

RELAX & REBUILD RETREAT INFO



JULY 18-23, 2023 – TULUM, MX



JOIN ME IN TULUM

Thinking about joining me
on my Tulum Retreat?

Check out our schedule
below.

If you have ANY questions
feel free to email me at
rqkira@gmail.com.

JULY 18-23
2023

Retreat

BASIC ITINERARY

MONDAY/TUESDAY

17 & 18



arrival day



FLY INTO CANCUN BY NOON ON JULY, 18TH



2 PM - MEET AT THE FAIRFIELD INN & SUITES TO GRAB THE GROUP SHUTTLES TO THE VILLA.



3:30 - 4 PM WE WILL ARRIVE AT THE VILLA & HAVE A SNACK. YOU WILL BE ASSIGNED YOUR ROOMS & THIS IS A GREAT TIME TO UNPACK, LOOK AROUND, RELAX, GO IN THE POOL OR WHATEVER FEELS GOOD.



5 PM - INTROS & GUIDELINES! LET'S MEET EACH OTHER & DIG IN.

6:30 - WELCOME DINNER AT VILLA WITH PERSONAL CHEF, RAUL.



GET A GOOD NIGHT'S SLEEP SO WE CAN JUMP INTO OUR NEXT DAY!

WEDNESDAY

19



8 AM - BREAKFAST AVAILABLE AT VILLA FROM CHEF RAUL



9 AM - GROUP SESSION WITH KIRA SELF-WORTH BASICS & WHERE THEY COME FROM



NOON - LUNCH AT VILLA BY CHEF RAUL



FREE TIME TO GO TO THE BEACH, SWIM AT THE VILLA, EXPLORE TULUM



5:00 PM DAILY GROUP GRATITUDES



6 PM DINNER AT LOCAL RESTAURANT



FREE TIME & BED

THURSDAY

20



8 AM - BREAKFAST AVAILABLE AT VILLA FROM CHEF RAUL



9 AM - GROUP SESSION WITH KIRA BUILDING SELF-ACCEPTANCE EVEN ON YOUR TOUGHEST DAYS



NOON - LUNCH AT VILLA BY CHEF RAUL



FREE TIME TO GO TO THE BEACH, SWIM AT THE VILLA, EXPLORE TULUM



5:00 PM DAILY GROUP GRATITUDES



6 PM DINNER AT LOCAL RESTAURANT



FREE TIME & BED

FRIDAY

21



8 AM - BREAKFAST AVAILABLE AT VILLA FROM CHEF RAUL



9 AM - GROUP SESSION WITH KIRA LEARNING SELF-COMPASSION & WHY IT MATTERS



NOON - LUNCH AT VILLA BY CHEF RAUL



FREE TIME TO GO TO THE BEACH, SWIM AT THE VILLA, EXPLORE TULUM



5:00 PM DAILY GROUP GRATITUDES



6 PM DINNER AT LOCAL RESTAURANT



FREE TIME & BED

JULY 18-23
2023

Retreat

BASIC ITINERARY

SATURDAY

22



8 AM - BREAKFAST AVAILABLE AT VILLA FROM CHEF RAUL



9 AM - GROUP SESSION WITH KIRA
SELF-WORTH BASICS & WHERE THEY COME FROM



NOON - LUNCH AT VILLA BY CHEF RAUL



FREE TIME TO GO TO THE BEACH, SWIM AT THE
VILLA, EXPLORE TULUM



5:00 PM DAILY GROUP GRATITUDES



6 PM FINAL DINNER AT THE VILLA WITH CHEF RAUL



FREE TIME & BED

SUNDAY

11



departure day



7:30 AM BREAKFAST AT VILLA FROM CHEF RAUL



8 AM FINAL SESSION



9:30 AM FINISH PACKING UP



10 AM TAKE SHUTTLES BACK TO CANCUN AIRPORT



11:30-12 - ARRIVE AT AIRPORT TO CATCH YOUR
FLIGHTS HOME.

MAKE SURE YOUR FLIGHT TAKES OFF AFTER 2 PM
TO MAKE SURE YOU ARE ABLE TO EASILY GET
THROUGH CHECK-IN & SECURITY.

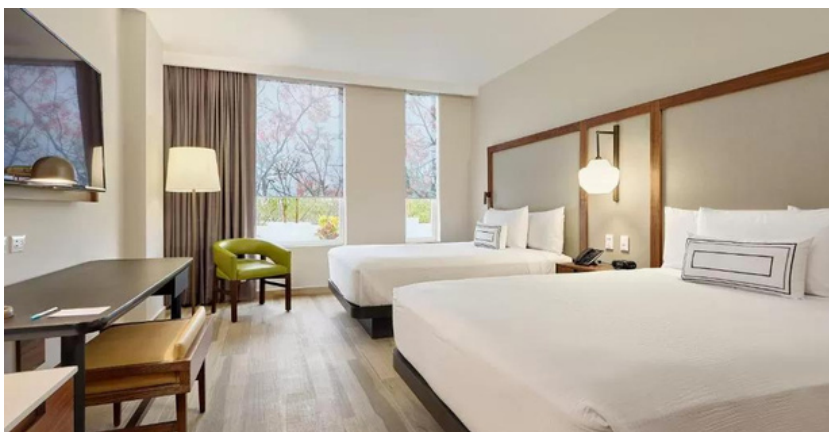


VOXER KIRA & THE GROUP THAT WHEN YOU GET
HOME SAFELY.

ARRIVAL INFO:

If you need to fly in the day before because your flights the day of don't arrive in time, Autumn & I will be staying at Fairfield Inn and Suites Cancun airport the night of the 17th. You are welcome to join us. It is where the shuttles will pick us up on the 18th to take us to the villa.

You can book it yourself or let Kira know and I have a few rooms on hold a room for \$145 for a double bed room that could be used as a shared or single room. They also have a free airport shuttle & breakfast. **Please let Kira know if you want one of the rooms on hold.**



LET'S DO
THIS!!

