

YOGA IN YELAPA

Rejuvenation in Yelapa, Mexico

Are you craving a break from the chaos to reconnect with yourself and find inner balance?

Ready to say "yes" to prioritizing yourself and carve out time for self-care and rejuvenation?

Then you are ready for this transformative retreat that will rejuvenate your mind, body and soul.

Take this opportunity to rest, reset, and recharge !



**February 16-22, 2025
Yelapa, Mexico**

**Call Leslie today to reserve your spot
707-484-3836
la.weaver@comcast.net**



Las Casas

Nestled in the jungle between the beautiful ocean and the lush mountains are Casa Journey and Casa Palmas which will serve as the centerpieces of your Yelapa adventure. Both casas provide a modern and fully appointed comfortable space to call home while you enjoy the rustic Yelapa experience. These luxury villas will welcome you back from your adventures and will include all the comforts you deserve in a relaxing and reviving getaway.



Reset

Revitalize, rejuvenate and relax while you tap into some serious self-care practices. Enjoy optional daily morning wellness classes as we explore different flows and practices. Experience breakthroughs for inner healing by participating in Yoga modalities such as Kundalini, Neurogenic, Buti, and Restorative. Open your heart and mind to experience this week where vacation meets transformation.



Nourish

Discover the culture and delicious flavors of Mexico with a personal chef who will design mindful meals centered around locally sourced ingredients and catered for our retreat. You will enjoy traditional favorites such as Chile Rellenos, Enchiladas, Fresh Fish Tacos and Ceviche, local juices and fresh fruit.



Connect

Cultivate balance and mind body connection. Activities will include a daily journal prompt, yoga/light movement, art journaling, somatic breathwork, sound healing and a cacao ceremony. Massage and body work is available as an optional treatment to entice you to build that harmonious balance of rest and movement. Let the magic of connection, adventure and wellness awaken you.

Adventure

The day is yours! After Breakfast and a guided centering practice you may choose to explore the area with a hike to the waterfall, snorkel adventure or donkey ride. Alternatively spend the day on the beautiful beach with a good book or new found friends. As a special treat we will attend a Ballet Folklorico in the town square performed by the local youth along with a special bonfire on the beach our final night. Don't miss this opportunity to rest, reflect, and bond with like minded individuals.

Giving Back

Leslie collaborates with Yelapa residents and businesses to boost the local economy. This year, they are supporting local arts and the town's animal shelter, which depends on donations from visitors and locals.



Meet your Host: Leslie

Raised in Mexico, Leslie speaks fluent Spanish and brings a bi-cultural perspective to her annual Journeys of the Heart, Yelapa experience. Having traveled to Yelapa many times Leslie is looking forward to sharing this wild & beautiful spot on this soul-stirring adventure centered on nurturing our bodies, expanding our awareness and building up our inner resources.



Meet your Wellness Guide: Larissa

Larissa Pendergraft, LCSW is a practicing psychotherapist, Somatic Breathwork practitioner, Yoga enthusiast, Master Arts & Crafter, and Dog Lover. Her goal is to guide you in discovering what may be holding you back or blocking you from realizing your full potential. In our week together she will facilitate your development of a deeper understanding of yourself by enhancing creative expression, self care and mindfulness practices.

Testimonials

"Leslie addresses every inevitable travel challenge directly with grace and is flexible and responsive never minimizing anyone's needs."

"Everyday we're back from Yelapa I have a new revelation! What an amazing experience, I cannot wait to go back."

"This place is magical, the people and all of the yoga was wonderful - the teachers far exceeded my expectations."

"Leslie did a great job on this adventure and my next trip is with her to Bali. You couldn't be in better hands."

"There is no gift to yourself like that of travel. To combine the commitment of taking time away with the elements of self care only magnifies the experience."

"Yelapa was magical I can't wait for my next trip with Journeys of the Heart"

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for more info !

Envision yourself here.....

START
YOUR
JOURNEY!

Prices start
at
\$1,650 p/p

Per person
Double Occupancy

*All Payments are non
refundable.

Cancellation insurance is
mandatory

Ask about our payment
plans !!

Receive:

- Leslie will manage and provide all travel arrangements from the moment you arrive in Mexico.
- 6 Nights accommodations in Casa Palmas or Casa Journeys.
- Breakfast and dinners prepared by a private chef highlighting Mexican cuisine sourced with local ingredients.
- A night out with a cultural dance performance and fun.
- A Mexican cooking class in the comfort of our villa.
- Daily yoga sessions - no experience necessary
- Somatic Breath-work, Cacao ritual, Sound Healing, Creative Journaling and closing circle Bonfire on the Beach.
- Delicious coffee, tea, and purified water

Sign me up!

- Deposit \$350.00
- \$1650 p/p King bed share
- \$1750 p/p Jungle view
- \$1850 p/p Ocean front-King bed share
- Single room supplement \$350 up to \$500

On your own:

- International flights, optional excursions and spa services.
- Food and drinks outside Las Casas
- Gratuities for staff, guides, and servers.



Call or Text Leslie: 707-484-3836

✉ la.weaver@comcast.net

www.journeysoftheheartwellness.com