

wellness retreat puerto vallarta

Wellness Retreat Puerto Vallarta: Escape to Paradise and Rediscover Yourself

Are you feeling burned out? Stressed? Longing for a getaway that's more than just a vacation, but a genuine journey towards rejuvenation and self-discovery? Then a wellness retreat in Puerto Vallarta might be exactly what you need. This comprehensive guide explores everything you need to know about experiencing the transformative power of a wellness retreat in this stunning Mexican paradise. We'll cover the best locations, activities, things to consider when choosing a retreat, and answer your burning questions, making your planning process smoother and more enjoyable. Get ready to escape the everyday and embark on your path to wellness in beautiful Puerto Vallarta.

Why Choose a Wellness Retreat in Puerto Vallarta?

Puerto Vallarta offers the perfect blend of vibrant culture, breathtaking natural beauty, and a relaxed atmosphere – ideal for a transformative wellness retreat. Imagine waking up to the sound of crashing waves, spending your days indulging in rejuvenating therapies, and evenings unwinding under the starlit sky. The city boasts:

Stunning natural beauty: From pristine beaches and lush jungles to majestic mountains, Puerto Vallarta's landscape is both inspiring and calming. Many retreats utilize these natural settings for yoga, meditation, and other outdoor activities.

A rich cultural heritage: Immerse yourself in Mexican culture through cooking classes, art workshops, and visits to local markets. This adds a unique layer to your wellness journey.

Delicious and healthy cuisine: Indulge in fresh, locally sourced ingredients and savour the vibrant flavours of Mexican cuisine, often incorporated into healthy retreat menus.

A welcoming and friendly atmosphere: Puerto Vallarta is known for its warm and welcoming atmosphere, making it a relaxing and comfortable destination for wellness seekers.

Accessibility: Puerto Vallarta has a well-established international airport, making it easy to reach from many parts of the world.

Types of Wellness Retreats in Puerto Vallarta

Puerto Vallarta caters to a wide range of wellness interests, offering diverse retreat experiences. You can find:

Yoga and meditation retreats: Immerse yourself in daily yoga and meditation

sessions, led by experienced instructors, often combined with nature walks and mindfulness practices.

Ayurvedic retreats: Experience the ancient Indian healing system of Ayurveda, with personalized treatments, dietary plans, and therapies tailored to your individual constitution.

Fitness and detox retreats: Combine intense workouts with healthy eating and detoxifying treatments to achieve your fitness goals and improve overall well-being.

Spiritual retreats: Explore your spirituality through meditation, journaling, and personal reflection, guided by experienced spiritual leaders.

Luxury wellness retreats: Indulge in luxurious accommodations, personalized spa treatments, and gourmet healthy meals in a high-end setting.

Finding the Perfect Wellness Retreat in Puerto Vallarta

Choosing the right retreat is crucial for a truly transformative experience. Consider these factors:

Your budget: Retreats vary significantly in price, so establish a realistic budget beforehand.

Your wellness goals: Identify what you hope to achieve – stress reduction, weight loss, spiritual growth, etc. – and choose a retreat that aligns with your goals.

The retreat style: Research different retreat styles and choose one that resonates with your preferences – yoga, Ayurveda, fitness, etc.

The retreat location: Consider the proximity to the beach, mountains, or other natural attractions, depending on your preferences.

Read reviews: Check online reviews from past participants to gain insights into the retreat's quality and overall experience.

Check the itinerary: Ensure the itinerary aligns with your interests and expectations, including the activities, meals, and accommodation provided.

What to Expect During Your Wellness Retreat

A typical day at a Puerto Vallarta wellness retreat might involve:

Morning yoga or meditation session: Start your day with a revitalizing practice to calm your mind and body.

Healthy and delicious breakfast: Fuel your body with nutritious and flavorful meals.

Wellness activities: Participate in various activities such as hiking, swimming, spa treatments, or workshops.

Free time for relaxation and self-reflection: Use this time to unwind, read, journal, or simply enjoy the beautiful surroundings.

Evening meditation or restorative yoga: Wind down with a relaxing practice to prepare for a restful night's sleep.

Preparing for Your Wellness Retreat

To maximize your experience, consider these tips:

Pack light, comfortable clothing: You'll need clothing suitable for yoga, meditation, and outdoor activities.

Bring swimwear: Many retreats offer access to pools or beaches.

Inform the retreat organizers of any dietary restrictions or allergies: Ensure you receive appropriate meals.

Disconnect from technology: Embrace the opportunity to disconnect from the digital world and fully immerse yourself in the retreat experience.

Be open to new experiences: Allow yourself to be open to new possibilities and embrace the transformative journey.

Conclusion

A wellness retreat in Puerto Vallarta offers a unique opportunity to escape the stresses of daily life and reconnect with yourself. The stunning natural beauty, rich culture, and diverse range of retreat options make it an ideal destination for anyone seeking rejuvenation and self-discovery. By carefully considering your needs and preferences, you can choose a retreat that perfectly aligns with your goals and helps you embark on a truly transformative experience. So, what are you waiting for? Book your escape to paradise and rediscover your inner peace in beautiful Puerto Vallarta!

FAQs

Q1: How much does a wellness retreat in Puerto Vallarta cost?

A1: The cost of a wellness retreat in Puerto Vallarta varies greatly depending on the duration, type of accommodation, activities included, and the luxury level. You can find retreats ranging from budget-friendly to luxury options. It's best to research specific retreats to get accurate pricing information.

Q2: What is the best time of year to visit Puerto Vallarta for a wellness retreat?

A2: The best time to visit Puerto Vallarta is during the dry season, which runs from November to May. The weather is warm and sunny, perfect for outdoor activities.

Q3: Do I need to speak Spanish to attend a wellness retreat in Puerto Vallarta?

A3: No, you don't need to speak Spanish. Many retreats cater to international visitors and have staff who speak English.

Q4: What kind of activities are typically offered at a wellness retreat in Puerto Vallarta?

A4: Activities vary widely depending on the retreat's focus, but commonly include yoga, meditation, hiking, swimming, spa treatments, cooking classes, and cultural excursions.

Q5: Is it safe to travel to Puerto Vallarta for a wellness retreat?

A5: Puerto Vallarta is generally a safe destination for tourists. However, it's always advisable to take standard safety precautions, such as being aware of your surroundings and avoiding walking alone at night in less populated areas. Most reputable retreats prioritize the safety and well-being of their guests.

wellness retreat puerto vallarta: *Re-Create Your Life* Morty Lefkoe, 2003-11-10 The book describes something that most people think it absolutely impossible. It explains how people can quickly and permanently eliminate the beliefs that are responsible for virtually all of their undesirable behavior and emotions. When the negative beliefs are eliminated, people are able to thrive, not merely survive. The book describes personal, organizational, and societal applications.

wellness retreat puerto vallarta: *Your Healthiest Healthy* Samantha Harris, 2018 This book will change your life! --Kris Jenner What a great read! . . . This is such an incredible resource for all-around healthy living. --Brooke Burke From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best, healthiest life. Millions watched Samantha Harris share the story of her breast cancer diagnosis and double mastectomy at age 40. Now she offers an easy, eight-step plan for overcoming adversity, helping to fight cancer, and living a healthier, happier life. *Your Healthiest Healthy* combines her inspiring journey with research-backed advice, recipe and menu guides, workout charts, milestone logs, relationship activities, cheat sheets, checklists, and other must-have tools and resources.

wellness retreat puerto vallarta: *Gong Yoga* Mehtab Benton, 2020-07-13 This book is a wonderful introduction to all aspects of the gong and the yoga that is associated with it. The interesting history of the gong, its uses in Western and Eastern music, how to play it and the gongs effects on the body's energetic system are all discussed.

wellness retreat puerto vallarta: *Fodor's Puerto Vallarta* Fodor's Travel Guides, 2023-10-10 Whether you want to escape to an all-inclusive resort, experience inclusive nightlife, or get adventurous with horseback riding and snorkeling, the local Fodor's travel experts in Puerto Vallarta are here to help! Fodor's Puerto Vallarta with Guadalajara and Riviera Nayarit guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor's Puerto Vallarta includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 15 DETAILED MAPS to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! UP-TO-DATE and HONEST RECOMMENDATIONS for the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, side-trips, and more PHOTO-FILLED "BEST OF" FEATURES on "Puerto Vallarta's Best Beaches," "Puerto Vallarta's Best Resorts," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money SPECIAL FEATURES on "The Art of the Huichol," "Tequila and Mezcal," and "Mariachi" HISTORICAL AND CULTURAL INSIGHTS providing rich context on

Huichol art, cuisine, and more. LOCAL WRITERS to help you find the under-the-radar gems
COVERS: Zona Romantica, hilltop retreat destinations of Talpa and San Sebastian, Riviera Nayarit, Guadalajara, Costalegre, San Blas, and more Planning on visiting more of Mexico? Check out Fodor's Cancún & the Riviera Maya. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us! *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition.

wellness retreat puerto vallarta: *By the Grace of the Sea* Pat Henry, 2004-05-04 The unforgettable true story of the first American woman to sail around the world alone--Publisher description.

wellness retreat puerto vallarta: Moon Puerto Vallarta Madeline Milne, 2020-01-21 Towering mountains and turquoise sea, street food and cutting-edge cuisine, old-world vibes and world-class luxury: Explore a tropical paradise full of surprises with Moon Puerto Vallarta. Inside you'll find: Flexible itineraries for spending time in Puerto Vallarta, Banderas Bay North, Sayulita, and the Riviera Nayarit, including a Costalegre road trip Strategic advice for outdoor adventurers, beach bums, surfers, budget travelers, wellness seekers, and more The top outdoor adventures: Go snorkeling in the crystal-clear ocean, spot humpback whales and sea turtles out on the bay, or take a surfing lesson. Soak up on the sun on soft beaches and take a dip in warm waters, go standup paddle boarding, or escape to the misty Sierra Madres Must-see highlights and unique experiences: Enjoy tacos from a street vendor, feast on Mexican delicacies at a waterfront restaurant, or drop anchor and grill your freshly-caught fish in a palapa. Shop from local artists along the Malecón, or spend a day volunteering at a turtle rescue camp. Visit a tequila distillery, sample local raicilla, and dance to cumbia as the sun sets over the beach How to experience Puerto Vallarta like an insider, support local and sustainable businesses, avoid crowds, and respectfully engage with the culture Expert insight from local author Madeline Milne on where to eat, how to get around, and where to stay, from glamping and jungle lodges to luxury resorts Full-color photos and detailed maps throughout Reliable background information on the landscape, climate, wildlife, and history, as well as common customs and etiquette Handy tools including a Spanish phrasebook, packing suggestions, and travel tips for families with kids, seniors, travelers with disabilities, and LGBTQ travelers Experience Puerto Vallarta your way with Moon's practical tips and local know-how. Exploring more of Mexico? Check out Moon Tijuana, Ensenada & Valle de Guadalupe Wine Country.

wellness retreat puerto vallarta: Moon Maui Kyle Ellison, 2016-10-25 Endless stretches of golden sand, legendary surf, and epic outdoor adventures: Discover the true meaning of living Aloha with Moon Maui. Inside you'll find: Flexible itineraries, from day plans for each region to a week-long Maui adventure, including coverage of neighboring islands Moloka'i and Lana'i Strategic advice for backpackers, beach-lovers, adventurers, honeymooners, families, wellness-seekers, and more The best outdoor adventures like kayaking, hiking, and scuba-diving, and the best beaches for swimming, surfing, and snorkeling Top activities and unique experiences: Drive the epic 30-mile Road to Hana or bike through misty hidden valleys. Hike through thick bamboo forests to thundering waterfalls or to the top of a dormant volcano. Snorkel with giant green sea turtles, learn how to catch the perfect wave, or hop on board a whale-watching tour. Unwind at a luxurious spa, jam to live music in Old Town Lahaina, or relax on the sand and watch the sunset with a mai tai in hand. Chow down on fresh fish tacos from a local food truck, sample Polynesian cuisine, and sip coconut porter beer at Hawaii's largest brewery Expert insight from Maui local Kyle Ellison on how to experience the island like an insider, support local and sustainable businesses, avoid crowds, and respectfully engage with the culture Full-color photos and detailed maps throughout Background information on Maui's landscape, history, and cultural customs Handy tools including a Hawaiian phrasebook, packing suggestions, and travel tips for international visitors, families with kids, seniors

and LGBTQ travelers With Moon's practical tips and local know-how, you can experience Maui your way. Exploring more of the islands? Check out Moon Big Island of Hawai'i, Moon Kaua'i, and Moon Honolulu & O'ahu. Visiting all of them? Check out Moon Hawaii.

wellness retreat puerto vallarta: Moon Puerto Vallarta: With Sayulita, the Riviera Nayarit & Costalegre Madeline Milne, 2023-10-31 Towering mountains and turquoise sea, street food and cutting-edge cuisine, old-world vibes and world-class luxury: Explore a tropical paradise full of surprises with Moon Puerto Vallarta. Inside you'll find: Strategic, flexible itineraries with ideas for outdoor adventurers, beach bums, surfers, budget travelers, wellness seekers, and more, including a Costalegre road trip The top outdoor adventures: Snorkel in the crystal-clear ocean, spot humpback whales and sea turtles out on the bay, or take a surfing lesson. Catch a sunset on the beach, go standup paddle boarding, or escape to the misty Sierra Madres for a hike Must-see highlights and unique experiences: Enjoy tacos from a street vendor, feast on Mexican delicacies at a waterfront restaurant, or drop anchor and grill your freshly-caught fish in a palapa. Shop from local artists along the Malecón, or spend a day volunteering at a turtle rescue camp. Visit a tequila distillery, sample local raicilla, and dance to cumbia as the sun sets over the beach How to experience Puerto Vallarta like an insider, support local and sustainable businesses, avoid crowds, and respectfully engage with the culture Expert insight from local writer Madeline Milne Full-color photos and detailed maps throughout Reliable background information on the landscape, climate, wildlife, and history, as well as common customs and etiquette Handy tools including a Spanish phrasebook, packing suggestions, and travel tips for families with kids, seniors, travelers with disabilities, travelers of color, and LGBTQ+ travelers Experience the best of Puerto Vallarta with Moon. Exploring more of Mexico? Check out Moon Baja, Moon Oaxaca, or Moon Mexico City. About Moon Travel Guides: Moon was founded in 1973 to empower independent, active, and conscious travel. We prioritize local businesses, outdoor recreation, and traveling strategically and sustainably. Moon Travel Guides are written by local, expert authors with great stories to tell—and they can't wait to share their favorite places with you. For more inspiration, follow @moonguides on social media.

wellness retreat puerto vallarta: The 4 Day Diet Ian K. Smith, M.D., 2010-04-01 Dr. Ian demands big results from his diet plans: whether on VH1's Celebrity Fit Club, State Farm's 50 Million Pound Challenge or his numerous inspirational appearances across the country, his advice has helped countless numbers of dieters lose millions of pounds. With over twenty years of experience watching how and why dieters lose weight—and how they don't—Dr. Ian developed a program that actually retrains the brain to diet naturally. In The 4 Day Diet, Dr. Ian distills that program into the acronym SMARTER: --Sense of where you are: don't fool yourself about your habits and what kind of shape you're in --Make realistic goals: don't sabotage your success by trying to do too much too fast --Activate your motivational engine: learn how to be your own best diet coach --Resist temptation: how to put yourself in an environment that supports your diet and keeps you disciplined --Think thin: why visualization works --Every bite counts: track your intake, but learn how to enjoy what you eat more at the same time --Reward yourself: indulge yourself in small and big ways along the road to permanent weight loss

wellness retreat puerto vallarta: Guide to Early Retirement Incomes Data Services, 1981 Guide to early retirement practice in the UK, with particular reference to related pension scheme and old age benefits - notes labour costs, examines redundancy, employee's Motivation and disability reasons for retiring early, and outlines characteristics of the job release scheme, phased retirement and flexible retirement age plans for aiding the transition from work. References.

wellness retreat puerto vallarta: Hope for Cancer: 7 Principles to Remove Fear and Empower Your Healing Journey Antonio Jimenez, 2021-01-30

wellness retreat puerto vallarta: Niah's Magic Nina Waldman, 2021-10-05 Niah is a little girl who dreams big. Every night she dreams about the same magical place where she plays with her best friend, Mayson, and her unicorn, Squigs. In her dream she meets her fairy godmother who gives her a magical treehouse and some magic fairy dust. Each day Niah is eager to return to her dream

until one night, she discovers Mayson is missing. It takes Niah's love, Squig's help, and the magic fairy dust to bring Mayson back to the magic treehouse. Niah's Magic is a brightly illustrated book about the power of friendship and love. Author Nina Waldman made up this story for her daughter and realized the power of the story when she told it to her when Niah was very ill. Niah heard the story and immediately improved. Nina wants to share this love and magic with all her readers.

wellness retreat puerto vallarta: *Wildpreneurs* Tamara Jacobi, 2020-02-11 Real-life “wildpreneur” Tamara Jacobi shares her insights on what it takes to successfully make the leap from a safe yet soul-crushing day job to chasing your dreams. This book illuminates how surf guides, ski builders, yoga and wellness instructors, environmental activists, nature lovers, podcasters, artisans, and other creatives achieve an adventurous lifestyle and financial viability. Whether you’re stuck in the nine-to-five grind, are an enterprising college grad, a dynamic retiree, or are just an out-of-the-box thinker, it’s time to embrace your free spirit and become a Wildpreneur! Entrepreneur and author Tamara Jacobi understands the challenge and reward of turning your passion into a business. Over ten years ago, she and her family started the Tailwind Jungle Lodge, a treehouse style eco-lodge in the jungle on the Mexican Pacific coastline. Jacobi shares the lessons she’s learned, alongside stories and wisdom from other Wildpreneurs. In *Wildpreneurs*, you will: Access a practical blueprint for starting and managing an unconventional business. Receive the support needed to stay on track with what can be a difficult path filled with unexpected challenges and is worth it in the end. Gain insights into the world of Wildpreneurship, its characters, and the lifestyle that is within anyone’s grasp. Discover an alternative to living on autopilot, an opportunity to move beyond fear, come alive, and tune into inspiration while also making a living. Let *Wildpreneurs* help you blaze the path to your own journey of meaning, purposefulness, and adventure—and start living the life of your dreams.

wellness retreat puerto vallarta: *Rescue Your Health* Marvin Singh, 2021-09-30 What does it mean to be healthy? Instead of using statistics based on everybody, we have the technology to see what's true for you—just you. This means we can see how healthy you actually are—or what could use improvement—and make adjustments from that information. In *Rescue Your Health*, Dr. Marvin Singh explains and explores the best that science and technology have to offer us today to better understand our unique health profile. This then allows us to make the best decisions possible for ourselves, or our loved ones. In its pages, Dr. Singh teaches you what tests are available (including his Top Five) so that you can feel empowered to take charge of your health right now. Each chapter presents the material in easy-to-understand terminology, as Dr. Singh shares his experience using the Precision Medicine approach with his own patients. From looking at your risk factors for certain diseases (such as breast cancer, heart disease, or Alzheimer's), to assessing the best exercises for your genes, there is something for everyone in *Rescue Your Health*. If Precision Medicine is our ticket to creating better health for longer, *Rescue Your Health* is an integral first step on that journey.

wellness retreat puerto vallarta: *Spa*, 2006

wellness retreat puerto vallarta: *Yoga Bodies* Lauren Lipton, 2017-03-28 With a diversity of bodies and perspectives, this portrait collection presents over eighty yoga practitioners posing and sharing their personal yoga stories. Artfully capturing yoga’s vibrant spirit, *Yoga Bodies* presents full-color yoga-pose portraits of more than eighty practitioners of all ages, shapes, sizes, backgrounds, and skill levels—real people with real stories to share about how yoga has changed their lives for the better. Some humorous, some heartfelt, others profound, the stories entertain as they enlighten, while the portraits—which joyously challenge the “yoga body” stereotype—celebrate the glorious diversity of the human form. *Yoga Bodies* is a source of endless inspiration for anyone seeking fresh perspectives on how to live well. “Unpretentious and delightful . . . A collection of first-person portraits of more than 80 people who practice and enjoy yoga. It’s not a book only for yogis—it’s a book for people.” —RealSimple.com

wellness retreat puerto vallarta: *Counterclockwise* Ellen J. Langer, 2009 Scientifically riveting and practically empowering, *Counterclockwise* offers a bold new way to think about aging

and lifelong health from the trailblazing social psychologist and author of the bestselling classic *Mindfulness*.

wellness retreat puerto vallarta: Hold On, Let Go Nadine Sands, Michael Sands, 2016-10-12 This stay positive in difficult times story is about a man with ALS (also known as Lou Gehrig's disease) and his wife who writes about their inspiring journey in her blog called ALS With Courage. In *Hold On, Let Go*, Nadine Sands expands on her blog, which takes her readers from pre-diagnosis to Michael's complete paralysis, and reflects throughout on her husband's strength and determination; on their hope and faith in God; and the sorrow and joy of learning to let go. Mike has let go of working, walking, talking, eating, moving, and slowly he lets go of breathing. And I am letting go of him.... With each loss, we gain; by losing so much, we have more than we could imagine. Follow Nadine as she learns to savour every moment, to give thanks in all circumstances, and to cherish the love. Our love would never have known these depths had Mike been taken away suddenly. Instead we were given three to five years to rejoice, pray, and give thanks together every day.

wellness retreat puerto vallarta: Plant Medicine Christopher Hedley, Non Shaw, 2023-07-25 A comprehensive compendium on the theory and practice of herbal medicine from expert herbalists Christopher Hedley and Non Shaw. This fundamental textbook draws on the wisdom of Christopher Hedley and Non Shaw, incorporating their belief in the importance of understanding herbal medicine in the context of living plants, and providing lived examples of how this can be used in the everyday practice of herbal medicine. Through these teachings, the book also acquaints readers with the rich legacy of Christopher and Non in Western herbal medicine. Drawing on Christopher's own approach to teaching herbalism, which was abundant with the importance of storytelling in learning, *Plant Medicine* is as fascinating as it is accessible, enriched with the depth of Christopher's own knowledge and warmth. The book is comprised of four parts: 'Roots' explores the history of plant medicine, investigating physiomedicalism and Galenic humoral medicine. The second section, 'Flowers', is a thorough, alphabetically ordered materia medica of the medicinal properties of individual plants, with properties, uses, preparations, dosage, cautions, and clinical uses of ninety-two plant medicines that Non and Christopher gathered over nearly two lifetimes. 'Fruits' provides information on how particular body systems and patient groups are treated therapeutically with herbal medicines, specifically covering the digestive, cardiovascular, nervous, urinary, musculoskeletal, endocrine, skin and immune systems. Finally, 'Seeds' concludes the book by inviting readers to consider going deeper and beyond their exploration of plant medicine, shifting their preconceptions of herbs to understand them on a more intimate level. *Plant Medicine* is a foundational text for all students and practitioners of herbal medicine, but its wisdom and insight will also provide a guiding light for anyone seeking plant medicine as a way to reconnect to the abundance and beauty of nature.

wellness retreat puerto vallarta: Yoga with Weights For Dummies Sherri Baptiste, 2011-04-20 An easy-to-follow guide to a hot new form of yoga *Yoga with Weights* is the latest breakthrough in mind-body exercise, integrating the mindfulness of yoga with the physical culture of body-building. Building on the strengths of both disciplines, this friendly guide shows readers how to safely combine yoga postures while simultaneously working out with lightweight hand-held free weights. It features customizable exercises that target specific areas of the body, each illustrated with multiple photos, and provides guidelines for combining healthy eating with workouts. Sherri Baptiste (Marin County, CA) is the founder of Baptiste Power of Yoga, a nationally recognized method of yoga offered throughout the United States. She teaches yoga classes throughout the United States and hosts retreats around the world.

wellness retreat puerto vallarta: Moon Costa Rica Nikki Solano, 2019-11-12 Whether you're zip-lining through cloud forests, relaxing on a wellness retreat, or swimming with manta rays, discover the real pura vida with *Moon Costa Rica*. Inside you'll find: Flexible, strategic itineraries designed for backpackers, beach-lovers, adventure travelers, honeymooners, and more, including the best beaches for swimming, sunsets, and seclusion The best spots for eco-friendly outdoor

adventures like kayaking, hiking, and scuba-diving: Swim under a waterfall, raft over rapids, explore mysterious caves, and cliff-dive into river pools. Hike to the summit of Mount Chirripó, the highest point in Costa Rica, snorkel with sea turtles in warm turquoise water, or soak in a volcanic mineral pool Unique and authentic experiences: Admire the forest floor from the middle of a hanging bridge, or take an aerial tram to lake, volcano, and ocean views. Relax on a pristine beach and watch the sunrise with a cup of flavorful local coffee. Fill up on fried plantains at a traditional soda, and shop at a neighborhood mercado Insight from Cartago local Nikki Solano on how to experience Costa Rica like an insider, support local and sustainable businesses, avoid crowds, and respectfully engage with the culture Full-color photos and detailed maps throughout Background information on Costa Rica's landscape, history, and cultural customs, as well as volunteer opportunities Handy tools including a Spanish phrasebook, packing suggestions, and travel tips for disability access, solo travelers, seniors, and LGBTQ travelers With Moon's practical tips and local know-how, you can experience Costa Rica your way. Exploring more of Central America? Check out Moon Belize.

wellness retreat puerto vallarta: *Meditations on Self-Love* Laurasia Mattingly, 2020-12-22 365 Daily meditations to help you embrace who you are Loving yourself is the key to happiness, fulfillment, and hope—and a positive meditation practice can help you get there. This beautiful book features meditations and affirmations you can do every day throughout the year to get in the habit of thinking positively about yourself and find greater peace and joy. *Meditations on Self-Love* offers: Short and sweet entries—The prompts are pleasant, easy, and brief, so anyone can find a few minutes to stop and reflect. Habitual self-love—Each meditation is focused on anecdotes and teachings that will help make self-love a consistent practice. Flexible use—Use these meditation prompts as often as you like or in any order that you like—and when you finish them all, you can revisit your favorites for inspiration. Make empowering meditation a consistent practice in your life, with 365 simple ways to reflect on self-love.

wellness retreat puerto vallarta: *Energetic Bodywork* Rita J. McNamara, 1998-01-01 This introductory guide is aimed at anyone who is interested in working with the chakra system, meridiens and vibrational techniques, and includes chapters on vibrational therapies such as sound and colour therapy, aromatherapy, gemstone therapy and homeopathy.

wellness retreat puerto vallarta: *Travel & Leisure* , 2007-05

wellness retreat puerto vallarta: *Cafe Tempest* Barbara Bonfigli, 2009-06-01 *Cafe Tempest: Adventures on a Small Greek Island* is a witty, evocative, beautifully written novel that puts you right in the heart of Greek island life. It's so alive with the sights and smells and tastes and characters of Greece that you can pick it up and start your Mediterranean vacation on page one. On a deeper level, the book is filled with the kinds of observations, reflections, and arc of self-discovery that make *Eat, Pray, Love* so compelling.

wellness retreat puerto vallarta: *Fortyteen* Sarina Brown, 2016-09-05 A guide to staying young, healthy and vibrant. An anti-aging book with great information on how to feel and look as young as possible. Diet, nutrition, fitness, workout, brain health, health, youth, young, immortality, fountain of youth

wellness retreat puerto vallarta: *The Secret Book of Frida Kahlo* F. G. Haghenbeck, 2012-09-25 One of Mexico's most celebrated new novelists, F. G. Haghenbeck offers a beautifully written reimagining of Frida Kahlo's fascinating life and loves. When several notebooks were recently discovered among Frida Kahlo's belongings at her home in Coyoacán, Mexico City, acclaimed Mexican novelist F. G. Haghenbeck was inspired to write this beautifully wrought fictional account of her life. Haghenbeck imagines that, after Frida nearly died when a streetcar's iron handrail pierced her abdomen during a traffic accident, she received one of the notebooks as a gift from her lover Tina Modotti. Frida called the notebook "*The Hierba Santa Book*" (*The Sacred Herbs Book*) and filled it with memories, ideas, and recipes. Haghenbeck takes readers on a magical ride through Frida's passionate life: her long and tumultuous relationship with Diego Rivera, the development of her art, her complex personality, her hunger for experience, and her ardent feminism. This stunning narrative also details her remarkable relationships with Georgia O'Keeffe,

Leon Trotsky, Nelson Rockefeller, Ernest Hemingway, John Dos Passos, Henry Miller, and Salvador Dalí. Combining rich, luscious prose with recipes from “The Hierba Santa Book,” Haghenbeck tells the extraordinary story of a woman whose life was as stunning a creation as her art.

wellness retreat puerto vallarta: Today I Begin a New Life Dave Blanchard, 2012

wellness retreat puerto vallarta: From My Mexican Kitchen Diana Kennedy, 2003 Offers a resource of Mexican cooking traditions, foods, equipment, and preparation techniques, providing detailed descriptions and photographs of ingredients, traditional techniques, and dozens of recipes.

wellness retreat puerto vallarta: Breathe In Calm Domonick Wegesin, 2021-12-01 In times of intense stress and anxiety, you need instant relief. Breathe In Calm offers powerful neuroscience-based strategies grounded in mindfulness and yogic breathing to help you find the peace you deserve. Anxiety affects all aspects of life—including career, family, and relationships. And if you have anxiety, you may feel helpless against your symptoms, and a victim to their impact. But nothing could be further from the truth. You are stronger than your anxiety, and you have all the resources you need to manage it. You just need to learn how to use them. This practical guide will empower you to take charge of your anxiety, so you can take charge of your life. In Breathe in Calm, a neuroscientist and yoga expert offers powerful tips to help you identify when anxiety is rising, so you can stop feeling helpless and start being proactive. You’ll find calming tools—including yogic breathing, mindfulness, and acceptance—to actively soothe your nervous system and regulate your physical and emotional state. You’ll also learn ways to stay calm in the moment, develop confidence, and courageously move forward in pursuing the life you desire. This anti-anxiety tool kit includes: Yogic breathing practices and easy postures to soothe the body and mind Mindfulness and acceptance tools to help you stay grounded and focused on what matters Tools to help you gain awareness of the habits driving your anxiety Kindness and compassion tools for self-care Tons of downloadable guided meditations and songs Anxiety doesn’t have to run your life. If you’re ready to breathe in calm, and breathe out stress, worry, and anxiety—this book will show you how to get started right away.

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impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life.

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