



**MEXICO MAGICO RETREAT - SEPTEMBER 24-30/2023**  
**ITINERARY AND YOGA SCHEDULE\*\*\***

DAY 1: Arrival at GDL international airport, ground transfer to Villa in Chapala, dinner, and /or refreshments depending on arrival time.

DAY 2: 7:30 am Optional morning meditation with Amy or Cesar  
9:00 am Morning yoga class with Amy or Cesar  
10 am breakfast  
-----FREE TIME-----  
2:00 pm workshop with Amy & Cesar (1)  
5:00 pm Dinner  
7:00 pm Optional yoga Nidra or closing day meditation

DAY 3: 8 am Breakfast  
Full-day excursion to the city of Tequila. Learn how tequila is produced—from the agave plants to the bottle. Visit fields where agave grows, Take a tour of the distillery, taste several fine tequilas, then stop for lunch and shopping in town.

DAY 4: 7:30 am Optional morning meditation with Amy or Cesar  
9:00 am Morning yoga class with Amy or Cesar  
10 am breakfast  
-----FREE TIME-----  
2:00 pm workshop with Amy & Cesar (2)  
5:00 pm Dinner  
7:00 pm Optional yoga Nidra or closing day meditation

DAY 5: 8 am Breakfast  
Full-day trip to Guadalajara, a cosmopolitan city full of historic landmarks and restaurants with some of the most innovative Mexican cuisine.

Day 6: 7:30 am Optional morning meditation with Amy or Cesar  
9:00 am Morning yoga class with Amy or Cesar  
10 am breakfast  
-----FREE TIME-----  
2:00 pm workshop with Amy & Cesar (3)  
5:00 pm Dinner  
7:00 pm Optional yoga Nidra or closing day meditation

DAY 7: Ground transportation to GDL international airport

## **Sacred Breath (1)**

A pranayama practice is an act of self-devotion. We invite you to experience and learn this most potent of yoga practices, and step into the intimate relationship with breath. Autumn is the season of the lung, and our special setting will hold us in our endeavor. You will discover how posture, attention and subtlety can transform the way you inhabit your body and the world.

## **Sacred Stillness (2)**

Yin Yoga offers us back to ourselves, and can knit together what feels tattered and worn in our bodies. By using the gift of stillness, we can explore realms that are beyond our busy minds and agitated bones. Autumn is the time to prepare for deep rest, and in this workshop we will uncover the reasons why rest is the main ingredient of renewal.

We invite you to this practice of taking our time, moving slowly with intention, and nurturing the vessel of your soul.

## **Sacred Body (3)**

Your body holds stories of beauty and adversity, and we begin to tell these stories through our practice of asana. Your history can guide you as the season of autumn offers the space for necessary release. In this workshop, we will investigate many yoga postures to reveal what remains untold in patterns of posture and movement. We will use the gentle practice of somatics to encourage the communication between our body and our perception, then again experience yoga asana with clarified vision.

## **Daily Morning Meditation**

Merge your awareness and focus with the new beginning of each golden day.

## **Daily Evening Nidra**

Yield, surrender and attune towards rest before dancing with your dreams in the indigo

Night.

**\*\*\*Daily Classes may include alternate Vinyasa and Strength & Mobility, schedule is subject to change and be adjusted depending of circumstances**