

5 DAYS / 4 NIGHTS

VITAMIN SEA

Mindfulness & Yoga Retreat

Holbox Island

Join us for a 5-day, 4-night tropical escape on the sun-kissed shores of Holbox Island, Mexico, at a charming beachside hotel. Our thoughtfully designed retreat is crafted to help you unwind, re-energize, and reconnect with your inner self through daily yoga, meditation, breathwork, and personalized mindset coaching sessions. At the heart of this transformative experience, you'll be immersed in an Awakening Breathwork Ceremony and a Conscious Manifestation Workshop, empowering you to harness your inner wisdom and bring your dreams to life. For those seeking to further enrich their stay, optional activities such as sunset horseback riding, rejuvenating massages, and a visit to the enigmatic Mayan ruins of Chichen Itzá are available to amplify your retreat experience. The Holbox Island Vitamin Sea Beach Retreat promises an immersive journey of self-discovery, relaxation, and lasting change, all set within a breathtaking coastal paradise. We are excited to welcome you on this unforgettable adventure, where the soothing rhythm of the ocean waves will be your soundtrack. See you on the sands of Holbox Island!

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**5 DAYS / 4 NIGHTS VITAMIN SEA MINDFULNESS & YOGA RETREAT
ON THE PRISTINE BEACHES OF HOLBOX ISLAND. MAX 14 PARTICIPANTS!**

- ✓ **DAILY BEACH YOGA & BREATHWORK**
- ✓ **HEALTHY LIFESTYLE WORKSHOP**
- ✓ **CONSCIOUS MANIFESTATION WORKSHOP**
- ✓ **OPTIONAL TOURS TO CHICHEN ITZÁ,
SUNSET BEACH RIDE, BIO LUMINICENCIA**
- ✓ **PRIVATE MINDSET COACHING SESSIONS**
- ✓ **BEACHWALKS & SUNGAZING**
- ✓ **POST RETREAT SUPPORT COMMUNITY**
- ✓ **FLEXIBLE PROGRAM, FREE-TIME, JOURNAL**
- ✓ **4 NIGHTS IN A BEACHFRONT BOUTIQUE HOTEL
WITH BUFFET BREAKFAST**
- ✓ **OPTION TO EXTEND YOUR STAY WITH EXTRA
NIGHTS**

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MINDSET | COACHING | BREATHWORK



VITAMIN SEA RETREAT

PROGRAMS

MONTHLY
DEPARTURES
OCTOBER - MAY
2023/24

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MINDFUL HABITS FOR LASTING CHANGE

Embrace the power of mindfulness in our holistic retreat, designed to help you develop healthier habits.

Our on-site coach will guide you in cultivating a balanced lifestyle, including mindful eating practices and stress management and easy to integrate techniques into your daily life. Whether you're seeking new purpose or aiming to conquer stress, this retreat offers personalized support to navigate your journey. Empower yourself and create lasting change by mastering the art of mindfulness.



DAILY YOGA & MEDITATION SESSIONS

Recharge in our morning Yoga classes, that serves all levels. Achieve inner piece of our daily meditations.

Experience the effectiveness of Yoga and the power of breathwork meditation and the harmony that brings into your life, surfing through the different meditation methods, closing your inner journey with a one of a kind Awakening Breathwork ceremony, having a profound and powerful experience improving your intuition and activate your supernatural power.



WORKSHOPS

Healthy lifestyle tips and, plant based recepies to be in your best shape ever! You can also learn how to create your ideal reality.

Healthy Lifestyle and Conscious Manifestation workshops, where you will learn about nutrition, superfoods, juice therapy and the benefits of a balanced plant based diet. You will learn about how to create your ideal reality attracting everything you want into your life easily and effortlessly on our conscious manifestation workshop.



INTEGRATED COACHING

Get Instant results, long lasting solutions in our one to one complementary coaching session.

Dig deeper and get the most out of your stay. Our Leadership & Personal Development Coach is available for you to give a complementary one to one coaching session to focusing on your specific issues to help you to grow and expand both in your private and professional life. **Gabriella Kormendi Szabo**
Integrated Coaching for Conscious Leaders

...I INVEST IN MYSELF!

VITAMIN SEA RETREAT

ACCOMMODATION

MONTHLY
DEPARTURES
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THE SERENITY SOUL ON HOLBOX ISLAND

The Vitamin Sea Beach Retreat is held in a picturesque, beachfront hotel that offers guests a tranquil and serene environment to relax and rejuvenate. Our carefully selected, enchanting property boasts beautifully decorated rooms, each with a spacious balcony complete with hammocks overlooking the lush tropical garden. With two inviting pools, an exceptional beach club featuring in-house massages, excellent service, and delectable food and drinks served throughout the day on comfortable lounge beds with shades, you're just steps away from the crystal-clear ocean.

HOLBOX ISLAND

Holbox, a quaint island nestled in the Gulf of Mexico, presents a serene escape from the chaos of everyday life. Just off the northeastern coast of the Yucatan Peninsula, this idyllic haven boasts mesmerizing beaches, turquoise waters, and a relaxed ambiance that entices travelers seeking solace in nature's embrace. As you wander along the powdery white sands, delight in the sight of vibrant flamingos, pelicans, and sea turtles inhabiting the island. With over 200 bird species inhabiting the area, it's also a bird-watcher's paradise.

ISLANDS' CULINARY

Begin each day at our island retreat with a hearty buffet breakfast, featuring an array of nourishing options to cater to every palate. Immerse yourself in fresh tropical fruits, revitalizing juices, wholesome granola, and classic breakfast favorites, all included in your stay. Venture beyond the breakfast offerings and discover the outstanding cuisine at our very own beach club, famed for its delectable seafood dishes and the island's best vegan tacos. Indulge in the vibrant flavors of Holbox' and savor each meal at your leisure. Mexican cuisine is basically gluten-free, plant based milk, sweeteners, Agave syrup is offered everywhere. A balanced diet can be ensured in case of gluten, lactose sensitivity or diabetes.

...I INVEST IN MYSELF!

VITAMIN SEA RETREAT

RESERVATION

Price in
DBL room from
\$1690,-
USD/pax

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Book Now
and SAVE

\$200,-

USD/pax
for early bookings
30 days prior!

PRICE INCLUDES (USD)

- ✓ DOUBLE SHARED OR PRIVATE ROOM
- ✓ 4 NIGHTS IN A BEACHFRONT HOTEL WITH BREAKFAST
- ✓ DAILY YOGA & MEDITATION, AWAKENING BREATHWORK CEREMONY
- ✓ CONSCIOUS MANIFESTATION WORKSHOP
- ✓ PRIVATE INTEGRATED COACHING SESSIONS
- ✓ POST RETREAT SUPPORT

TAILOR YOUR PACKAGE

- ✓ PROGRAMS, ACCOMMODATION, BREAKFAST ARE INCLUDED ACCORDING TO PROGRAM DESCRIPTION
- ✓ DOUBLE SHARED ROOM: 5 NIGHTS FROM \$1690,- / PAX
- ✓ PRIVATE ROOM: 5 NIGHTS FROM \$2190,- USD / PAX
- ✓ ADD ON: EXTRA NIGHTS IN THE DIVIA RETREAT SANCTUARY IN PLAYA DEL CARMEN
- ✓ PRICES ARE VERY BY DATES. CONTACT US FOR DETAILS!
- ✓ PRIVATE RETREATS FOR CLOSED GROUPS UPON REQUEST



SEND YOUR BOOKING REQUEST TO
HELLO@DIVIACREATIONS.COM



MORE INFORMATION: @GABRIELLADIVIA
WHATSAPP +52 984 877 5 444



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We follow the principle of NO STRESS! NO PROBLEM!

DETAILED PROGRAM



Day 1: Arrival to Cancun Airport. Transfer to Chiquila, in Lázaro Cárdenas. Upon request we provide private transfer tailored to your flight schedule. The transfer takes approximately 2-2,5 hours to the Port of Chiquila. There you take the Ferry to Holbox Island (ticket cca. 400 mxn retur, plus Island Tax of 60 mxn). From the port of Holbox you take a taxi and with a 10 minutes of fun ride you arrive to the hotel. (The taxi cost approx. 100 mxn). Check-in begins at 16:00, allowing you ample time to settle into your new surroundings. At 19:00, join your fellow retreat participants for a communal dinner (\$) and introduction, setting the stage for a meaningful and transformative experience.



Day 2: Sunrise Walking Meditation on the beach. We will use our earphones and will do a special guided meditation, stepping into our future. Ideal for a new start, to open a new circle in our lives. After this active one hour meditation we do a Sun Salutation challenge on the beach, in-deepen our yoga practice. We will have a communal breakfast in the buffet restaurant of the Hotel. We can recharge our body with tropical fruits and juices, cereals and some warm mexican typical breakfast variations. In the hotel non-veg dishes are available. After breakfast free time. In the afternoon, Manifestation Workshop where we learn how to create the ideal reality, and realize our dreams effortlessly. Evening free time. Lunch and dinner individually. It is worth trying the local cuisine, which offers many opportunities within walking distance on the island! But there is also a lively nightlife with excellent bars and music! The island has a surprisingly lively atmosphere in the evenings!

Day 3: Morning yoga and breath meditation. After breakfast together at the hotel, then a full day of free time. It's a great opportunity to connect with ourselves, process the experiences so far, or take long walks on the beach. We relax, recharge. On these days, there will be the opportunity for private mindset coaching / somatic or breath therapy sessions with Gabriella, which we ask you to book in advance!



Late afternoon, there is an optional Sunset Horseback Riding on the beach, followed by visiting the phenomenon called Bio Iluminiscencia, caused by phytoplanktons. A special way of connecting to nature participating in both tours, having a lovely dinner at the beach together between the two programs.



Day 4: Morning Meditation and Yoga on the Beach. Breakfast together. During the day free time to relax and journal. Meanwhile the private coaching sessions will take place. During these Integrated Coaching sessions, a combination of energy work, mindset and somatic practices will be tailored to the needs of each participants, allowing to make the first steps together for creating healthy habits, and the right mindset to achieving your goals.

In the evening, gather for a heartfelt Closing Circle, reflecting on the growth, discoveries, and connections forged throughout the retreat. Celebrate your shared experiences with a warm and memorable Farewell Dinner, as you cherish the bonds that will last a lifetime.



DETAILED PROGRAM

Day 5: Enjoy a farewell breakfast tailored to your transfer schedule before packing and checking out of the hotel. The breakfast is available between 08h00-10h30. Make your way to the port and board the ferry back to Chiquilla on your own (\$). From Chiquilla, a collective airport shuttle or private transfer can be booked for you upon request (\$). For those who wish to extend further their stay in paradise, we offer a variety of options in Holbox or at any of the Riviera Maya's exquisite resorts. Just let us know your preferences when booking, and our expert tour operator colleagues will be more than happy to help you craft the perfect continuation of your unforgettable journey.

Check our DIVIA RETREAT SANCTUARY option with daily Pyramid meditation in Playa del Carmen, if you wish to go deeper in your meditation practice, but stay close to the beach and the famous 5ta Avenida, in a green Urban Oasis.



DIVIA RETREAT SANCTUARY, PLAYA DEL CARMEN:

A Tranquil Urban Oasis for Nature Lovers and Spiritual Seekers

Welcome to Divia Retreat Center, your idyllic retreat sanctuary nestled in the heart of the enchanting Playa del Carmen. Embrace the perfect location, just 650 meters from the pristine Coco Beach and a mere three blocks from the bustling 5ta Avenida, while immersing yourself in a haven of peace, love, and nature. As a sanctuary for spiritual, digital, and traveling nomads, we are dedicated to sharing our passion for nature and its creatures. Our urban oasis features a vast garden, terrace, and inviting common areas for relaxation and connection. Home to rescued dogs, puppies, and cats, we warmly welcome guests who embody our philosophy of unconditional love for life and nature.

Enhance your meditation experience and recharge your spirit within our unique pyramid, built to the specifications of the Kukulcan pyramid in Chichen Itzá. Discover the transformative power of pyramid energy as you deepen your connection to yourself and the world around you at the Divia Retreat Sanctuary.



Effective change can only
be achieved by changing
our environment!
Travel and Grow!

@gabrielladivia

I would be happy if you could join us!

Send your booking here: hello@diviacreations.com

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