

B/L/D

8AM - MORNING POOLSIDE WORKOUT  
9AM - BREAKFAST @ THE VILLA  
AFTERNOON TO ENJOY THE VILLA, POOL + BEACH, GET A MASSAGE  
1PM - LUNCH @ THE VILLA  
4PM - EXPLORE LA CRUECITA  
6:30PM - DINNER IN LA CRUECITA @ LOCAL RESTAURANT  
9:30PM - EVENING YOGA

---

## WED, APRIL 3

B/L/D

8AM - LEAVE FOR DAY TOUR TO COPALITILLA MAGICAL WATERFALLS  
7PM - DINNER @ THE VILLA  
9PM - EVENING YOGA

---

## THURS, APRIL 4

B/L/D

8AM - MORNING HIKE TO CACALUTA BEACH  
OPPORTUNITY TO GO SNORKELING OR JUST ENJOY THE QUIET BEACH  
1PM - LUNCH @ THE VILLA  
4PM - HEALTH WORKSHOP  
7PM - DINNER @ THE VILLA  
9PM - EVENING YOGA

---

## FRI, APRIL 5

B

**\*\*CHOOSE YOUR OWN ADVENTURE DAY\*\*** TOUR OPTIONS WILL BE PRESENTED AT THE START OF THE RETREAT SO YOU CAN CHOOSE IF YOU WOULD LIKE TO DO AN ADDITIONAL TOUR (AT YOUR OWN EXPENSE). OR YOU CAN SPEND THE DAY RELAXING OR WALKING AROUND SANTA CRUZ, LA CRUECITA OR THE NEARBY BEACHES.

7PM - DINNER OUT AT BEACH RESTAURANT IN SANTA CRUZ (AT YOUR OWN EXPENSE)



---

# ITINERARY CON'T

THIS IS ONLY A DRAFT GUIDELINE, A REVISED ITINERARY WILL BE SENT OUT PRIOR TO THE RETREAT.

## **SAT, APRIL 6**

B/D

7AM - MORNING STAND UP PADDLE BOARDING  
10AM - VISIT THE LOCAL ORGANIC FARMERS MARKET  
LUNCH - ON YOUR OWN  
3PM - COOKING CLASS WITH ROBERTO & ESTHER  
7PM - FIESTA @ THE VILLA!

---

## **SUN, APRIL 7**

B

8AM - MORNING YOGA & MEDITATION  
10AM - CHECK OUT OF RETREAT VILLA & SAY GOODBYE TO NEW FRIENDS :)

---



---

# FLIGHTS

IF YOU NEED ADDITIONAL INFO PLEASE EMAIL  
MARISA@MOTIVATEDMOVEMENTPT.COM



The Retreat house is about a 20 minute drive from Huatulco Airport. A transfer from the airport to the Retreat Villa will be organized for you.

There are a number of hotels nearby if you plan to come a few days earlier to stay a few extra nights.

You are welcome to arrive at the Retreat Villa after 4pm on April 1st. The Retreat will wrap up on April 7th with an 10am check out time from the Villa. I will help coordinate transfers to the airport or to your next accomodation.

**PLEASE DO NOT PURCHASE YOUR FLIGHT UNTIL THE RETREAT HAS BEEN CONFIRMED.**

**RETREAT MUST HAVE A MIN OF 7 GUESTS REGISTERED BY JAN 15TH, 2024 TO GO AHEAD.**

---

---

# PAYMENT INFORMATION



**FULL PAYMENT IS  
DUE FEB 15, 2024**

Payment can be done via e-transfer to [marisa@motivatedmovementpt.com](mailto:marisa@motivatedmovementpt.com) (preferred method) or via credit card.

A \$400 deposit is required to reserve your spot at the Retreat. This deposit is non-refundable. If Motivated Movement does not host the Retreat due to not meeting minimum participant requirements, then the deposit and any other funds paid, will be refunded. If you cancel your Retreat spot after Feb 15th, once the balance has been paid, no refund is given. You can transfer your Retreat spot to a friend, however this is your responsibility to coordinate & confirm.

---