

A MYSTICAL EXPERIENCE  
BY DAPHNE ZAHARA

# Play in Motion Retreat

MAY 26-29, 2023

MALINALCO, MEXICO

MORE DETAILS AT  
[WWW.ONEANDWELL.COM](http://WWW.ONEANDWELL.COM)

Daphne  Zahara

# Overview

---



Play is the pleasure of being inventive, imaginative, and trying something new. Play is the infinite testing ground for creativity.

When we are kids, we play without reservation or judgment. It is a natural part of how we both interact with the world and learn. Yet, adults are forget to play.

Play in Motion Retreat is an invitation to tap into your creativity through movement to create a time and space for play.



# Location



Southwest of Mexico City, there is Mexico's little-known mountain town of Malinalco. Dubbed by some as the new San Miguel de Allende "Mali" a very cool town with deep Indian cultural roots and sites to explore, including Aztec ruins—a temple carved directly into stone.

Surrounded by mountains and lush vegetation, Hacienda El Trapichito is a very special house full of mysticism and Mexican art.



# Your Host



Daphne has been a mover all her life. Drawing from decades of dance training and performance experience, she brings her extensive knowledge of the body, movement, and soul to her teachings.

Her teaching style combines her light sense of humor, fluid movement, connection to the breath, with an emphasis on alignment and playfulness.

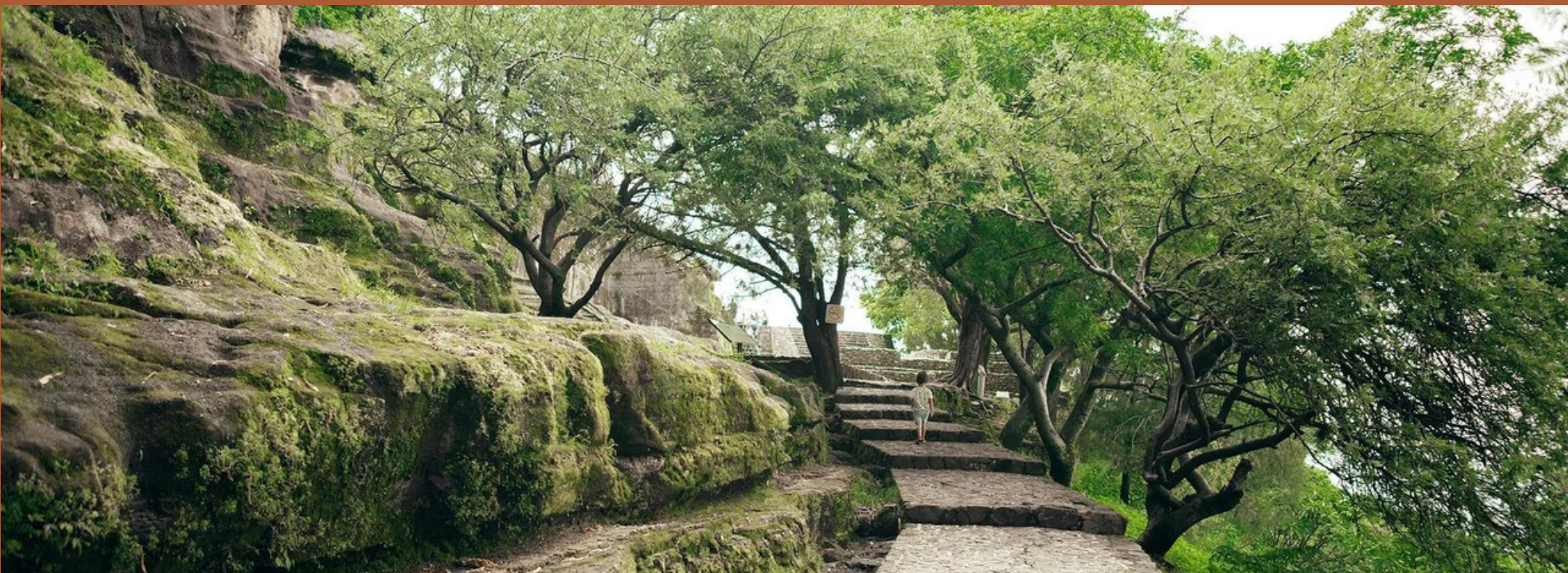
She graduated with a Bachelor's Degree in Dance and has more than 300hr yoga training certifications.

*"A trained Yogi and Dancer, Daphne searches for the joy in every moment."*



# Itinerary

---



A typical day will begin with morning breathwork and movement followed by a yummy breakfast. The day will then be yours to relax, explore, wander, swim, read... whatever your soul craves!

We'll gather again in the afternoon for lunch and an optional activity. We'll end the day with a flow practice to unwind.

Dinners are a time to gather, connect and feast!



8AM – 10AM MORNING  
MEDITATION & MOVEMENT  
PRACTICE

10AM -11AM BREAKFAST

11AM – 2PM OPTIONAL  
ACTIVITY (*HIKING, PYRAMID  
VISIT, TEMAZCAL*)

2PM – 3PM LIGHT LUNCH

*your* NEW RITUAL  
*Example Day*

3PM – 5PM AFTERNOON  
NAP, CHILL OUT BY THE  
POOL, ENJOYING NATURE

5PM – 6PM EVENING  
RESTORATIVE FLOW +  
SOUND HEALING

7PM – 9PM DINNER





# Room & Price

shared suite -  
double occupancy

*A two double beds room  
with private bathroom*

*\$1,500 USD per person*

SPOTS ARE  
LIMITED TO KEEP  
THE EXPERIENCE  
INTIMATE.





# The Details

## THE RETREAT INCLUDES:

Three-night accommodation at Hacienda El Trapichito, Malinalco

Three daily healthy meals

Access to all program activities and meditation, movement & flow practices

Transportation to and from MX City Airport (2 hour drive)

Daphne  Zahara