

5 NIGHTS JUNGLE & 4 NIGHTS BEACH

RESET & RECHARGE RETREAT

Jungle Lodge & Holbox Beach

The Best Spots of the Riviera Maya

The "RESET & RECHARGE RETREAT" is a special program where you are recharged in the most exotic jungle accommodation on the Mayan Riviera, connected to the powerful energies of the Mayan land, and then relaxed on the most beautiful beach of the Yucatan Peninsula on HOLBOX Island. Divia Creations programs combine the authentic travel experience, the learning about local cultures with personal development. We get to know the Mystical world of the Mayans from a close encounter, receiving real initiation from the local wisdom keepers. We learn the Mayan Cosmo Vision, connect to Mother Earth "Pachamama" and our ancestors in the ritual of a Temazcal sweat lodge, open the Heart Chakra with the Drink of the Gods on the Cacao Ceremony, and bathe in the crystal clear water cenote. You will have an opportunity for a private shamanic healing and cleansing ceremony, optional snorkeling with giant turtles, horseback riding on the beach at sunset, a visit to the Mayan pyramids and ruined cities, visit a mayan village and learn to prepare the traditional tortilla. There will be Private Mindset Coaching sessions, Healthy Lifestyle and Manifestation and Latin Dance Workshops. It doesn't matter if you're actively participating in the programs or just relaxing and taking care of yourself. Thanks to the daily Yoga and Meditation classes, fresh, healthy food, sunshine, the sea and good company, you are guaranteed to return home recharged, in harmony on the level of Body-Mind and Soul.

WWW.DIVIACREATIONS.COM



10 DAYS / 9 NIGHTS JUNGLE REBOOT & VITAMIN SEA MINDFULNESS AND YOGA RETREAT ON THE SACRED MAYAN LANDS. 2 RETREATS IN ONE! MAX 14 PARTICIPANTS!

- ✓ **DAILY YOGA , MEDITATION & BREATHWORK**
- ✓ **CACAO CEREMONY, SINGING BOWLS, MANTRA CIRCLE, TEMAZCAL RITUAL**
- ✓ **PRIVATE CENOTE, FOREST BATH, SNORKEL WITH GIANT TURTLES**
- ✓ **MAYAN PYRAMIDS, CHICHEN ITZÁ, TULUM, COBA, HORSEBACK RIDING ON THE BEACH**
- ✓ **PRIVATE MINDSET COACHING SESSIONS**
- ✓ **HEALTHY LIFESTYLE & RHYTHM REVIVAL DANCE WORKSHOP**
- ✓ **CONSCIOUS MANIFESTATION & MAYAN COSMO VISION WORKSHOP**
- ✓ **HEALTHY VEGAN FOOD & DRINKS**
- ✓ **5 NIGHTS JUNGLE RETREAT AT THE RIVIERA MAYA**
- ✓ **4 NIGHTS BEACH RETREAT AT HOLBOX ISLAND, IN A BEACHFRONT HOTEL**

DIVIA
CREATIONS

MINDSET | COACHING | BREATHWORK



RESET & RECHARGE RETREAT

PROGRAMS

MONTHLY
DEPARTURES
October - May
2023/24

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SHAMANIC CEREMONIES

The wisdom of the Mayans. Experience the shamanic ceremonies and rituals kept for thousands of years.

Learn about the Mayan Cosmo Vision that teaches us how we can get in balance the human existence with the rhythm of nature, with Mother Earth. Energy cleansing shamanic ceremony, connecting to the ancestors in the Temazcal, the sweating lodge, opening the heart chakra with the sacred drink of Gods on the sacred Cacao Ceremony, are just a few from the exciting programs. The Universe opens its gate!



DAILY YOGA, MEDITATION & BREATHWORK

Recharge in our morning Yoga classes, that serves all levels. Achieve inner peace of our daily meditations.

Experience the effectiveness of Yoga and the power of meditation and the harmony that brings into your life, surfing through the different meditation methods, closing your inner journey with a one of a kind Shamanic Breathwork ceremony, having a profound and powerful experience improving your intuition and activate your supernatural power.



WORKSHOPS

Healthy lifestyle tips and, plant based recipes to be in your best shape ever! You can also learn how to create your ideal reality.

Healthy Lifestyle and Conscious Manifestation workshops, where you will learn about nutrition, superfoods, juice therapy and the benefits of a balanced plant based diet. You will learn about how to create your ideal reality attracting everything you want into your life easily and effortlessly on our conscious manifestation workshop. Ideal job, perfect relationship, health, wealth you absolutely can have it all!



MINDSET COACHING

Get Instant results, long lasting solutions in our one to one complementary coaching session.

Dig deeper and get the most out of your stay. Our Mindset & Personal Development Coach is available for you to give a complementary one to one coaching session to focusing on your specific issues to help you to grow and expand both in your private and professional life. **Gabriella Kormendi Szabo**
Mindset Coach & Personal Development Consultant

...I INVEST IN MYSELF!

RESET & RECHARGE RETREAT

ACCOMMODATION

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JUNGLE BLISS RETREAT CENTER IN THE RIVIERA MAYA

Not far from Cancun, in the most beautiful part of the Riviera Maya, close to Playa del Carmen, Akumal and the famous Tulum, we will have accommodations in an exclusive jungle setting. The rooms are clean, with ceiling fan, each has a separate bathroom with shower and toilet. There are lounge chairs, hammocks, terraces, and common areas and around us the habitat of the jungle: exotic birds, parrots, monkeys, giant butterflies that we can see and listen to. If you want a little hustle and bustle, you can go into Playa del Carmen.

SERENITY SOUL HOLBOX ISLAND

Holbox Island is located in the northern part of the Yucatan Peninsula, off the shores of the Gulf of Mexico. The Island has a quiet fishing village free from mass tourism, with a snow-white sand, slowly deepening, crystal clear water beach, which can only be reached by passenger ferry, so there is no car traffic on the island. In this "barefoot paradise", we will have accommodations (Holbox Dreams hotel or similar) on the beach, which will satisfy every need with its refined simplicity. Air-conditioned rooms with bathroom with shower, toilet, restaurant, cocktail bar, umbrellas and lounge chairs on the beach.

MEAL PLAN

Breakfast, lunch and dinner at the Jungle Lodge will be provided: Healthy, vegan dishes which are freshly prepared from local vegetables and tropical fruits for every meal. There will be cleansing, and detoxifying with the flavors of Caribbean and Mexican cuisine. On the island of Holbox the meal plan is breakfast, the rest of the meals are on your own. It is worth trying the local flavors and dishes. In addition to our hotel there is a restaurant with freshly caught sea fish, seafood and even Sushi. The bar serves all-day alcoholic and non-alcoholic tropical cocktails, freshly squeezed juices, tea and coffee specialties, soft drinks and mineral water. Mexican cuisine is basically gluten-free, plant based milk, sweeteners, Agave syrup is offered everywhere. A balanced diet can be ensured in case of gluten, lactose sensitivity or diabetes.

...I INVEST IN MYSELF!

RESET & RECHARGE RETREAT

OPTIONAL PROGRAMS

MONTHLY
DEPARTURES
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TURTLE SNORKEL

Snorkeling in the Bay of Akumal with giant turtles. 2 hours program. Equipment rental available. Price: \$59,-/pax



BIO LUMINISCIENCIA

A natural phenomenon caused by phytoplanktons. 2 hours night program. Price: \$20,-/pax



CHICHEN ITZÁ

Full day excursion to the Kukulcan Pyramid, the Archeological site of Chichen Itzá. Price: \$119 usd/pax



CENOTE SWIM

Swim in crisp mineral-rich waters in magical caves or under a jungle-framed sky and feel lost in another time. Price: Included in the program.



BEACH RIDE

Horseback riding at the beach of Holbox. Two hours program. Perfect for beginners too. Price: \$65 usd/pax



CACAO CEREMONY

Two hours program with the heart opening, ceremonial grade cacao, with lot of music, singing and love. Price: Included in the program.



MAYAN RUINS

Tour the two major ancient mayan cities Tulum & Coba, visiting a Mayan Village. Price: \$89,-/pax



TEMAZCAL & COPAL RITUAL

Two hours ritual. Cleansing, body-spirit rebirth in the indigenous sweat lodge. Price: Included in the program.

**All prices are for a min. of 8 participants.*

...I TREAT MYSELF!

RESET & RECHARGE RETREAT

RESERVATION

Price in
DBL room from
\$2190,-
USD/pax

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Book Now
and SAVE
\$200,-
USD/pax/dbl
Book 30 days prior

PRICE INCLUDES (USD)

- ✓ DOUBLE SHARED OR PRIVATE ROOM
- ✓ JUNGLE STAY FULL BOARD, BEACH STAY BREAKFAST
- ✓ DAILY YOGA & MEDITATION, SHAMANIC BREATHWORK CEREMONY
- ✓ CACAO CEREMONY, TEMAZCAL, CENOTE SWIM
- ✓ MAYA COSMO VISION MASTER CLASS
- ✓ HEALTHY LIVING AND MANIFESTATION WORKSHOP
- ✓ VARIETY OF OPTIONAL PROGRAMS

TAILOR YOUR PACKAGE

- ✓ TRANSFERS, PROGRAMS, ACCOMMODATION, MEALS ARE INCLUDED ACCORDING TO PROGRAM DESCRIPTION
- ✓ DOUBLE SHARED ROOM: 9 NIGHTS FROM \$2190,- / PAX.
- ✓ SEMI PRIVATE ROOM: 9 NIGHTS FROM \$2980,- / PAX.
- ✓ SHARED ROOM IN THE JUNGLE, PRIVATE ROOM IN HOLBOX
- ✓ PRIVATE ROOM: FROM \$3490 USD
- ✓ PRICES VARY BY DATES. CONTACT US FOR DETAILS
- ✓ PRIVATE RETREATS FOR CLOSED GROUPS UPON REQUEST



SEND YOUR BOOKING REQUEST TO
HELLO@DIVIACREATIONS.COM



MORE INFORMATION: @GABRIELLADIVIA
WHATSAPP +52 984 877 5 444



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MINDSET | COACHING | BREATHWORK



DETAILED PROGRAM

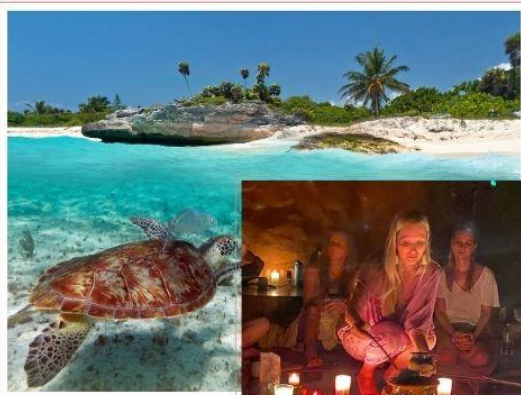
We follow the principle of
NO STRESS!
NO PROBLEM!



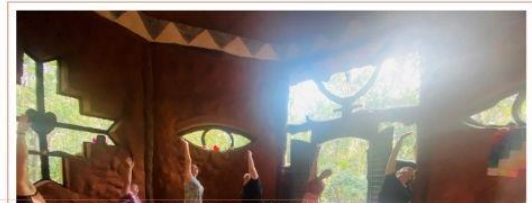
Day 1: Arrive in Cancun during the late afternoon, tailored to your flight schedule. For your convenience, a private transfer service can be arranged (\$). Check-in begins at 14:00, allowing you ample time to settle into your new surroundings. At 19:00, join your fellow retreat participants for a communal dinner and introduction, setting the stage for a meaningful and transformative experience. From 20:00, participate in a heartfelt Opening Circle and fire ceremony, symbolizing the beginning of your journey together. As the evening unfolds, engage in warm conversations and bond with your newfound companions, all while being serenaded by the soothing sounds of the jungle. This enchanting welcome allows you to fully arrive, in body and soul, as you embark on this unforgettable adventure.



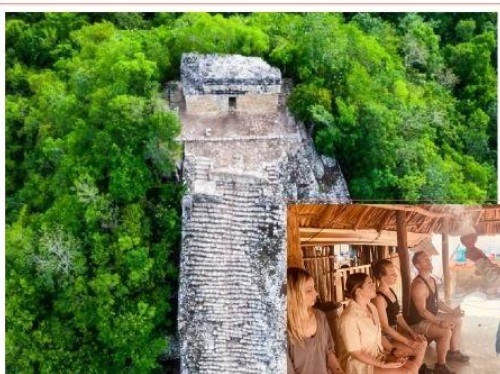
Day 2: Begin your day with an invigorating morning yoga and breathwork session, followed by a nourishing breakfast featuring fresh, local produce. For those seeking adventure, opt for a snorkeling excursion in Akumal, home to majestic sea turtles. In the afternoon, connect with nature on a jungle walk, indulge in the healing practice of forest bathing, and experience the refreshing waters of a nearby cenote. After an early dinner, journey to the Temple, where you'll create a sacred altar for our private Heart Opening Cacao Ceremony, following ancient Mayan traditions with ceremonial cacao. Immerse yourself in a heart chakra meditation, savoring the divine drink of the gods. Further awaken your senses with a Singing Bowls Sound Meditation. Unite in love and harmony as we close the ceremony with shared mantra singing, accompanied by guitar and enchanting medicine songs in English and Spanish. Conclude this truly magical day with a serene candlelit jungle walk back to our retreat, basking in the loving energy you've cultivated together.



Day 3: Begin the day with rejuvenating yoga and breathwork, followed by a nourishing breakfast. After a brief rest, join our Healthy Lifestyle Workshop to uncover how mindset impacts health and weight. Enjoy lunch and leisure time, perfect for cenote exploration or jungle walks. Savor a delicious lunch, then relish your free time exploring the two private cenotes or meandering through the jungle. In the afternoon, delight in a light soup before delving into the Mayan Cosmo Vision, as we prepare the fire for the evening's sacred Temazcal ceremony. Experience the healing power of the traditional Mayan sweat lodge, with its earth-supported energy. Begin the evening with a Copal cleansing ceremony, followed by the Temazcal ritual, where you'll honor the four cardinal directions through the "four door" ritual, connecting with Mother Earth, "Pachamama," and your ancestors in the earth's womb. Embrace the feeling of rebirth and celebrate with a sumptuous tropical fruit feast.



Day 4: Embark on an optional tour that delves into the captivating world of Mayan culture. Start by exploring the awe-inspiring archaeological site of Tulum, the only Mayan city built on the shores. Then continue the exploration of ancient Mayan cities with Coba, once a thriving city and the region's commercial epicenter. Experience the thrill of cycling together through the ruins, shaded by the verdant forest that envelops them. Continue your journey by visiting a traditional Mayan village, where you'll master the art of tortilla-making and partake in a profound cleansing ceremony led by a local shaman. Return to the jungle lodge and delve into an Awakening and Transformative Breathwork Ceremony, promoting deep healing and reconnection. Conclude this enriching day with a communal dinner, sharing stories and experiences, before settling into a restful night.



DETAILED PROGRAM

Day 5: Begin the day of dance with an invigorating morning breathwork session, setting the tone for a day of energizing movement. As the sun begins to rise, immerse yourself in a Serotonin Sunrise Ecstatic Dance, allowing your body to freely express emotions and connect with others. After enjoy a hearty breakfast before taking some time to relax and prepare for the day's activities. Savor a delicious lunch, and then dive into an afternoon Latin Dance workshop, where you'll learn the captivating steps of salsa and bachata. After a delightful dinner, you have the option to visit Playa del Carmen's finest dance spot for a Dance Workshop and Social.



Day 6: Enjoy a leisurely morning as you recover from the previous day's dancing festivities. Relish a delightful breakfast together and bid farewell to the warm staff at our jungle haven. Prepare your bags and embark on a journey at 11:00 AM to the charming town of Chiquila in Lázaro Cárdenas. The scenic transfer takes approximately 2-2.5 hours. Upon arrival, indulge in a refreshing coffee or beverage before hopping on the ferry to the enchanting island of Holbox. With vehicle-free streets, this idyllic paradise boasts shallow sandy beaches, vibrant graffiti-adorned houses, and a laid-back atmosphere, making it one of the world's most stylish yet undiscovered coastal retreats. Check into your accommodation and relish a late lunch or early dinner at your leisure.

Day 7: Sunrise Walking Meditation on the beach. We will use our earphones and will do a special guided meditation, stepping into our future. Ideal for a new start, to open a new circle in our lives. After this active one hour meditation we do a Sun Salutation challenge on the beach, in-deepen our yoga practice. We will have a communal breakfast in the buffet restaurant of the Hotel. We can recharge our body with tropical fruits and juices, cereals and some warm mexican typical breakfast variations. In the hotel non-veg dishes are available. After breakfast free time. In the afternoon, Manifestation Workshop where we learn how to create the ideal reality, and realize our dreams effortlessly. Evening free time. Lunch and dinner individually. It is worth trying the local cuisine, which offers many opportunities within walking distance on the island! But there is also a lively nightlife with excellent bars and music! The island has a surprisingly lively atmosphere in the evenings!



Day 8: Morning yoga and breath meditation. After breakfast together at the hotel, then a full day of free time. It's a great opportunity to connect with ourselves, process the experiences so far, or take long walks on the beach. We relax, recharge. On these days, there will be the opportunity for private mindset coaching / somatic or breath therapy sessions with Gabriella, which we ask you to book in advance! On the 8th day in the afternoon, there is an optional Sunset Horseback Riding on the beach, followed by visit the phenomenon called Bio Iluminiscencia, caused by phytoplanktons.

Day 9: In the evening, gather for a heartfelt Closing Circle, reflecting on the growth, discoveries, and connections forged throughout the retreat. Celebrate your shared experiences with a warm and memorable Farewell Dinner, as you cherish the bonds that will last a lifetime.



DETAILED PROGRAM

Day 10: Enjoy a farewell breakfast tailored to your transfer schedule before packing and checking out of the hotel. The breakfast is available between 08h00-10h30. Make your way to the port and board the ferry back to Chiquilla on your own (\$). From Chiquilla, a collective airport shuttle to Cancun Airport is included in your package. For those who wish to extend their stay in paradise, we offer a variety of options in Holbox or at any of the Riviera Maya's exquisite resorts. Just let us know your preferences when booking, and our expert tour operator colleagues will be more than happy to help you craft the perfect continuation of your unforgettable journey.

Check our Divia Retreat Sanctuary option with daily Pyramid meditation in Playa del Carmen, if you wish to go deeper in your meditation practice, but stay close to the beach and the famous 5ta Avenida, in a green Urban Oasis.



THE DIVIA RETREAT SANCTUARY, PLAYA DEL CARMEN:

A Tranquil Urban Oasis for Nature Lovers and Spiritual Seekers

Welcome to the Divia Retreat Center, your idyllic retreat sanctuary nestled in the heart of the enchanting Playa del Carmen. Embrace the perfect location, just 650 meters from the pristine Coco Beach and a mere three blocks from the bustling 5ta Avenida, while immersing yourself in a haven of peace, love, and nature. As a sanctuary for spiritual, digital, and traveling nomads, we are dedicated to sharing our passion for nature and its creatures. Our urban oasis features a vast garden, terrace, and inviting common areas for relaxation and connection. Home to rescued dogs, puppies, and cats, we warmly welcome guests who embody our philosophy of unconditional love for life and nature.

Enhance your meditation experience and recharge your spirit within our unique pyramid, built to the specifications of the Kukulcan pyramid in Chichen Itzá. Discover the transformative power of pyramid energy as you deepen your connection to yourself and the world around you at the Divia Retreat Sanctuary.



Effective change can only
be achieved by changing
our environment!
Travel and Grow!

@gabrielladivia

I would be happy if you could join us!

Send your booking here: hello@diviacreations.com

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