



T U L U M ,
M E X I C O

P L A C E O F T H E D A W N I N G S U N

AUTHENTIC TULUM

February 10 - 14, 2024



Join international yoga teacher and intuitive healer Lindsay "LuLu" Simmons for 5 days of soulful movement, adventure, joyful connection, & fun!

We'll gather in paradise on the coast of Tulum, known for its beautiful blue water and white sandy beaches. Experience stunningly beautiful views, peaceful sounds, vibrant nature, and the powerful, healing energy of Tulum.

We'll spend our days in ceremony, practicing yoga and Breathwork, eating fresh, local cuisine, and nourishing the mind, body, and heart.

RESERVE YOUR SPACE TODAY

ABOUT THE RETREAT



ENERGY CLEANSING



YOGA + MOVEMENT

This is an intimate retreat designed specifically to restore natural balance to your nervous system, encourage complete relaxation, integrate the mind, body, and spirit, and expand your capacity for joy and receptivity.



MEDITATION



GROUP CIRCLE / CEREMONY



SOUND HEALING

ABOUT THE RETREAT

- 5 days, 4 nights in a luxury oceanfront resort
- 1 - 2 group excursions
- 2 delicious, 3-course meals per day
- Twice daily yoga / movement
- Twice daily meditation
- Daily breathwork healing circles
- Shamanic healing journeys
- Sound healing
- Ceremony
- Intuitive readings
- Soulful fireside chats
- Special surprises + gifts
- And much, much more....

ABOUT THE HOST



Hello radiant soul. I'm LuLu and I'll be your guide through the gorgeous journey of coming home to yourself while surrounded by the pristine waters of Tulum, Mexico.

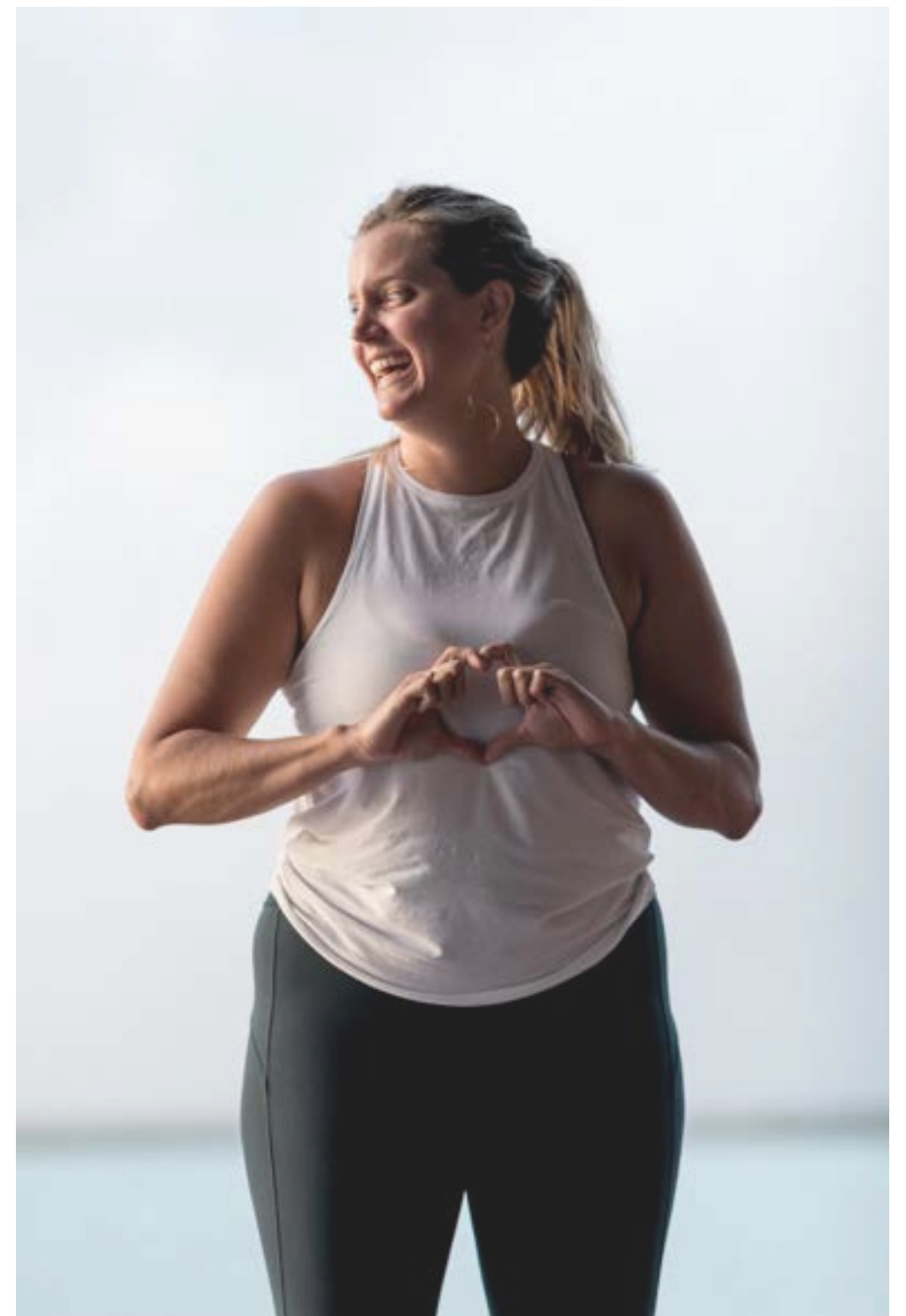
We will journey together with a myriad of integrated healing modalities from around the world, including but not limited to: intuitive yoga, breathwork, sound healing, Thai yoga therapy, somatic release, Mayan rituals of copal infusion, emotional translation, Mayan healing, and more.

In my personal healing journey, I've discovered that my deepest medicine and spiritual awakenings came from my most challenging struggles: each teaching me how to go within for the answers to my heart's most urgent questions.

My journey home has taught me how to trust myself, how to trust my body, and inspires me to run toward my life instead of away from it.

It doesn't matter who you are, where you are, how old you are... how stiff, sick, inflexible, or any other excuse... there is something here for you.

Guaranteed.



CREDENTIALS

- Bachelors Degree in Psychology from UNC-Chapel Hill
- Licensed Massage and CranioSacral Therapist
- Certified Thai Yoga Therapist
- 300-hr Certified Jivamukti Yoga Teacher
- 16-hr Yin Yoga Teacher Certification
- Practitioner in training of NLP, T.I.M.E., EFT, and Hypnosis
- Ordained Minister in training
- Specialty in spiritual guidance, soul alignment therapy, life and success coaching, and somatic psychology

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ABOUT THE SUPPORT

The intention behind this retreat is to restore balance to your being at every level. Each aspect of this retreat experience is curated to allow for spaciousness, flow, deep healing, nourishment, and integration.

You will have support from multiple facilitators during group sessions as well as frequent energetic cleansing, hands-on assists, curated classes and playlists, and so much more. I work with a team of women who truly embody their unique medicine and live in alignment with their life's work.

If you've retreated with us before, you will see several familiar faces from our staff at La Luna Laguna! :)



Note:

Intuitively and often, I will give you more than you signed up for. If we sense the group needs additional resources, my team and I will intuitively respond and create what would support your highest level of integration (always.)

ABOUT THE RESORT



SUEÑOS TULUM

A BOUTIQUE RESORT ON TULUM BEACH

Nestled where the jungle meets palm trees, one mile from the entrance to Sian Kaan Biosphere Reserve and 4 miles from the Tulum Ruins, Sueños Eco-Resort offers a unique, quiet atmosphere right on Tulum Beach.

Each building is a work of art, sculpted to represent the Mayan Gods surrounding the hotel, and will make you feel the magic of Tulum's wonderful culture.

You can expect exquisite beauty and comfort, with beautiful views and delicious food.

We will dine, practice yoga, and sleep in suites overlooking the ocean.

ABOUT THE ROOMS

The intention behind this retreat is to create community and connection. One way we will do this is by sharing suites with one another.

If you feel it would be better for you to have more solo time and would like a private room to yourself, just let us know. Private rooms are available upon request.



Guest rooms are booked on a first-come, first-serve basis, and retreat pricing is based on double occupancy.



Each Suite is artistically hand-painted with colors and themes with Mayan/Pre-Hispanic decor.

BEACH SUITES

\$4,000 per person (double occupancy)



Beach Suites are located on the ground floor surrounded by the lush, tropical landscape in which the resort was settled.

These suites have garden views and a spacious outdoor sitting area. You'll be just steps from the pool and the beach.



Each room includes:

- 1 Double Bed
- 1 Queen Bed
- Private bath
- Daily maid service
- Organic amenities
- Toiletries, linens, and towels
- Robe + Slippers



JUNIOR SUITES

\$4,500 per person (double occupancy)



Junior Suites are located on the second floor with a balcony, nestled in between lush palm treetops and 180° views of the ocean.



Enjoy the sound of the waves and a soothing ambience in the company of the constant Caribbean breeze.

Each room includes:

- 1 Double Bed
- 1 Queen Bed
- Private bath
- Daily maid service
- Organic amenities
- Toiletries, linens, and towels
- Robe + Slippers



MASTER SUITES

\$4,950 per person (double occupancy)

\$5,550 single occupancy



Master Suites are located on the top floor of each villa. They have high ceilings and a balcony perfect for enjoying the Caribbean ocean breeze and breathtaking views of the ocean.



Perfect for the solo traveler or two best friends.

Each room includes:

- 1 King-Size Bed
- Private bath
- Daily maid service
- Organic amenities
- Toiletries, linens, and towels
- Robe + Slippers



DETAILS

The intention behind every element of this retreat is to create space for you to relax deeply and open to more joy than you ever have before. To receive deeply, open your heart, and embody radiance, while finding clarity and experiencing stillness.

You will have an abundance of opportunities to slow down, take deep breaths, and allow yourself to "just be."

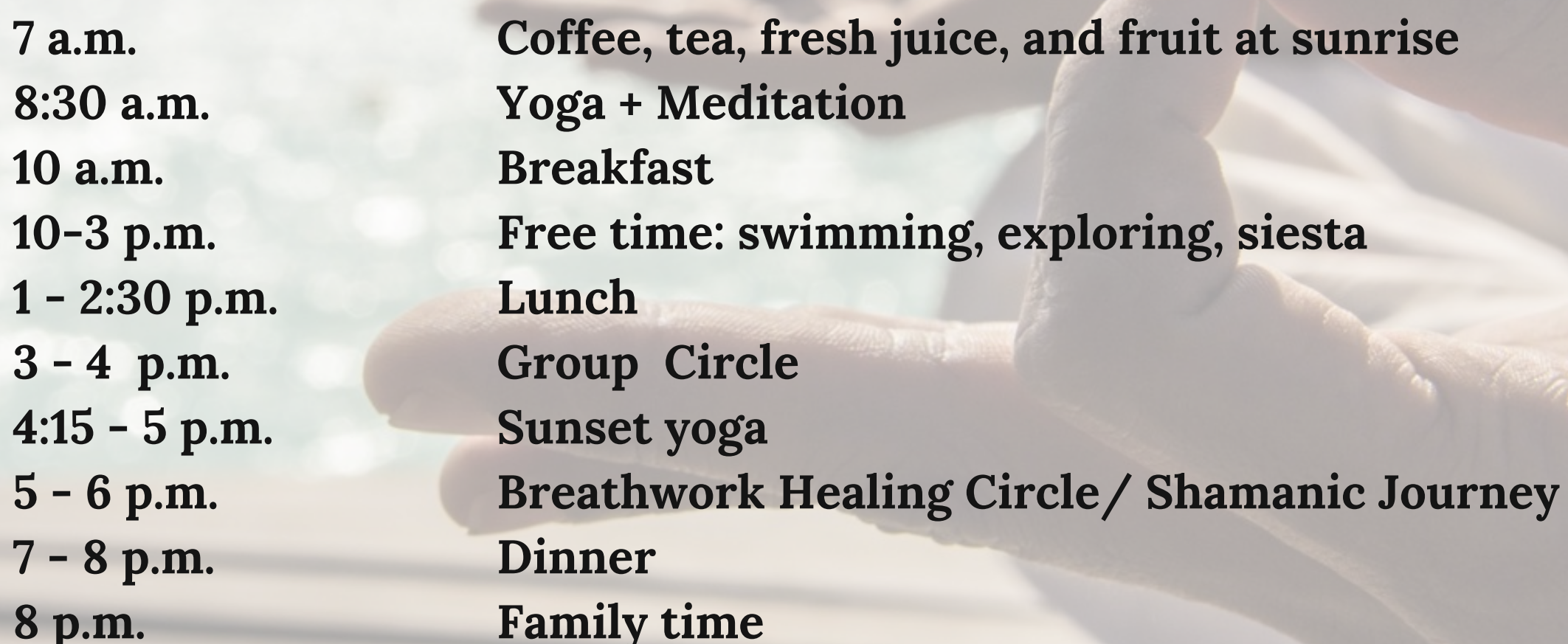
We will encourage you to listen to your body's needs and respect its limits, while exploring new growth and spaciousness within your being.

In the sacred space we create together, you can allow your spirit to slowly awaken and reconnect with the simple joy of being alive. Feeling in awe of everything around you. Experiencing complete emotional and physical wellbeing.

There will be plenty of free time to enjoy "vacationing." Eat delicious food, relax by the ocean in the sun or moonlight, take in the spectacular views, cultivate lifelong friendships, and enjoy the many optional excursions around Tulum.

Return home feeling truly aligned and rejuvenated.

SAMPLE DAILY SCHEDULE



7 a.m.	Coffee, tea, fresh juice, and fruit at sunrise
8:30 a.m.	Yoga + Meditation
10 a.m.	Breakfast
10-3 p.m.	Free time: swimming, exploring, siesta
1 - 2:30 p.m.	Lunch
3 - 4 p.m.	Group Circle
4:15 - 5 p.m.	Sunset yoga
5 - 6 p.m.	Breathwork Healing Circle/ Shamanic Journey
7 - 8 p.m.	Dinner
8 p.m.	Family time

SCHEDULE SUBJECT TO CHANGE BASED ON THE NEEDS OF THE GROUP

THE FINE PRINT

Schedule is subject to change to best serve the needs of the group. Each suite is suggested for double occupancy, however, if you are traveling with a group of 3 and would like to stay together in one suite, we can absolutely accommodate. The Beach and Junior suites have two double beds. There are also Clubhouse and Penthouse apartments available on property with very spacious rooms. We are happy to accommodate you. Just ask us!

Travel: This price does not include your flight to Mexico or your shuttle service to the resort. We can make flight suggestions based on our research and experience, and the resort has its own shuttle service that we can recommend. Travel from the Cancun Airport to the resort is 95 minutes, traffic pending. We would highly recommend sharing a van with members of our group.

Deposit to secure your spot on the retreat is \$1500 and is non-refundable. In the event that you are not capable of attending the retreat, you can transfer your place to a friend, but your deposit and the full price of the retreat are 100% non-refundable. For this reason, we highly recommend purchasing travel insurance.



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FREQUENTLY ASKED QUESTIONS

1. What's not included?

Your flight, your shuttle to and from the airport, alcohol purchased at the resort, additional excursions, travel insurance (recommended), additional gratuities, souvenirs, and spa treatments.

2. How do I get there?

(From USA):

Fly to Cancun, Mexico. From Cancun airport, you can book a hotel shuttle that will take you on a 95-minute ride to the Resort where our team will be waiting for you!

3. Will there be WiFi/cell phone reception?

Based on your cell phone plan, you may or may not have international calling. Most cellular companies include Mexico in their coverage, though it may be limited coverage. There is fiber-optic internet at the retreat property. While you are welcome to use the WiFi, we do encourage you to "unplug."

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FREQUENTLY ASKED QUESTIONS

5. Who can attend this retreat?

This retreat is open to all. You can be an experienced yogi or have never taken a yoga class before. We teach to every level, and every level will have so much available to them to learn, grow, and enjoy. This retreat is also for you if you desire to travel, but feel safer exploring in a group setting. Our intention is to create an environment where we can support and encourage each other, reflect on the highest vision of ourselves and our lives, and enjoy the connection that comes from the retreat experience. Lifelong friendships are very common and happen effortlessly (I have chills just writing this!) There is no experience like gifting yourself a retreat.

6. What weather should I pack/plan for?

March in Mexico has almost perfect weather. The lows are in the 70s and highs are in the 80s. There is an ocean breeze, so sweaters are a great option in the evenings and mornings. Bring bathing suits, plenty of clothes for yoga and movement practice, and some pants/sweaters/light jackets for windy evenings. Layers are always a great idea! Laundry is not available onsite, so pack accordingly and/or bring your own non-toxic detergent to wash in the sink or shower and dry in the sun as needed.

7. Will I have downtime to relax?

YES! As noted in the sample schedule, there will be ample time each day for you to relax and enjoy as you wish. We are trusting you to take care of yourself and what you need as you need it. We invite you to join in on all group activities, and understand if you need sacred alone time. You can create the experience you need most in a supportive environment. We welcome all of you!

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FREQUENTLY ASKED QUESTIONS

8. Will I have access to a gym?

There is no gym, but we will be on a large property with paths for walking/running as well as water activities like kayaking and paddle boarding. There are also gym's located on the beach!

9. Will I have access to excursions?

Yes. There are many options for excursions to the various Mayan ruins, boat tours, snorkeling, and much more. I can offer you guidance but will not be responsible for booking or payment of any additional excursions.

10. How do I sign up?

A deposit of \$1500 reserves your room. You may pay via Venmo or PayPal (links are listed on the last page of this brochure.)

11. What is the cancellation policy?

Cancellation Policy: The \$1500 deposit is non-refundable. In the event that you are not capable of attending this retreat, you can transfer your place to a friend, but your deposit and the full price of the retreat are non-refundable. I recommend purchasing travel insurance for greater peace of mind and security.

12. Are there payment plans available?

Yes! Connect with me directly and we will customize a payment plan together that aligns with both of us.

13. Will I have access to a pool?

Yes! There is a beautiful pool right onsite at the resort.

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FREQUENTLY ASKED QUESTIONS

14. Are the classes mandatory? Is it possible to opt out/sleep in?

Attendance is always encouraged and never mandatory. This is most importantly your vacation and your healing retreat. If you desire to sleep in, skip a class or take a solo day adventure, that is your choice and is always 100% honored! Although we invite you to unplug, the invitation is for your benefit - and you know what is best for you better than anyone.

15. What if I have food allergies?

The resort is considerate of all dietary needs and restrictions, so you can feel safe in this as well. I, too, have food sensitivities and have never had an issue here.

16. Will I have access to clean drinking water?

Yes, absolutely. There are pitchers of water inside every room for your personal use in drinking and brushing your teeth. This pitcher can be refilled at any time. Simply ask or text the reception desk for this service. The cooking staff are diligent in using filtered water when preparing all of the food and washing all of the vegetables.

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TESTIMONIALS



"This retreat was beyond my expectations! It's so much more than a yoga retreat. I left with lifelong friendships and a complete foundational shift."

"The connection and the community feeling was amazing! The "openness" of everyone's minds and the loving accepting atmosphere set by the leaders trickled down into all of us and set the tone."



"Words cannot describe the healing, beauty, and connection that occur on LuLu's retreats. The energy is indescribable, then you are guided by LuLu and her guest teachers who encourage you to lean into your truest self."



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TESTIMONIALS



"I loved learning and incorporating elements of our surroundings into the activities, such as the sacredness of the place and the Mayan culture."

"It's like living in heaven for the week. There are just no other words adequate to describe it. It is everything and more."



"My favorite aspects of the retreat were experiencing different healing modalities, spending time in the sun, connecting with others, feeling limitless, and having no expectations of myself!"



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SECURE YOUR SPOT

SPACE IS EXTREMELY LIMITED FOR THIS
INTIMATE RETREAT EXPERIENCE.

TO RESERVE YOUR SPACE, PLEASE SEND YOUR
\$1500 DEPOSIT TO:

PayPal

Venmo

If paying by Credit Card, there will be a 3% fee for the transaction. If you have questions about the retreat, please email us at support@healingwithlulu.com.

