

Joy

Pilates - Wellness Retreat



**Replenish - Rebalance
Reset**

November 22nd - 28th 2024

**Sayulita Nayarit
Mexico**

*He who binds to himself a joy
Does the winged life destroy;
But he who kisses the joy as it flies
Lives in eternity's sun rise.*





Find your spark of Joy again!

“Joy” is the ultimate fusion of tropical luxury and wellness, relaxation, adventure and reconnection.

Immerse yourself in expert-led Pilates and mindfulness sessions, rejuvenating spa treatments and joyful activities to nourish body, mind and soul.



What to expect

6 days of rest and rejuvenation

Tropical chic boutique hotel

Daily morning Pilates classes to strengthen, stretch and tone your body

Daily sunset mindfulness: meditation, sound bath, meditative beach walks

Delicious and healthy gourmet breakfast, lunch and dinner

Salt water infinity pool, sauna, steam bath, cold plunge, secluded beach

Curated wellness program including afternoon movement workshops, breath work, myofascial release, cardio training and meditation

2 manual therapy sessions: massage, osteopathic treatment or cranio- sacral

4 hour whale watching tour on a beautiful sailboat

A personalized gift bag curated by your host, Caroline.

Connect and share a unique experience with likeminded people



Your days will look like. . .

8:30am Detox drink

8:45 - 10am Pilates

10am - Breakfast overlooking the
ocean

10:30am - 4:30pm Free time: Join
one of the planned activities or
enjoy the spa, read by the pool,
get a massage or enjoy a hike in
the jungle a surf lesson, a long
beach walk...
stroll through town and explore the
cafes, lovely shops and artisan
markets.

Lunch

4:30pm - 5:30pm Wellness
workshop

5:30 Sunset mindfulness session

7:30pm - 9pm Dinner overlooking
the ocean

9pm evening relaxation



What's included:

6 nights at “La Joya” tropical chic boutique Hotel.
All rooms are ocean view.

6 morning Pilates classes.

6 sunset mindfulness sessions

4 movement workshops

Breakfast, Lunch, Dinner.
Organic, locally sourced prepared by Chef Jorge Miramontes.

4h whale watching tour on a sailboat

2 manual therapy treatment of your choice
(massage, osteopathy, cranio- sacral)

1 after dinner live music performance

1 sound bath

Transfer from and to PVR airport

All day access to the Hotel spa: salt water infinity pool, sauna, steam bath, cold plunge, resting lounges

A beautiful gift bag, curated by your host.

1 private Pilates session with Caroline prior to start of the retreat (in person or virtual).

3 months free access to Caroline’s on demand virtual Pilates library

What's not included:

Airfare

Travel insurance

Gratuities

Alcoholic beverages

Additional one on one training sessions - can be booked on request

Personal expenses such as extra meals, transportation, optional excursions, extra activities other than those included in the retreat schedule

Nestled along the picturesque coastline of Syulita, Mexico, Boutique Hotel La Joya emerges as an oasis of serenity amidst the vibrant beauty of the Pacific. This idyllic haven sets the stage for an unparalleled Pilates and wellness retreat, where every detail is crafted to indulge the senses and nurture the soul.

Adorned with timeless Mexican charm and contemporary sophistication, the hotel's architecture harmonizes effortlessly with the natural splendor of its surroundings. Lush tropical gardens frame pathways leading to intimate casitas and suites, each offering a sanctuary of comfort and calmness. Every room features king size beds and ocean view balconies.

With a focus on mindful movement and holistic wellness, each Pilates class invites participants to connect with their bodies, cultivate strength, focus and flexibility, and find balance amidst the rhythms of hectic daily life. Each class will be tailored to the guest's needs to ensure that every session is both invigorating and rejuvenating, leaving guests feeling empowered and revitalized.

Complementing the Pilates training are a variety of wellness experiences designed to nourish the body, mind, and spirit. Engage in rejuvenating breathwork, myofascial release, cardio and yoga sessions amidst the tranquil beauty of the outdoor pavilion, where the gentle rustle of palm fronds and the soothing sound of ocean waves create an atmosphere of profound relaxation.

Every evening we will end the day with a sunset mindfulness activity such as introduction to meditation, sound bath, meditative beach walks and restorative yoga.

During your free time, enjoy your 2 complimentary massages, relax at the hotel spa (sauna, steam bath, cold plunge, salt water infinity pool, lounge area), join Caroline for a hike in the jungle or explore the vibrant streets of Syulita, where colorful markets, chic restaurants, and charming cafes and art galleries invite leisurely strolls.

An unforgettable highlight of your retreat experience will be a breathtaking four-hour whale watching excursion aboard a luxurious sailboat. As we glide across the shimmering waters, keep your eyes peeled for majestic humpback whales, who migrate to these pristine waters each year to breed and raise their young. With their graceful movements and awe-inspiring breaches, these gentle giants never fail to captivate and inspire, offering guests a rare glimpse into the wonders of the natural world.

Breakfast, lunch and dinner will be served on the beautiful terrace overlooking the ocean where you'll be able to savour Chef Jorge Miramontes' exquisite cuisine crafted from locally sourced organic ingredients, thoughtfully prepared to delight the senses and promote holistic well-being.

“Joy” is more than just a getaway—it is a transformative journey of self-discovery, renewal, and empowerment where every moment is an opportunity to nurture the body, soothe the mind, and nourish the soul.

Pricing

EARLY BIRD OFFER - Book before May 15th 2024

Private room double occupancy: 3500 USD

Private room single occupancy: 4700 USD

REGULAR PRICE -book after May 16th 2024

Private room double occupancy: 4000 USD

Private Room single occupancy: 5200 USD



Joy

Booking and cancellation policy:

Your reservation will be confirmed via e-mail upon successful payment.

Payment options: canadian e-transfer, cheque, wire transfer, WISE.

Full refund (minus a 300 USD \$ cancellation fee) if cancellation occurs before June 30th 2024.

50% refund on the total price if cancellation occurs before August 15th 2024.

Non refundable if cancellation occurs after August 15th 2024. .



Meet your Host. . .

Caroline Bulst is a fully certified Stott Pilates instructor and Instructor trainer as well as Gyrotonic trainer.

As a former professional ballet dancer with an international career, Pilates has been part of her training routine and life since very early childhood.

Following her career as a dancer, Caroline moved to Canada for her Pilates instructor training at the Stott Pilates Headquarters in Toronto, one of the world's most renowned training facilities and was hired right away to join the instructor team at the headquarters after completing her certification. Now Caroline owns and operates a boutique Pilates studio in Mont- Tremblant, Canada and has trained hundreds of clients and mentored instructors in Canada, Italy, Germany and Mexico.

Caroline is also currently completing her studies in Holistic Nutrition as well as Western Herbal Medicine at the Pacific Rim College in Victoria, Canada. When she's not teaching her lovely clients you'll find her on the tennis court, hiking in the mountains, watching the sunset or just cooking Italian comfort food for her family and friends.



FAQs

Who is this retreat for?

This retreat is for anyone who needs some time off their busy lives, to pause, replenish, regenerate, and completely let go of stress and tension. Anyone who is looking for a very special vacation, focused on movement, deep relaxation, delicious food, mindfulness and connection surrounded by natural beauty.

Where does the retreat take place?

The beautiful location of our retreat is "La Joya" in Sayulita Nayarit Mexico.

<https://www.lajoyasayulita.com/>

What level of Pilates will be taught in this retreat?

Our retreats welcome regular practitioners as well as absolute beginners. Your host and instructor will customize the classes in a way that everyone despite their experience level can fully enjoy each training session and get the most out of it.

I've never done Pilates how can I get the most out of this retreat?

Beginners are most than welcome! Getting away from our routines is often the best way to learn something new. To get the most out of this retreat you will be able to enjoy a private one on one session with Caroline prior to the retreat (in person or online depending on your geographical location) and you will have access to an on demand library of Pilates classes created by Caroline, that will allow you to build a foundation before attending the retreat.

How do I book this retreat?

Booking is simple. Email csbulst@gmail.com to reserve your spot and you will receive all the necessary payment instruction.

What payment methods are available? Interact e-transfer, cheque, wire transfer, Wise transfer, credit card.

Do you cater to specific dietary requirements?

Absolutely! At the moment of booking, please mention your dietary needs.

Can I come alone?

Of course, our retreats are also a great chance to connect, meet like- minded people and make new friends. Couples, friends and small groups are most welcome too.

Are transfers from and to the PVR airport included?

Transfers are included! To take advantage of it please make sure to let us know your arrival time so we can organize your pick up.

What if I need to cancel my booking?

You will get full refund, if you cancel before June 30th 2024.

A 300 USD \$ cancellation fee will be applied.

You will get 50% refund if you cancel before August 15th 2024.

Bookings that get cancelled after August 15th 2024 are non refundable.

What are check-in and check-out times?

Check in: 4pm; Check out: 12pm

"The journey of a thousand miles
begins with one step"
Start today your journey towards
Joy.

BOOKING & CONTACT

Caroline Bulst

csbulst@gmail.com

