
YOGA RETREAT AT JASHITA



Flavio Lopez & Amarilla Xiucoatl

Jashita invite you in a deeper connection with nature and the ocean giving us the opportunity to experience this beautiful retreat nourishing your body, mind and spirit with healthy and delicious Yoga practice, meditation, pranayamas, sensorial experience, temazcal ceremony, sound healing and healthy food. We create a unique space to discover your true nature and awakening your soul.

The sound of the ocean, the palms, the birds, the white sand, the stars, the pure air in a beautiful private bay of Jashita Hotel, inspiring to recharge and empower ourselves

YOGA RETREAT DATES



AUGUST

Tuesday, August 28th – Friday, August 31st

SEPTEMBER

Tuesday, September 11th – Friday, September 14th

OCTOBER

Tuesday, October 23rd – Friday, October 26th

JASHITA YOGA RETREAT PRICE

- 3 Nights Accommodation
- Healthy Breakfast & Dinner
- Daily morning beach walks
- Two daily yoga classes
- Tours to see the highlights of the area
- 20% Discount in Spa services
- 20% Discount in Water Sport Services, such as Fishing, Snorkelling & Diving

\$1,928 USD

3 nights Hotel Accommodation

All rates are in US dollars per night, based on double occupancy Rate
include Yoga Retreat, Breakfast, Dinner & Tax

Superior Deluxe Suite



All suites are either ocean view, pool and garden view subject to availability.

- Welcome bottle of wine and chocolates
- Sitting area
- King size bed
- Electronic safety deposit box – laptop size
- Individually controlled air-conditioning and ceiling fan
- Large private terrace, sunbed, seats, breakfast table with chairs
- Private plunge pool
- Satellite TV
- iPod station
- Wireless internet access
- Mini-bar
- Exclusive Italian bed linens, towels & bathrobes
- Vanity mirror, hair dryer
- Beach bag
- Snorkel equipment
- Maid service twice a day

* Bedroom + bathroom + terrace - Total: 50m² to 75m²

* Oceanfront suites available with ocean view or garden view which can include partial ocean view.

*Maximum 2 Persons per suite in existing beds.

Check in time is 3:00pm; check out time is at Noon.

* *Late Check out after 1pm has a \$100USD Fee, subject to availability*

Cancellation Policy :

For any cancellation, a 10% fee is charged.

No refund for cancellations done 15 days prior to arrival date.

No refund for early departures or no-shows.

To guarantee your reservation, a credit card is required. We take Visa, Master Card & American Express.

Method of Payment:

The reservation terms are that full prepayment is required prior your arrival date.

****The total payment of your reservation, will be collected in full 2 months prior your arrival date.***

You will receive an **ONLINE PAYMENT LINK** via E-mail from our sister company in **Europe : Just Best Booking**, with the address reservation@link2saferpay.com once you receive it , we kindly ask you click on the link where you will be able to pay your Hotel Accommodation at Jashita Hotel.

PROGRAM

DAY 1

16.00 Arrival

17.30 Welcoming

18:00 Gentle Yoga session with sensorial experience

20:00 Dinner and rest

DAY 2

8:30 - 10:00 Yoga

10:00 - 10:30 Meditation and

Pranayama Breakfast and free time

16:00 Meeting for Temazcal

20:00 Dinner

DAY 3

8:30 - 10:00 Yoga

10:00 - 10:30 Meditation and

Pranayama breakfast and free time

17:30 Yoga with sound healing

20:00 Dinner

LAST DAY

8:30 - 10:00 Yoga Breakfast

Circle of sharing

14:00 Departure

Healthy Breakfast



-A basket of homemade croissants and selected bread with butter,
wild flower honey and homemade tropical jam

- Your choice of coffee, milk, tea, or hot chocolate.

- Your choice of a:

- *Freshly squeezed orange juice glass
- *Freshly mixed tropical fruits juice glass
- *Freshly chaya and pineapple juice glass

- A selection of mixed tropical fruits cup *Papaya,
Melon, Pineapple, Mando & Banana

With low fat yoghurt, cereals and wild flower honey.

- *Huevos rancheros
 - * Huevos a la mexicana
 - *Huevos revueltos con chaya
 - *Omelette with cheese and ham
 - *Fried eggs with bacon
 - *Eggs Benedict
 - *Two eggs of your choice
 - *The healthy tortilla
Rice, egg, ginger, chaya leafs, carrots, spring onion
-

Dinner



Your choice of a

- * Grilled Fish mixed with Vegetables
 - *Risotto with vegetables
 - *Vegetables and Chicken Curry with Quinoa
- * Vegetable soup, lightly hot, served with toasted bread, parsley and olive oil

Your choice of Beverages:

- *Fresh of the day
- *Lemonade

Deserts

Homemade Ice cream: a scoop of vanilla, chocolate or passion fruit ice cream

Chocolate vegan tarte

Homemade flan
