

# Women's Spring Renewal Yoga Retreat!

## Sayulita, Mexico

### April 18-25, 2020

Join San Francisco based Yoga teacher Robin Duryea for a stunning and spectacular Spring Yoga Retreat Vacation in lovely Mexico! Come play and practice in the charming beach town of Sayulita. For 7 nights we'll live in the privacy of a stunning and immaculate private home built and adorned with exquisite traditional Mexican art. With 360 degree views, luxurious comfort, meals prepared by our 5-star local private chef, and just steps to town and the beach you'll be transported into a dream week with the space and freedom to unplug and re-charge. The week offers twice daily rooftop vinyasa yoga, twice daily meals, stunning accommodations with views of the ocean, only 3 blocks to the beach and town square, endless sun, pools, iguanas, lush gardens, hammocks, and even a tree house! If you love yoga, the sun, the ocean, art, music, a good blend of time for yourself and to be with others, then this is for you.

[Scroll for more info](#)

#### **Home amenities**

- \* 360 degree views
- \*Bedrooms with ocean views
- \*Memory foam mattresses
- \*Two meals a day prepared by our private and local 5-star chef!
- \*A/C in bedrooms
- \*Ozone-treated heated swimming pools
- \*Outdoor shower
- \*Lush landscaped gardens
- \*Hammock
- \*Beach towels
- \*Filtered water
- \*Housekeeping/staff
- \*Wifi



The week is tailored to offer nourishment, rest, play, and inspiration. Robin will lead you through a vinyasa practice twice a day meant to awaken and inspire your strength, intuition, and curiosity. You'll connect with what your body, mind, heart, and soul need. There will be plenty of play to leave you feeling recharged and refreshed. Spend the afternoons by the pool, walk 5 min to the beach, surf, explore town, shop, rest, read, meditate, talk with an iguana, connect and converse with the local community, practice Spanish, laugh, and play; Think 'Mindful Debauchery'. [Reviews of the 2019 trip below](#)



## How this works

This is an **intimate retreat hosting 8 people max.** Bring a friend or roll solo. You'll be in good company no matter what. And, because this is a private house everything is shared. I'm offering rooms as first come first serve. All rooms are spacious with more than enough space to get comfortable with views of the pool and ocean. House has 4 bathrooms total. This is a week of communal living, of coming together and supporting each other as we let the stresses of daily living melt away. It is one of my favorite retreats

to  
host.



**Cost for trip**  
**\$300 deposit saves your spot!!!**  
**\$1750 before Jan 1, 2020**  
**\$1850 after**  
***payment plans offered***

\*Flight not included\*  
\*\*Robin does arrange airport pick-up & drop off\*\*  
\*Info on Sayulita below\*





## About Sayulita

A short and easy 3.5 hour plane ride from the bay area to Puerto Vallarta and less than an hour drive north you're transported to the safe and charming beach town of Sayulita, Mexico. Filled with color, music, art, surf, restaurants, cafes, coffee shops, locals and traveler alike, great beginner surf break, and surrounded by jungle, you can't help but put this town on the go-to map of destinations. It's beautiful, accessible, safe, and so hospitable to all those in need of a getaway.

For more information visit [sayulitalife.com](http://sayulitalife.com)



## Reviews from our 2019 trip

'What an amazing experience. Robin provided a true retreat environment by managing all the details that can contribute to travel stress - she secured a wonderful house within walking distance to the town of Sayulita but that was far enough away it felt restful, she found an amazing private chef who prepared nutritious and varied vegetarian breakfast and dinners. She even secured a driver so that when we arrived bleary eyed and out of it all we had to do was find the other participants and our driver awaited us to make the trip from the airport to Sayulita. She even helped me coordinate my return ride to the airport as I had to leave a day early. Robin is an intuitive, warm, confident, and smart as a whip yoga teacher. She also knows an immense about yoga philosophy AND body alignment and creates wonderful sequencing. I could not recommend more both how Robin is a teacher and a facilitator of a retreat'. - **Daphne C.**

'This was one of the most blissful experiences of my life. The people were wonderful. The yoga sessions were awesome. I learned about the various yoga poses in much more detail than I had been exposed to previously. The food was so nutritious and delicious. Our talks around the table was so insightful and rewarding. I highly recommend going on a yoga retreat with Robin. It will be an unforgettable experience for you for sure. Thank you Robin for putting this retreat together and for giving us such an amazing experience. I feel like a new person with so much energy and eagerness to get back into my daily life'. - **Parastoo E.**

'We had an amazing time. Wonderful people delicious food. Amazing place to stay! Thank you for the incredible experience'! ❤️ - Mckall E.

'Amazing yoga and wellness retreat. Robin Duryea is the best - it was a pleasure to get to spend a week immersed in her knowledge and expertise. She really went above and beyond to make sure the retreat fulfilled what you would think a "Women's Spring Renewal Yoga Retreat" should. The house was beautiful, with a pool and rooftop perfect for yoga. The food was pure bliss-healthy and local and the company was spot on - a bunch of stellar women ready to learn, share, and have fun. I'd do this retreat again, for sure'. - Samantha H.

Just \$300 reserves your spot!

\$1750 before Jan 1, 2020

\$1825 after

Final payment by March 1st.

Any inquires email [robinEduryea@gmail.com](mailto:robinEduryea@gmail.com)

#### Week includes

7 nights stay at a private villa

Twice daily Vinyasa Yoga led by Robin Duryea

Twice daily 5-star vegetarian meals prepared by a local, private chef

Optional excursions