

# RETREAT DETAILS

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## Accommodation

Un Sueño, Cabañas del Pacifico was the first accommodation to settle down in San Agustinillo more than 14 years ago and offers one of the best locations. Cabins are right on the beach, and you are stepping on sand as soon as step off your terrace.

The cabanas are decorated with a modern, minimalistic style. They feature a generously sized bathroom with double sinks, private terrace with a hammock, chairs and ocean views! All rooms come with Wifi.

The cabanas have a specific eco-design that allows optimal airflow. That is achieved with special wall tiles that allow airflow (there is plasterwork over it, so they are not visible) as well as the placement of the openings on both sides of the cabanas.

The hotel is located really close to nature, and the cabanas are designed to be one with nature as much as possible.

- \* Natural air conditioner is provided by fans that are sufficient with the ocean breeze
- \* The water in the showers is not hot, but more refreshing in the sultry climate and feels rejuvenating
- \* There is no TV to help you fully enjoy nature & be present in the moment.
- \* The waves can be heard very well as we are right next to them!

## Food and Beverage

### Welcome Dinner

We will be warmly welcomed with a traditional dinner and a Mezcal Margarita to start! The unique menu will be specially created for us by a local chef and will definitely include some fresh fish.

## Breakfast

We will be served a delicious breakfast right next to the ocean with barista-style coffee or tea, a healthy juice (for example a traditional “jugo verde”), and some fresh fruit. The main breakfast is made to order, so whatever you fancy, some “huevos rancheros” or a pancake.

## Restaurants

The restaurant on site is open all day until 7pm for a tasty lunch or a tropical drink!

There are a couple of restaurants in San Agustinillo and many more in the neighboring towns of Mazunte and Zipolite. We will provide you with a list of our favorites.

## **Planned Activities**

### Boat Tour with Breakfast

A customized 3 to 4-hour boat tour with a local tour guide, starting with the sun rising. We will have the opportunity to spot dolphins, sea turtles and possibly whales (the season ends in March) along the scenic Oaxacan coast. We will enjoy a nice breakfast with local ingredients and some swimming in the remote and romantic Baia de las Lunas.

### Punta Cometa Sunset Walk

We will take a walk to enjoy the dramatic sunset from Punta Cometa, a rocky outcrop that delivers the region's absolute best view of the horizon. The colors and ambiance are breathtaking!

### Closing Celebration Dinner in La Ventanilla

The evening starts with a scenic boat tour through a mangrove forest.

The tour guide is part of a cooperative project that consists of several families, that are all committed to maintain the life of the mangroves and conserve its biodiversity. There are different species of birds and reptiles (woodpeckers, kingfishers, ducks and a wide variety of herons, crocodiles, and iguanas), many of these species are endangered.

We will enjoy our last dinner direct on the beach in a rustic, beautiful restaurant with our feet in the sand while we gaze at the window that the rocks have formed through the years. This creation of nature inspired the name of this little community, La Ventanilla. The menu will be customized for us by the local chef and will most likely consist of some fresh fish! During the dinner, we will share our accomplishments and experiences from the week and celebrate!

## **Optional Activities**

### Daily morning meditation

The daily meditation will be lead by Marina Romashko right on the property of Un Sueño, directly on the beach. The 30 minutes morning practice will include breathing exercises, a simple guided meditation inspired by the vipassana technique (the technique Buddha got enlightened) and conclude with guided journaling and setting the intentions for the day.

Just sitting and listening to the ocean is welcomed as well.

### Creative Focus Session

The Creative Focus Session is 4 hours (divided into 50-minute blocks) of highly concentrated, productive time to get the tasks done that matter most. It can be your marketing strategy, writing your fiction novel, planning your social media for a month, painting, studying Shakespeare, or whatever needs your time and attention. Marina Romashko will help you to set goals and brainstorm achievable tasks for each day's productive sessions. Just sitting and listening to the ocean is welcomed as well.

## **Additional activities**

- \* Massage on the beach with a very special Masseur that is rooted in the local traditions and works with the Acupressure method
- \* A Yoga class offered in one of the many local studios
- \* Surfing Classes
- \* Snorkeling
- \* Hiking
- \* Horseback riding
- \* Hiking
- \* River rafting or canyoning
- \* Bird Watching
- \* Tours are organized to visit coffee plantations in the nearby mountains. (The short drive to the mountains is splendid as it traverses different types of vegetation beginning with dry forest and evolving into a luscious jungle)

## **Travel**

Airplane tickets prices for NYC vary from \$300 - \$600 (the earlier you book, the better!). A great option is the airline Interjet, that flies from JFK with a stop in Mexico City.

There is a choice of two airports, Huatulco (HUX) or Puerto Escondido (PXM). Both of them are about 45min driving from San Agustinillo.

Airport transfers will be arranged and are included in the price.

## **Surroundings/ Environment**

### Air Temperature

The average high/ low in March is 91° / 74°

### Pacific Ocean

The water temperature is comfortably warm, and because of its great waves, an ideal place to surf or bodyboard. The color of the water is a nice mixture of tropical green and blues, and parts of the beach are fantastic for swimming.

### Mosquitos

Like in every tropical destination there are some mosquitos. The use of mosquito spray is advised, and all beds are equipped with nets.

## **Cash/ Gratuity**

### Cash

We advise to either get some Mexican Pesos at the airport ATM or from a bank in the States.

### Gratuity

Thank you! Tipping is customary in Mexico and much appreciated. There will be an envelope in your room to tip the staff that is taking care of your room.

BIG  
IDEA  
LAB

p i a m u n d o