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One & Well®

May 11 - 15 © 2022
Playa Viva, Mexico.



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May 11th - 15th, 2022

Playa Viva, Zihuatanejo.

Check in

— Wednesday May 11th, 15:00

Check

— Sunday May 15th, 12:00

out



It's a Lifestyle Yoga Retreat is a unique experience to tune into your holistic practices, amongst the beautiful Pacific Coast of Mexico, known for its wide pristine beach and breathtaking natural jungles.

Nena and Gaby will guide you through five days of powerful yoga practices. By focusing the mind, moving the body, and controlling the breath you will learn and experience yoga as a lifestyle.

Leave your mat with a new vision, a new flow, and a new perspective.



It's a Lifestyle Yoga Retreat includes 4-nights of lodging in the Eco Luxury destination, Playa Viva in Mexico.

At Playa Viva, the practice space is open-air and on the beach, the land serves as a baby turtle sanctuary, and is 100% off the grid, committed to solar power energy.

This is the basis for how Nena and Gaby intend to lead this retreat, with a commitment to the elements, to a more natural state of being.





We'll begin each morning and close each evening with a dynamic Vinyasa Flow with a mix of classical yoga philosophy and modern physical approach, that will give you an exquisite experience on the mat.

Our afternoon's will be a perfect time for you to enjoy the hotel's amenities and explore the beach and contemplate the stunning views of the Pacific Ocean.

Join us on this spiritual path of inner peace, growth and exploration.

The retreat also includes three outdoor activities: a Boat & Snorkeling Day Trip, a Sierra Mountain ATV tour, culminating with a Temazcal purifying ceremony.

The menu has been carefully co-designed by Playa Viva's chefs to combine Mexican flavors and clean eating.

Tune into your practice, enjoy nature and create unforgettable experiences.





Nena is a Venezuelan yoga teacher, trainer, and studio owner based in Miami. She has built an international yoga community that aligns to her discipline and passion. Nena is known for her soulful, visionary, grounded and genuine energy.

She has trained with top masters around the world, within different styles and philosophies. Her students come back for more power, moving meditation flows, and inspiration to reconnect to their most authentic selves.

Nena Knafo
@nenaknafo



Gaby has been teaching and sharing her passion for the last 11 years. She has built a strong, dedicated and inclusive community that expects her to be real, hard, a mentor, a teacher, and even to be a friend. She created and leads #thegabyarmy.

Gaby is passionate, raw, unfiltered, and unique. Her connection to her students and their practice is deep and she won't let you waver. With Gaby, you will reach the next level of your practice, every time.

Gaby Quintana
@thegabyarmy



Daily Programming

- Light communal breakfast
- 2 daily Vinyasa Yoga practices led by Nena and Gaby
- Nourishing brunch
- Afternoon activities and excursions
- Restorative movement
- Farm-to-table group dinner
- Evening beach bonfires
- Daily turtle release



The Studio

Single Occupancy

\$2,600



Queen Ecocasita

Single Occupancy

\$3,100



The Ecocasita

Double Occupancy

\$2,700



The Treehouse
Double Occupancy
\$3,100



Shared Casita
Triple Occupancy
\$2,700



The Treehouse
Quadruple Occupancy
\$2,600



*\$1,500 deposit due upon registration.

* Includes accommodation, daily meals, transportation, daily programming experiences, VAT and tips.

* Does not include airplane tickets, food and drinks outside the program

What's included?

1. 4 nights and 5 days at Playa Viva Hotel
2. 2 daily Vinyasa Yoga classes led by Nena and Gaby
3. 3 daily meals and healthy snacks
4. Complimentary Wellness Kit
5. Time to relax & enjoy Playa Viva's amenities and private beach
6. Transportation from the airport to Playa Viva (round trip)
7. Boat & Snorkeling Day Trip
8. Temazcal purifying ceremony
9. Sierra Mountain ATV tour
10. Tips and local taxes



*All meals will be made with locally sourced ingredients and have a gluten free and vegetarian option.

What is the best way to travel to Playa Viva, Mexico?

There are no direct flights from MIA to ZIH.

We suggest connecting through Mexico City on Aeromexico flight 429 7:15 am (MIA) to 9:50 am (MEX) and 2454 2:05pm (MEX) to 3:11 pm (ZIH) for arrival and Aeromexico flight 2455 4:10pm (ZIH) to 5:30pm (MEX) for return.

Playa Viva is a 45min drive from ZIH and airport transportation will be provided.

How to book my spot?

Spots are limited to keep the experience intimate. You can secure your spot with a \$1,500 deposit [here](#) or by sending us an email info@aravogashala.com.



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WE'LL BE COMPLETELY SUBMERGED IN PARADISE