



A RETREAT WITH CAROLYN ANNE BUDGELL

Restore & Reset

Nov 16-23, 2024
Puerto Vallarta, Mexico



Join Carolyn Anne Budgell for a soothing retreat filled with spa yoga, meditation, breath, introspection, rest and nature in paradise. At the onset of winter, give yourself a burst of light in the tropical state of Jalisco, Mexico. Our home is Xinalani, an extraordinary wellness resort on an idyllic private beach near Puerto Vallarta. During 7 days, experience an array of practices that will leave you feeling nourished and clear, inside & out.

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WWW.CAROLYNANNEBUDGELL.COM

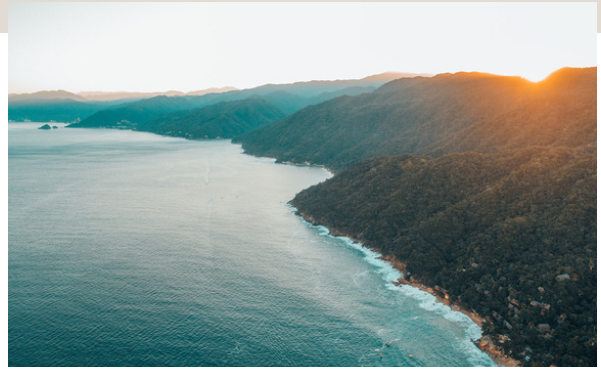
Restore & Reset



Give to Yourself

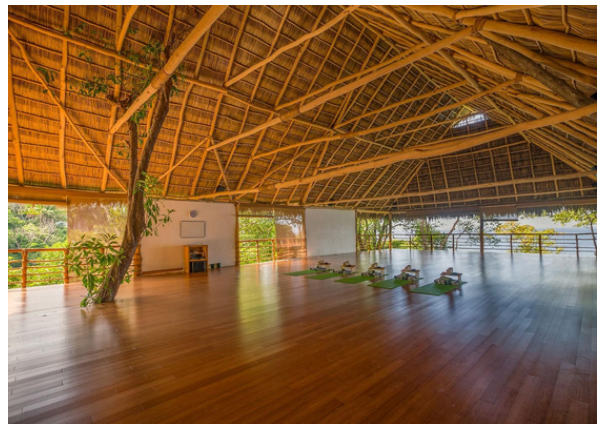
INCLUDED:

- 1 Slow Flow or Restorative Spa
- Yoga class with Carolyn daily
- 1 Meditation + Breathwork class daily
- 1 Ice Plunge Experience
- 1 Waterfall Hike
- Snorkel & Kayak equipment
- 3 nourishing meals daily, cooked and served with love
- All accommodations
- Complimentary shuttle service to and from the airport (PVR)



Welcome Home

Nestled between lush jungle and emerald ocean, Xinalani is only 12 miles south of Puerto Vallarta International Airport. The retreat's property with private beach is accessible only by boat.



Acts of Care

With six stunning yoga spaces surrounded by nature, a Temazcal (ancient sweat lodge), beach club, lounge bar, sand terrace, oceanfront spa, Xinalani is a sanctuary of healing and serenity.

Nov 16-23, 2024 | [Xinalani, Mexico](#)

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Schedule for the Week

SATURDAY NOV 16TH

Be sure your flight arrives to PVR no later than 2:30pm in order to catch the complimentary taxi and boat to Xinalani. The retreat will kick off with an opening practice at 5:30pm as the sun sets on Saturday, followed by our first dinner as a group.

DAILY ROUTINE

Each morning begins with a Slow Flow / Spa Yoga practice, followed by the most incredible breakfast buffet. There will be plenty of time for spa treatments, rest and an ice plunge one day. Enjoy Breathwork & Meditation late afternoon, followed by a delicious meal and group connection.

7:30 AM | Morning coffee & snacks

8-9:30 AM | Meditation & Vinyasa Yoga

10-11 AM | Breakfast

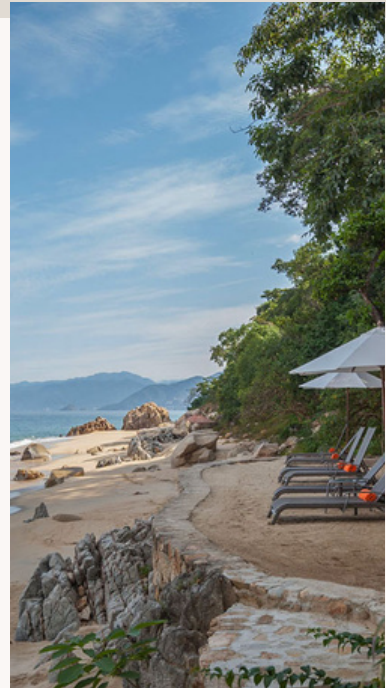
11-2:30 PM | Free Time (sauna, ice bath, lounge)

2:30-3:30 PM | Lunch

3:30-5:30 PM | Free Time (spa, hike, swim)

5:30-7 PM | Spa Yoga & Meditation

7:30-8:30 PM | Dinner



SATURDAY NOV 23RD

After practice and breakfast, our final day ends with long hugs and sun kissed skin! Book your departing flight sometime after 1pm.

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Rooms & Rates

Big Palapa

- women's dorm with 8 beds
- 2 shared full washrooms
- open air showers

\$1890 USD PER PERSON



Small Palapa

- women's dorm with 4 beds
- shared bathroom
- open air shower

\$1990 USD PER PERSON



Deluxe Room

- 2 twin beds
- hammock & desk
- spacious bathroom
- open air

\$2190 USD PER PERSON



Nov 16-23, 2024 | Xinalani, Mexico

RESTORE & RESET

Rooms & Rates

Deluxe Room

- 1 king bed
- hammock & desk
- spacious bathroom
- open air palapa

\$2190 PER PERSON DBL OCC
\$2790 USD FOR ONE PERSON



Eco Chic Suite

- open air palapa + best views!
- 2 double beds
- option to add a single bed
- zen sitting area
- private terrace & hammock

\$2650 USD PER PERSON



Eco Chic Suite a/c

- air conditioning
- 1 king bed
- zen sitting area
- private terrace & hammock

\$2790 PER PERSON DBL OCC
\$4390 USD ONE PERSON



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Getting There

There is no road access to Xinalani. The trip to the property is about an hour total from the airport (15 min drive & 45 min boat trip).

Arrival flights on Nov 16th - ensure your flight arrives to PVR no later than 2:30pm in order to catch the complimentary taxi and boat to Xinalani. Book your departing flight sometime after 1pm on Nov 23rd.

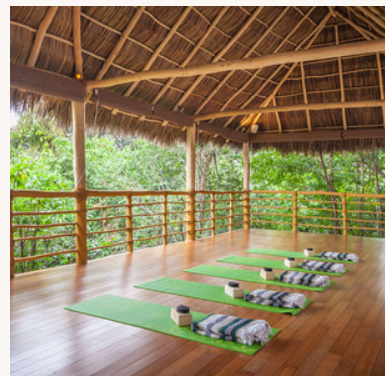
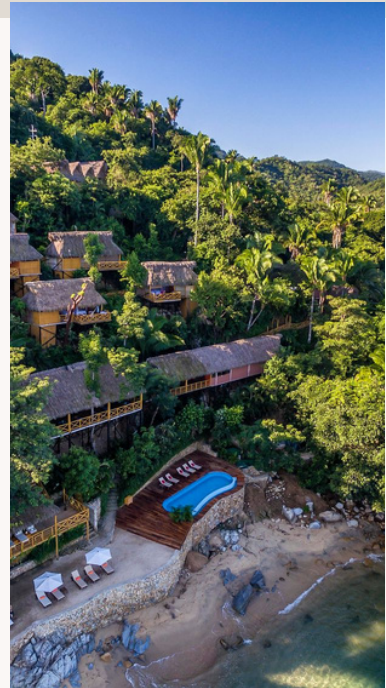
AIRPORT (PVR) SHUTTLE SERVICE

- Greeted at the airport
- Transfer in taxi to the pier of API Terminal Marítima in Marina Vallarta (15 min)
- Transfer by boat from the Marina Vallarta pier to Xinalani (45 min)
- Retreat fee includes this cost, roundtrip

Payment Details

- A \$500 USD *non-refundable* deposit will hold your spot.
- Final Payment is due on or before September 15, 2024.
- Email transfer can be made in CDN (based on the day's exchange rate) to carolynAbudgell@gmail.com.
- PayPal or credit card accepted with, a 4% service charge. Wise Transfer - no fees.

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