



Beauty Inside & Out Enlivened Women's Retreat

Yoga - Energy Balancing - Youth Enhancing Life Strategies

January 25 - 31, 2014

in Playa del Carmen, Mex.

with Sedena Cappannelli & Arielle Thomas Newman

Join Best Selling Author and Wellness Consultant Sedena Cappannelli and internationally recognized Yoga Instructor Arielle Thomas Newman for this exquisite week long luxury retreat in the heart of the Mexican Caribbean. Leave your everyday concerns behind and pamper yourself with delicious food, natural juices, daily yoga, and empowering sessions to reinvigorate your life!

Take precious time just for you. Give yourself the gift of this rejuvenating and empowering time to re-charge and re-vision an extraordinary life.

This 7 day / 6 night retreat will take place in a beautiful private Villa Alta Vista overlooking the sparkling Caribbean Sea in Playa del Carmen, 35 miles south of Cancun.



Morning Meditation & Optional Beach Walk, Hatha Yoga, Sedena's trademarked PEP energy balancing program, face-lift toning exercises, life-strategy sessions to gain perspective on your life and open to new, exciting possibilities.

Afternoons are open for swimming, snorkeling, biking, reading, shopping, or simply relaxing. Optional on-site massages available. Luxury spas are located close to the villa. One day is designated as a free day to provide opportunities for individualized vacation experiences.

Group activities also include a tour of the ancient Mayan ruins of Coba with a private guide, lunch in a spectacular beach restaurant in Tulum, swimming in a pristine cenote and a group cooking class at the Villa with a local private chef.

Accommodations: Enjoy 5 star amenities at the luxurious Villa Alta Vista just steps from the Caribbean Sea.

Eight spacious bedrooms with full private baths, rooftop pool, incredible ocean views, walking distance to shops and restaurants, spacious common area, private courtyard, and personal chef. Onsite massages are available.

*Relax, re-charge, restore balance
Learn enlivening, de-aging techniques
Renew your mind, body and spirit
Find new energy for your busy life
Celebrate personal power and beauty at any age*

Retreat Fees - *Early Bird Prices until November 12, 2013

Double Occupancy: *\$1900 USD per person \$1990 USD per person
Single Occupancy: *\$2220 USD per person \$2310 USD per person

A non-refundable deposit of \$450 is required to hold your space. In order to be eligible for the early bird pricing, deposit must be received by November 12, 2013. Final Balance Policy: the final balance is due no later than December 15, 2013. For more information, contact Sedena or Arielle. To make your payment, [Click Here](#).



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