



Hacienda Experience: A Cultural & Spiritual Retreat
November 1-6, 2023

Wednesday, 11/1/2023

Arrivals & Check In ~ After 4pm

Opening Ritual ~ 6:00pm

Hacienda Orientation & Welcome Dinner ~ 7:00pm

Thursday, 11/2/2023

Morning Coffee/Tea ~ 7:30am

Morning Yoga Practice w/ Annabelle ~ 8:00am

Breakfast ~ 10:00am

"Free" Day ~ lounge by the pool, enjoy your massage, spend time at the spa, rest, explore...

Lunch ~ 2:00pm

Evening Constellation s w/ Sabina ~ 4:30-6:30pm

Dinner ~ 7pm

Friday, 11/3/2023

Morning Coffee/Tea ~ 7:30am

Morning Yoga Practice w/ Annabelle ~ 8:00am

Breakfast ~ 10:00am

"Free" Day ~ lounge by the pool, enjoy your massage, spend time at the spa, rest, explore...

Lunch ~ 2:00pm

Evening Constellation s w/ Sabina ~ 4:30-6:30pm

Dinner ~ 7pm

Saturday, 11/4/2023

Morning Coffee/Tea available early

Morning Yoga Practice w/ Annabelle ~ 7:00am

Excursion to Cenote ~ 8:30am pick up (approx. 1 hr. drive ~ light breakfast to go)

Excursion will take place from approximately 9:30-11:00/11:30am ~ back "home" by 12:30pm

Lunch ~ 1:30pm

Free Time

Afternoon/Eve Constellation s w/ Sabina ~ 3:30-6:30pm

Dinner ~ 7pm

Sunday, 11/5/2023

Morning Coffee/Tea ~ 7:30am

Morning Yoga Practice w/ Annabelle ~ 8:00am

Breakfast ~ 10:00am

Free Time

Lunch ~ 2:00pm

Evening Constellation s w/ Sabina ~ 4:30-6:30pm

Farewell Dinner ~ 7:30pm

Monday, 11/6/2023

Morning Coffee/Tea ~ 7:30am

Yoga & Meditation & Closing Ritual w/ Annabelle & Sabina ~ 8:00am

Breakfast ~ 10:00am

Check Outs/Departures/Transfer to Merida airport ~ 11am onward

subject to changes