



One & Well®

Nomads Experience
Isla Mujeres, Mexico
MAR 10th–13th

Amrita Yoga Retreat

PART I
Amrita Yoga Retreat

PART II
Join us in paradise and reconnect to your
Divine Essence

PART III
Say namaste to your healing sanctuary

PART IV
Your new ritual - Itinerary

PART V
Re-Treat Yourself

CREDITS / ONE & WELL
“Where the journey back to our true home
starts: One’s self”

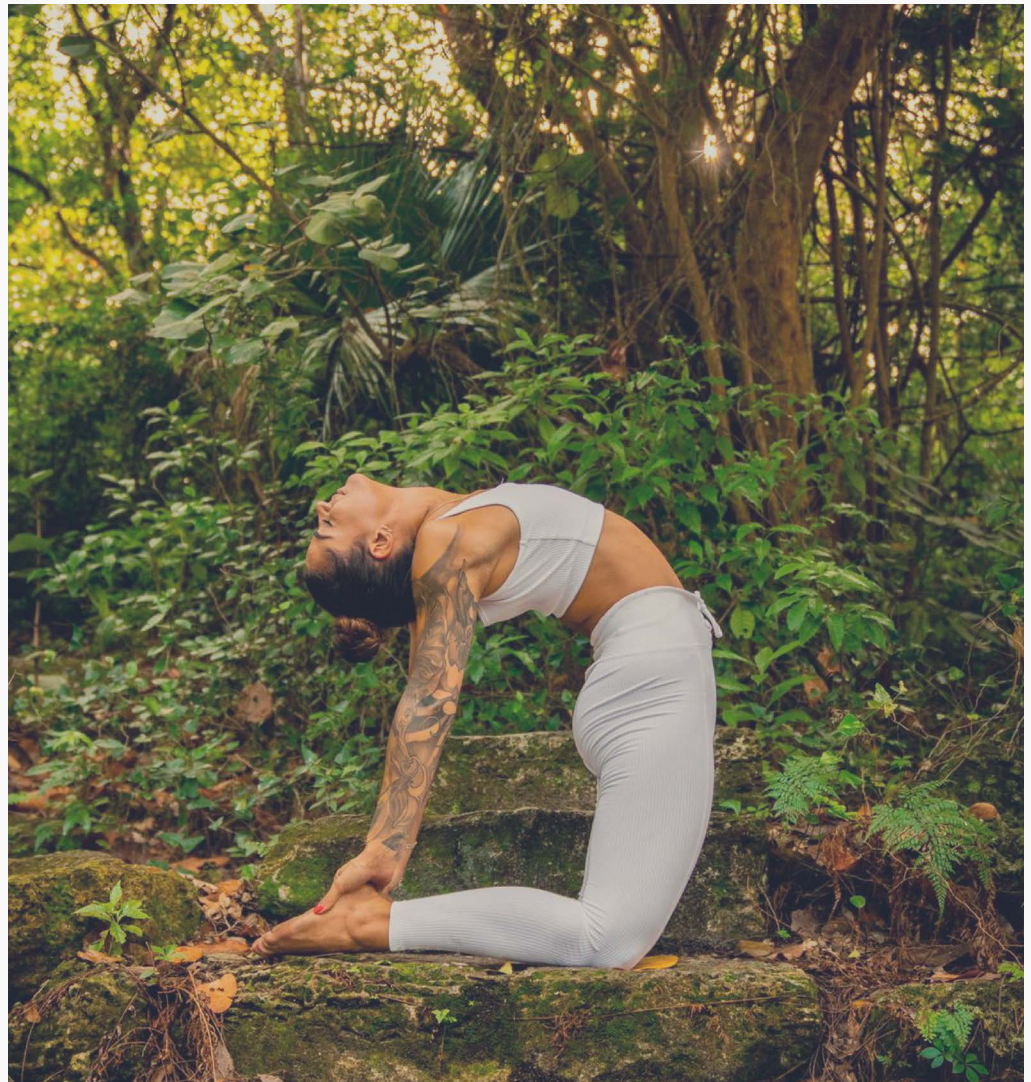


Amrita Yoga Retreat



Embark on a spiritual transformation and personal growth experience at *Nomads Experience, Isla Mujeres*.

Led by instructor Natali Melani, this journey will guide you through inner balance, nutrition and adventure.



Each day will include two yoga practices, healthy and sustainable meals, and a life-altering experience to enhance your well-living path.

PART II

Join us in paradise and reconnect to your Divine Essence.

CHECK IN

Thursday

February 10th, 3:00 PM

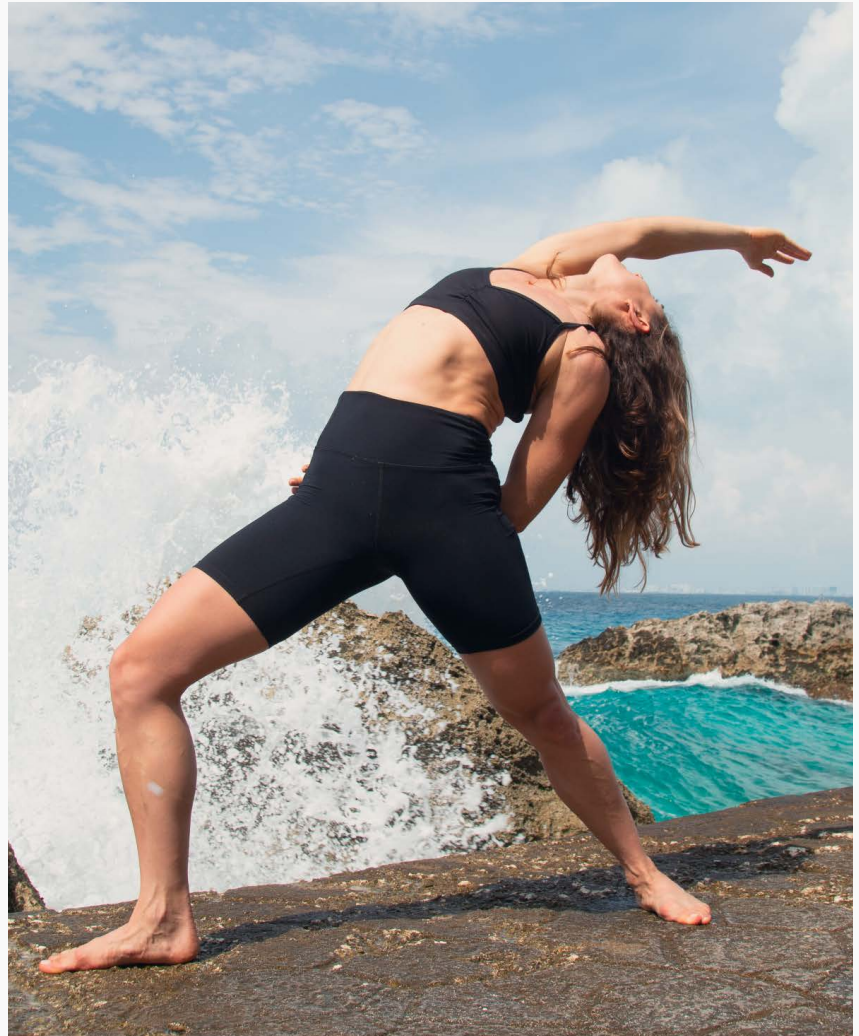
CHECK OUT

Sunday

February 13th, 12:00 AM

Hidden between the tropical forest and the Caribbean white sand beaches, *Nomads Experience* is a magical sanctuary for both physical and spiritual rejuvenation. A unique experience to tune into well-being and holistic practices.

Lift your spirit and ease your mind amongst the island in Isla Mujeres, Mexico.



Give yourself the gift of becoming your best self through this immersive and playful experience.

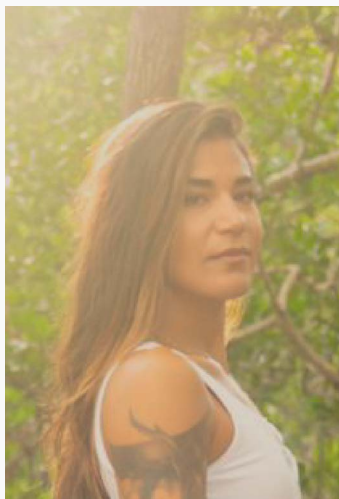


Bask in the beauty of Mother Nature and remember what it feels like to be playful, rested and free! Daily morning Vinyasa Yoga Practices with Natali and evening workshops filled with movement, chanting, breathwork, meditation, and deep connection with your soul retreaters.

You get to choose your own adventure in the afternoons: sunbathe by the pool, paddle board in the bay, read on the private beach, nap in a hammock, get a massage, or take one of our included excursions! Boat day and snorkel, walk or run to the Island's breathtaking cliffside, or even join a local Shaman in a spiritual purification ceremony done in a traditional temazcal.

Eating is an act of celebration! Relish in vibrant and healthy food at Nomads. They cook with love, and believe that every meal should be an opportunity to nourish both body and soul. After all, food is one of the main sources of prana: the vital life energy that fuels our physical and mental well-being.

[Natali Melani]



As a yoga teacher, Natali believes the practice is for every body, human, gender, and age. Yoga's all about the journey because it's a lifetime practice and way of life. Thanks to her extensive training in yoga, breathwork, anatomy, fitness and nutrition, Natali knows the nuts and bolts of how to lead you through a safe, fun and dynamic yoga flow. Her classes are invigorating, creative and peaceful.

Natali holds two Yoga Alliance certifications and is a part of the Ahana Yoga team in Miami. Specialized in Vinyasa Yoga, Natali combines her fitness background with her love of Bhakti (devotion yoga). You can expect to learn how to breathe, get a yummy stretch, chant and maybe even break a little sweat during the retreat.



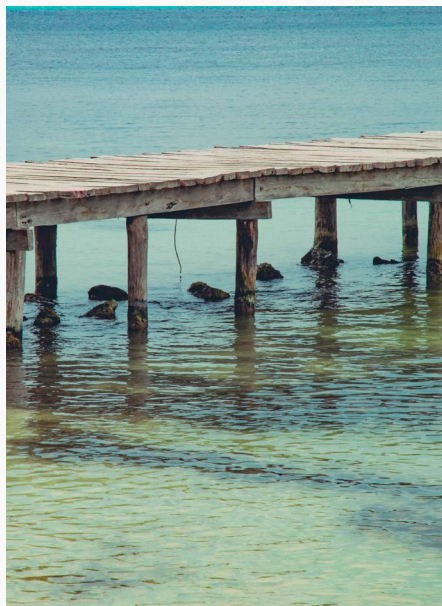
Ocean View Shared Suite
Double Occupancy
2 Double Beds – USD\$ 1,945

Ocean View Private Suite
Single Occupancy
1 King Bed – USD \$ 2,170

Ocean View Shared Room
Perfect for friends /new roomies
8 Single beds – USD \$1,730



Day 1



3:00 PM **Check-in**

5:00 PM **Sunset Flow:**

We'll begin with a gentle, soothing breath-work and movement to nourish the nervous system and support the spirit. This first practice with a breathtaking backdrop will set the intention for an unforgettable experience.

7:00 PM **Welcome Dinner:**

Meet your hosts and fellow retreaters as you wind down and enjoy simple yet nourishing dishes that showcase fresh and local ingredients with Mexican cuisine.

Day 2



8:00 AM **Dynamic Flow**

We'll begin each morning with cleansing breath-work and an energizing vinyasa flow intended to build strength and spirit.

Breakfast

9:30 AM Smoothie bowls, fresh fruit salad, oatmeal & yogurt.

Cliffside Expedition

11:30 PM Reconnect with the living world in a guided walk to explore the south point of the Island and its breathtaking cliffs.

Clean Lunch at Ojo de Agua

12:30 PM Healthy bowls, wraps and salads in a jungle hidden Palapa.

Relax or indulge / Time at leisure to enjoy Nomad's amenities, designed in harmony with its natural surroundings.

Day 2



2:00 PM

Purifying Temazcal

A ceremony to let go and experience traditional healing, while purifying your body and mind. Guided by a shaman, you will sweat out stress in a pre-Hispanic heated lodge.

5:00 PM

Restore & Relax

We'll close each evening with gentle, soothing stretches and movement to wind down and support the spirit.

7:00 PM

Live band and Beach BBQ

Enjoy an open-fire kitchen dinner surrounded by a magical live music band.

Day 3



8:00 AM

Shift your energetic body

We'll start the day with harmonic sounds that will take you to a space of deep peace and relaxation before an energizing vinyasa flow intended to build strength and spirit.

9:30 AM

Breakfast

Smoothie bowls, fresh fruit salad, oatmeal yogurt.

10:30 AM

Boat and snorkeling

Relax and enjoy a unique catamaran boat and snorkel experience on one of the loveliest beaches of the Island.

1:30 PM

Family style lunch

Ceviches, tostadas and salads to reflect the freshest ingredients from the Caribbean Sea.

Relax or indulge /

Time at leisure to enjoy Nomad's amenities, designed in harmony with its natural surroundings.

Day 3



5:00 PM

Restore & Relax

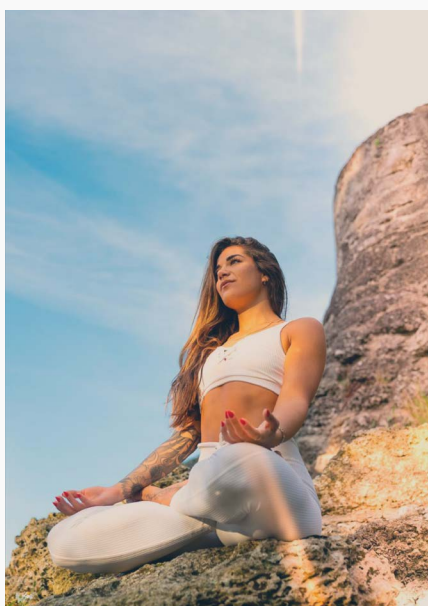
We'll wrap up our last night with a slower more introspective practice of yoga, embodied movement and guided meditation.

7:00 PM

Dinner & Mezcal night

Enjoy a farm-to-table dinner focused on classic seafood dishes that spotlight the catch of the day.

Day 4



8:00 AM

Dynamic Flow

Enjoy our last Vinyasa flow session together.

9:30 AM

Breakfast

Farewell, new family

Time at leisure to enjoy your last morning at Nomads

12:00 PM

Check-out

Go ahead, make a goddess move.

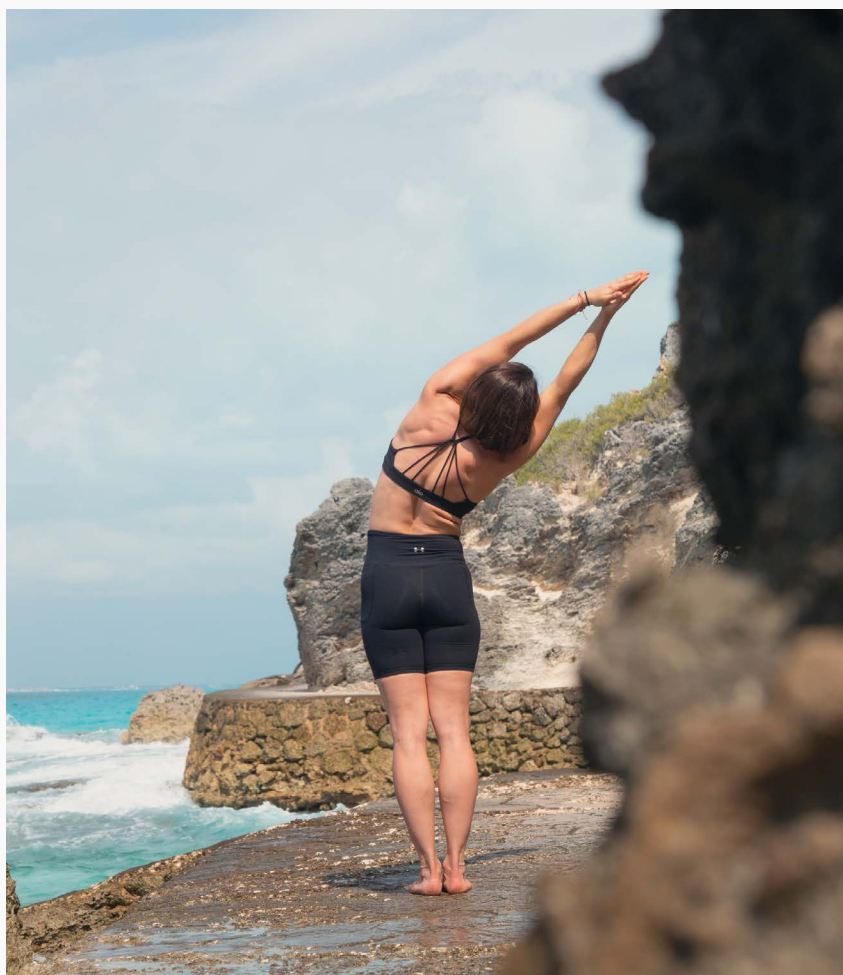
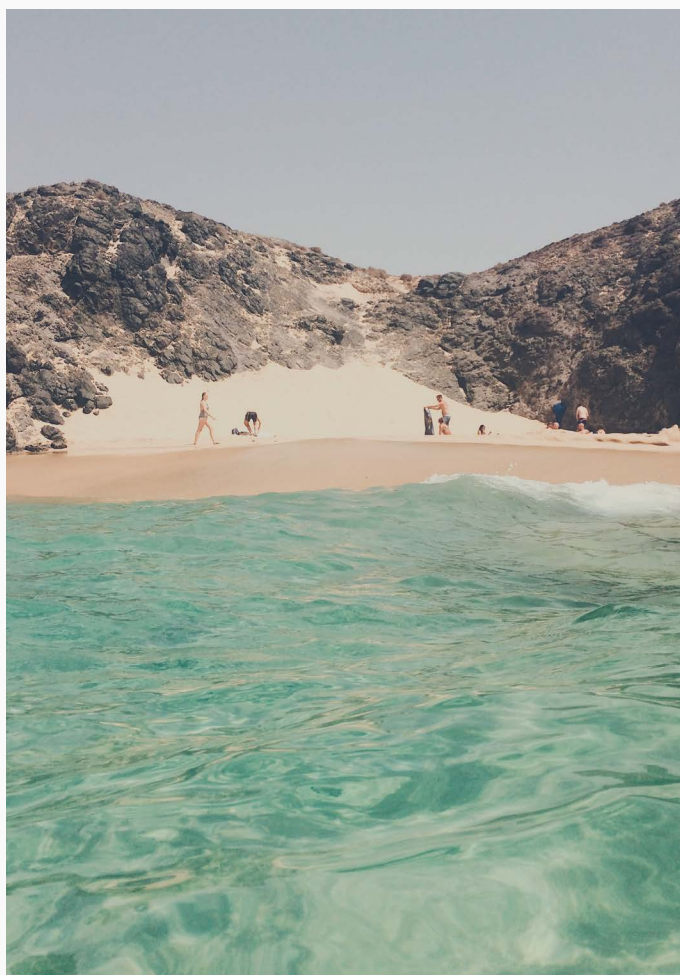
Spots are limited to keep the experience intimate.

To secure your spot please send us an email to

paula@oneandwell.com
or message +183 2207 7709

THE RETREAT INCLUDES

- 001 Four-day, three-night wellness retreat at Nomads Experience, Isla Mujeres
- 002 Accommodations and all meals
- 003 Access to all program activities, yoga classes, local workshops, and more.
- 004 Complimentary welcome wellness kit.



Learn to free dive in the sacred waters of Isla Mujeres. The art of Freediving has incredible benefits that will help you deepen your yoga practice and have a profound connection to your breath.

THANK YOU!

One&Well®

