

Our Origins

October 21 — 27 2022

Yoga Retreat



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Credits / One & Well

*Where the journey back to our true home
starts: One's self.*

Thank-You



Fig. 1

Part one. Our Origins Yoga Retreat / 6-day Ashtanga Yoga Retreat with Laruga Glaser in Hacienda Wakax, Tulum.

Embark on a spiritual transformation and personal growth experience at Wakax Hacienda, Tulum. Led by instructor Laruga Glaser, this journey will guide you through inner balance, healthy eating and well living practices.

Inspired by ancient Mayan traditions, re-engage with your inner self amongst the lush, pristine backdrop of the Caribbean Jungle.



Fig. 2

Host. **LARUGA GLASER**

Laruga Glaser is one of the most well-known and recognized international yoga instructors. Laruga has been practicing Ashtanga yoga continuously for over 23 years. Starting at the beginning of her 20s, she was immediately drawn to the practice after working with other forms of yoga years prior. After establishing a committed practice she then deepened her studies traveling to Mysore, India annually to practice at KPJAYI where the late Sri K. Pattabhi Jois taught and now his grandson, R. Sharath Jois teaches. Laruga has made more than 14 trips to Mysore and is on a mission to continue to learn and grow as a student as well as a teacher. She is one of the few in the world who have been given the distinction of being certified to teach up to Advanced B, which is not easily given and takes many years to earn. Through it all, Laruga teaches as an act of deep sharing and love for what yoga develops in each individual, facilitating space to open, challenge, and inspire those to realize their inherent potential, and has been personally invited all over the world to do so.



Fig. 3



Fig. 4

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

Check in — Friday, October 21st

Check out — Thursday, October 27th



Fig. 5

Part two. Discover the undiscovered

Wakax Hacienda, welcomes you to the place you never imagined. A perfect balance between luxury, comfort, pristine nature and Mayan traditions makes this 400 acres of property a unique paradise where exceptional service, outstanding amenities, exquisite gastronomy, and remarkable activities fascinate everyone who visits it.

An architectural gem, built as a modern homage to the traditional XVIII century colonial style of the Yucatán Haciendas. Where every detail will make you admire the surroundings and remind you that you are part of the landscape. A place where encouragement to venture into your self-discover and where you can reach out and meet

nature. Hacienda Wakax welcomes yogis in search of complete disconnection from the hectic lifestyle of our times and those who seek a genuine encounter with nature and their inner selves. A mystical place where you can allow yourself to find balance.



Fig. 6

Part Three. **What you will experience**
Activities and Excursions

01 Cacao Ceremony

— a beautiful ancient tradition.

The cacao, the seed we make our chocolate with, has been used as a ceremonial drink for many centuries, both the taste and the effects are magical. The ceremony is led by a shaman who will take us on a journey to connect with our hearts. This potent yet delicate potion has the power to open our hearts and make us live the present moment in a lighter and more subtle flow.

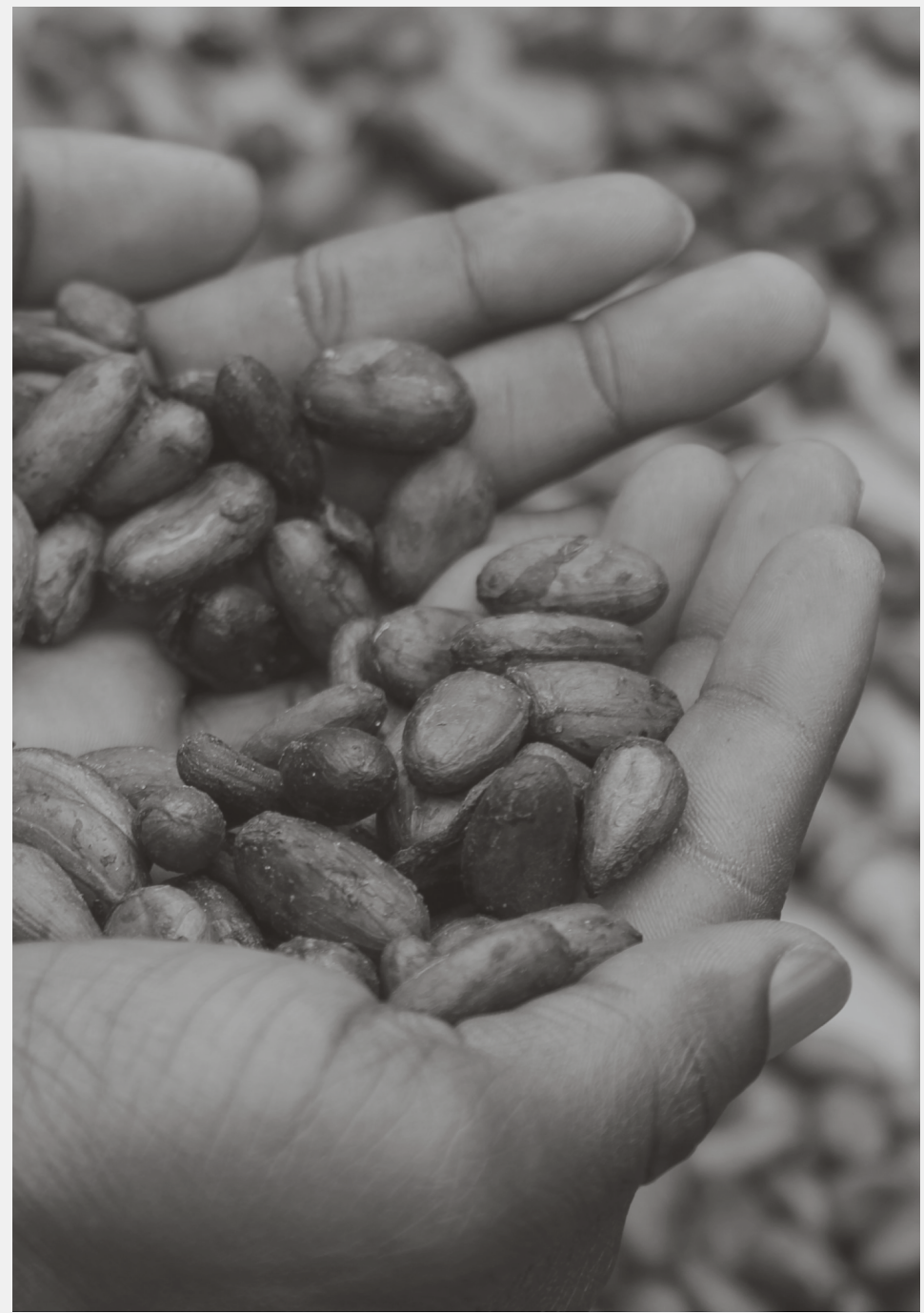


Fig. 7



Fig. 8

02 Temazcal

— native Mexican and South American sweat lodge.

An ancient ritual that has been part of Mexican and South American culture for around 1,000 years. The word itself originates from a Nahuatl word *Temāzcalli*, which translates to “house of heat.” Through a combination of fire, volcanic rocks and water and by using medicinal herbs and chants; we are taken on an inner journey that



Fig. 9

cleanses our soul and bodies. A natural detox and healing from the inside out that connects us to the mother Earth, our roots and our purpose.

03 Cenote Tour

— underground river cave experience.

Cenotes are sinkholes or underground caves which are fed by the filtration of rain and underground rivers that are born in the heart of the earth.

These mystical jewels are absolutely beautiful and full of magic, they were sacred to the Mayan and are mostly found in the Yucatan Peninsula in Mexico. Swimming in a Mexican cenote is an adventure you can't miss, luckily there is a cenote in Wakax Hacienda and we will be exploring it with the best guides.



Fig. 10



Fig. 11

Sound Journey

— a gift from the sounds of our origins.

Sound bath in the jungle. Experience an inner journey guided by the sounds of healing bowls, all with varying frequencies and vibrations each resonating with different parts of the body. Fall into a state of total relaxation where healing and a deep connection to your intuition takes place. A powerful medicine that will harmonize your entire body, mind and spirit.



Fig. 12

Silent Jungle Meditation

— a contemplation promenade through Earth.

Mindful meditation hike through the jungle. Hear the noises of the jungle, the heartbeat of Mother Earth. Reconnect with your roots, empty your minds and let yourself be healed by nature. Hear the noises of the jungle, the heartbeat of our essence. Sense yourself come back to your breath, back to the observing mind, the natural presence of your Self.

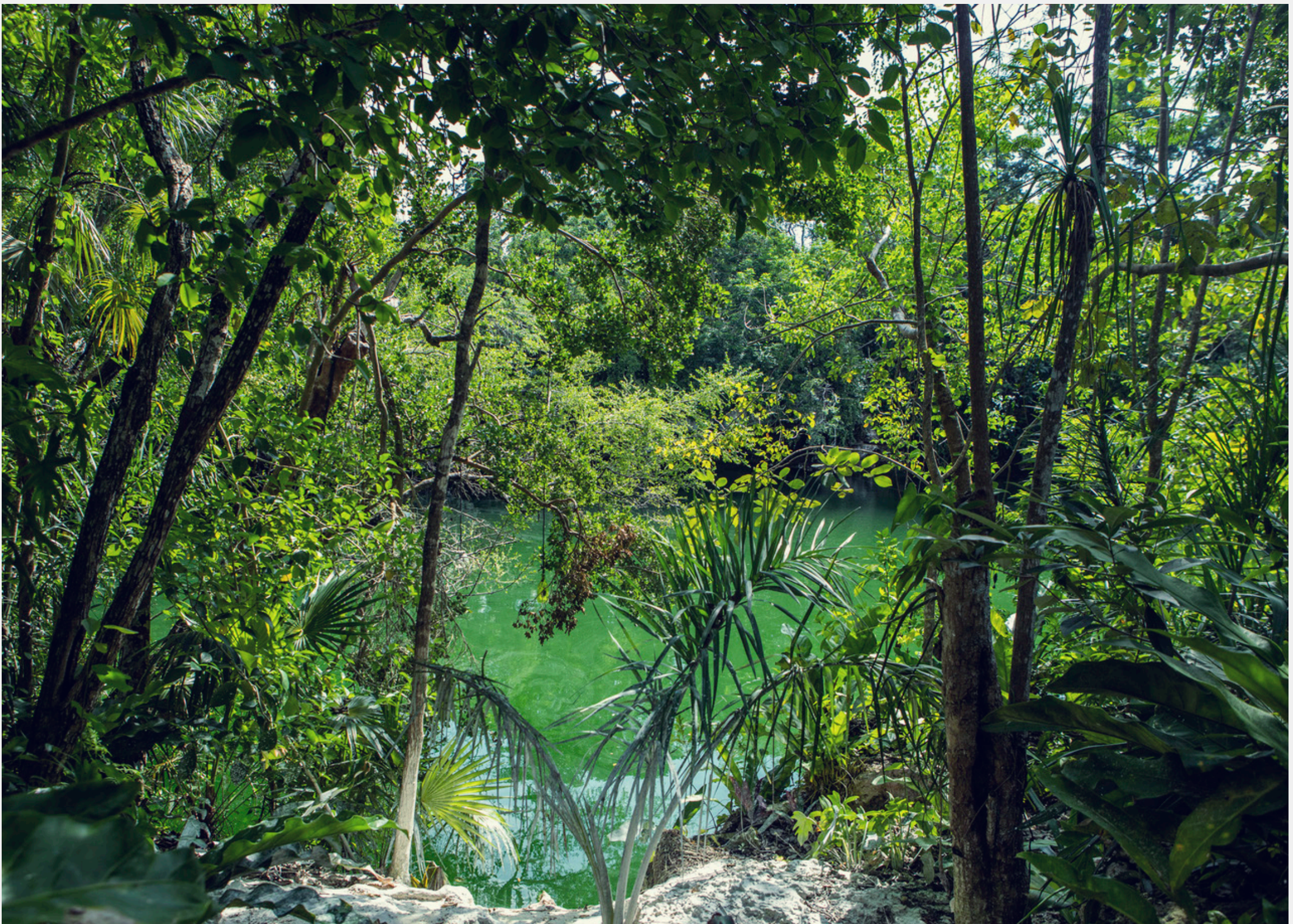


Fig. 13

Tulum Pyramid Excursion

— visit the most beautiful ancient Mayan pyramid.

A tour to the pyramid of Tulum, the most scenic pyramid ever made by the Mayan. A place that reminds us that we are connected to nature and the astral world. The Mayan were astounding architects, scientists, and astronomers. Their knowledge is seen in their constructions and their life's philosophy is felt by the beauty of it.

Food for the Soul

Origins menu has been carefully co-designed by Wakax's chefs and Laruga to combine Mexican flavors and clean eating. All meals will be made with locally sourced ingredients and have a gluten-free and vegetarian option. Every plate is cooked with love. *Please inform us from any dietary requirements so we can make sure you eat well.



Fig. 14



Fig. 15

Part Four. Your new ritual / Itinerary

During this retreat, we will start the day with a Mysore class based on the traditional method of Ashtanga yoga.

All participants will be self-led into the practice under the watchful guidance and supportive instruction of Laruga. This will be an exciting opportunity to become more profoundly grounded and immersed in the practice within the beautiful natural setting of Mayan Riviera.

The evening workshops will be dedicated to all aspects of the Ashtanga yoga methodology including practical techniques and philosophical wisdom in regards to integrating yoga principles into daily life. This is a time to be inspired and more deeply rooted within the true nature of the Self through the context of Ashtanga yoga and all the beauty and insight it entails. This retreat is appropriate for all levels.



Fig. 16

8.00

Mysore practice by Laruga Glaser

We'll begin each morning with a Mysore class based on the traditional method of Ashtanga yoga. An opportunity to become more profoundly grounded and immersed in the practice surrounded by the astonishing Mayan jungle, beautiful freshwater lagoons and breathtaking cenotes.

9.30

Breakfast

10 

Morning activity or excursion

Each day will have a lesson in the form of a living experience inspired by the elements of nature.

Water. The Flow in life

Air. The willingness to listen

Earth. Active grounding


Fire. Temazcal New Fire

13.30

Lunch

+

Free Time

Explore Wakax. Surroundings  Bikes, Paddle boards, Kayaks.

17.00

Ashtanga Workshop led by Laruga Glaser

The evening workshops will be dedicated to all aspects of the Ashtanga yoga methodology including practical techniques and philosophical wisdom in regards to integrating yoga principles into daily life.




19.00

Dinner



Fig. 17

What's Included

- 6-night stay at Wakax Hacienda world-class wellness resort
- Healthy gastronomic experience  three daily meals & snacks
- Daily Morning Meditation & Ashtanga Practice led by Laruga Glaser
- Daily Evening Workshop with Laruga
- 5 lessons in the form of living experiences  Cacao, Temazcal Ceremony, Sound Journey, Silent Jungle Meditation, Cenote Tour
- Transportation from Cancun Airport to Wakax Hacienda in Tulum
- Free time to explore Wakax surroundings  Bikes, Paddle Boards and Kayak
- 15 % discount in spa treats
- Time at leisure to enjoy Wakax's extensive services and amenities, designed in harmony with its natural surroundings.

What's not included

- Air flights
- Drinks and food outside the program
- Spa and Massage treatments

Accommodation

Our yogis have a choice of 3 stunning rooms.

Deluxe Suite

— Double Occupancy

2 Double Beds

USD\$ 3,100

Superior Casita with Terrace

— Double Occupancy

1 King Bed and 1 Double Bed

USD \$ 3,350

Wakax Casita

— Single Occupancy

1 King Bed or 1 Double Bed

USD \$ 3,650

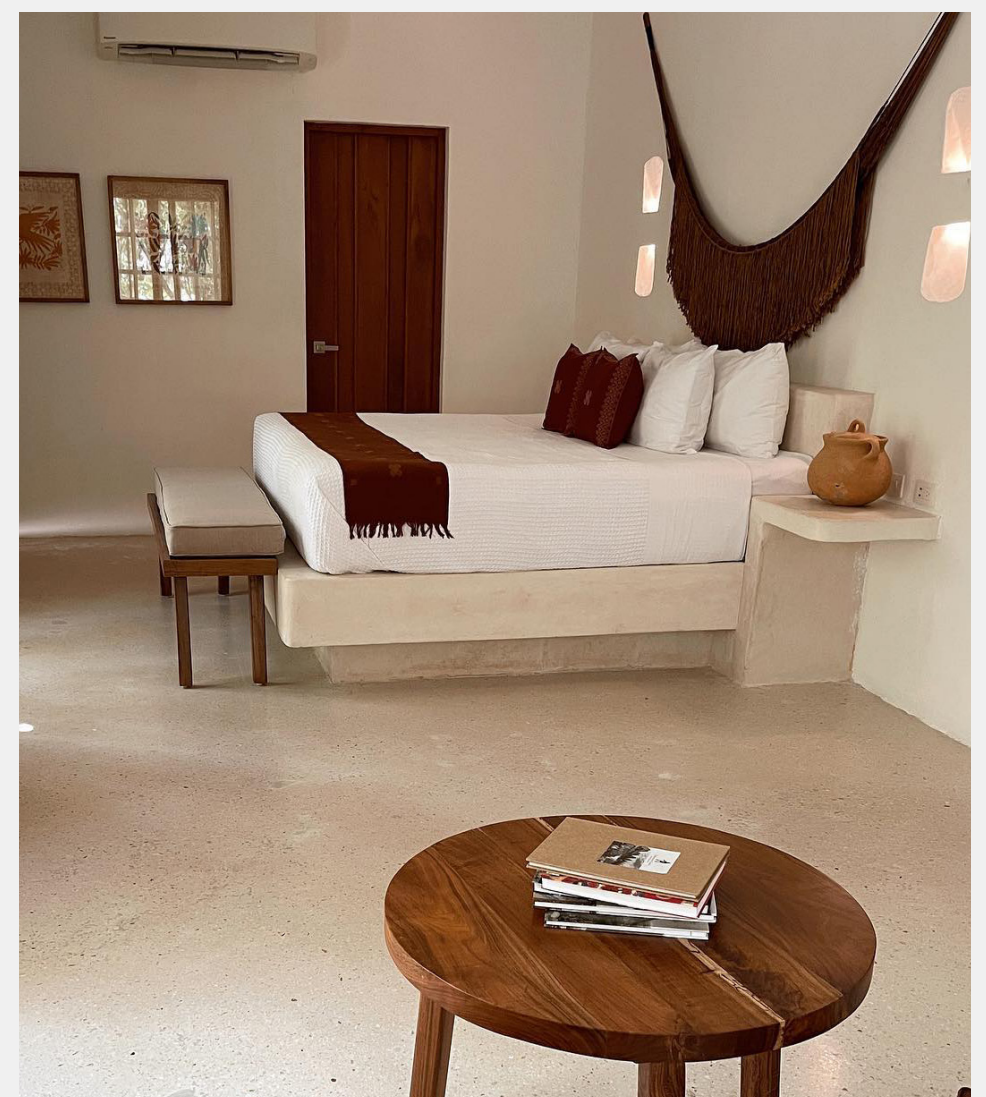


Fig. 18, 19, 20

- \$1,500 non-refundable deposit due upon registration.
- * 15% discount in all spa treatments
- Give yourself the gift of becoming your best self through this transformative, healing retreat.

Fig.

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**

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