

Sayulita Magic

Sayulita is a charming beach town on Mexico's Pacific coast nestled against the Sierra Madre Occidental mountains. It's known for great beaches for both surfing and relaxing, and a laid back environment where tourists and locals mingle and kick back.

There is world-class surfing, many mountains and hills nearby for hiking, and secluded beaches for horseback rides or snorkeling - all within walking distance from your hotel. Or there's also space to relax by the pool with a good book or podcast!

The Main Square of Sayulita (just a quick walk away!) is filled with cute shops, art galleries, nice restaurants, and even a Farmer's Market on Fridays. Plenty to explore and discover in your downtime.



(re)treat yourself!

Take Time For You

Most of us don't often give ourselves permission to take time away from the day to day hustle and bustle for OURSELVES. To be your own alarm clock, set your own schedule, turn inward and listen to your own motivations and desires.

A retreat is different from a vacation in that it is often about just BEING and not as much doing. Noticing the stillness, either in your body, or in your mind. Doing as much or as little as YOU want so you can come back renewed and energized!

You deserve to take the time for you, give back to yourself. Fill up your own cup to return and pass the happiness and positive energy to those in your everyday lives.

Deepen Your Practice

We'll host a variety of classes and workshops while we're there - barre (of course!), some hybrid classes, yoga, and personal growth workshops! These all will challenge your practice and your thinking as we go deeper in search of alignment with our mind, body, & spirit.

Connect With Our Community

Going on this adventure together to learn, grow & have fun will bond the group through shared experience. Strangers become friends, existing friendships deepen - sharing stories, creating connections that carry back to the studio and beyond. We return to share this deepened sense of community with our broader TDM - Lamorinda family.



The Dailey Method® -
Lamorinda

SAYULITA 2022



Pricing

Once you arrive in Sayulita- classes, workshops, hotel, boat excursion, & most meals- are all covered

\$1199 CORE MEMBER Early Bird (by 5/15)

\$1299 non-Core Early Bird

Add \$100 after May 15th

\$150 Deposit due at booking - then either 2 or 4 monthly payments

+\$400 to upgrade to single occupancy

+\$200 for each EXTRA NIGHT (Wed. and/or Sun. - room & breakfast only)

Gratuities are not included and will be collected as a group upon arrival.

*All payments are non-refundable

Sept 29-Oct 2



1 - Get your flight and check/get your passport!

2- Pack casual. Workout wear, beach gear, casual clothes, and an outfit for our farewell dinner

3- Bring/plan to get cash for tips, tell your bank you're traveling

The Retreat

Consider this a menu. Take as much or as little as you'd like ♥

Day 1

You make your own flight arrangements (use those miles!) but once you arrive in Puerto Vallarta Thursday afternoon, we'll take it from there! We'll kick off our time away with dinner, drinks, and an opening ceremony at the resort, Hotelito Los Sueños. Rest up for the next day's fun!

Day 2

Begin your first full day with coffee & fresh juice, then movement in our private rooftop studio. After class, have brunch at the hotel and then take time to yourself to relax or explore! Later in the day we'll take a cruise on a private catamaran - including water toys, an open bar & snacks! When we return after the cruise, you're free to explore the charming Sayulita nightlife!

Day 3

Saturday also starts with coffee/juice, class, followed by brunch. We'll also host a Self Improvement / Visualization workshop. After the morning's activities, you're free to hit the beach, get a massage, nap- (YOU DO YOU!) before our wrap up evening. We'll have dinner and drinks on the beach, followed by a closing ceremony.

Day 4

Coffee, class, & departures

