

“A Mindful Journey of Hidden Gems”
San Miguel De Allende, Mexico
November 5th – 11th
November 12th – 18th



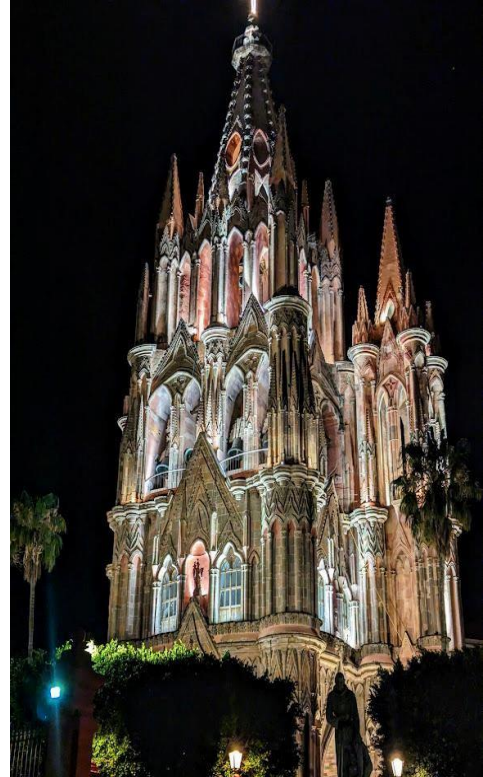
What is at the end of the pathway? What is behind a closed door? Life takes us down different paths and presents us with many surprises. However, if we follow our hearts and trust our intuition, the journey can be magical. Let's embark on this journey together.



Karen Kelly and her guest instructor, Rose Alcantara, invite you to a 6 night/7day Yoga and Pilates retreat in San Miguel De Allende, Mexico. The city is located in the Bajio Mountains of central Mexico, in the state of Guanajuato.

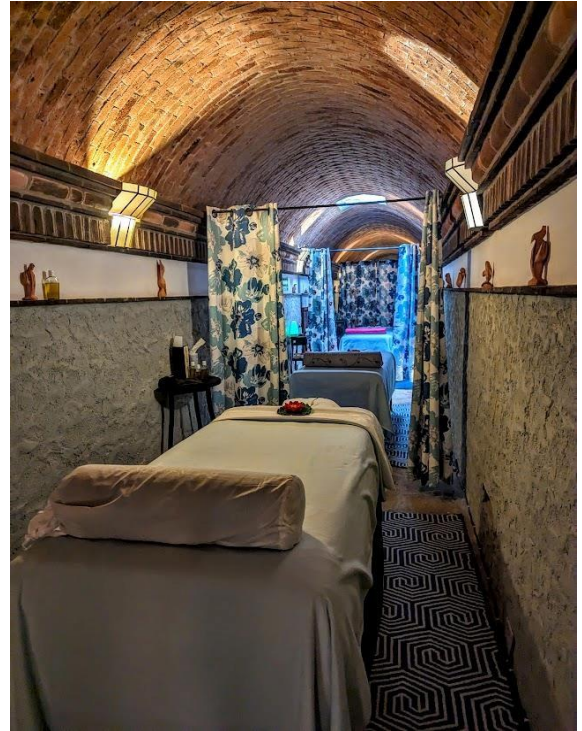
San Miguel was voted the #1 Small City in the world by Conde Nast Travelers Readers Choice Awards in 2022, as well as in 2017 and 2018. It is a UNESCO World Heritage site known for its baroque Spanish architecture, thriving arts scene and cultural festivals, and is a popular spot for U.S. and Canadian expats.

The city has a fairytale ambiance, with its cobblestone streets, colorful houses, and vibrant small shops. You can visit numerous art galleries, boutique shops, and indulge in cultural restaurants that will delight your palate. At night the city is alive with music, dancing, and colorful lighting that bring the streets and businesses to life.



As a group we will share many experiences:

- You'll be introduced to the city on a guided tour that will reveal all that San Miguel has to offer. Afterward, there will be time to explore, shop, and revel in our time together.
- You'll spend a day at a fabulous spa, enjoying all that this magical place has to offer. This excursion includes a 50-minute massage and luncheon.
- In addition, just outside the city limits, Tres Raices winery awaits. Here, you'll explore the wine cave, sample the wines, take a tour, and enjoy a fabulous wine pairing luncheon.
- You can also explore ruggedly beautiful Coyote Canyon on horseback.
- Or hike to Canada de la Virgin, a centuries old pyramid built by the indigenous Otomi that is located just 15 miles west of San Miguel.



CANADA DE LA VIRGEN ARCHAEOLOGICAL SITE



TRES RAICES WINERY



COYOTE CANYON HORSEBACK RIDING ADVENTURE

You'll enjoy enticing and delectable dining throughout the retreat. Breakfast and dinner daily are included in your package price. On days of excursions, lunch will be included as well.

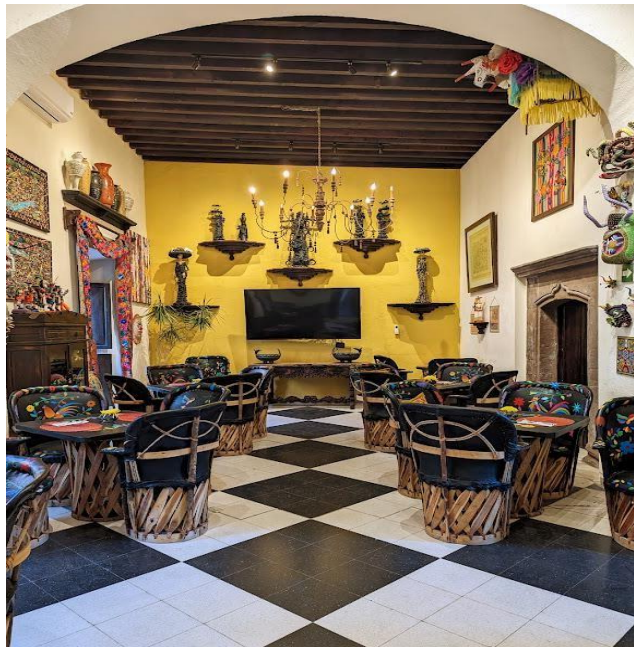
Every morning after yoga or Pilates practice, you'll be treated to daily breakfast at our hotel, Hacienda El Santuario. Each day will feature a choice of varied hot entrees along with your choice of fruit, juices, tea and coffee. Every evening you'll experience a different dining venue. Six different restaurants have been carefully curated for your pleasure, varying from fine dining to casual. Each restaurant offers a healthy, vegetarian option if you so choose. Other dietary requests will be catered to as well.



CASA NOSTRA



THE RESTAURANT



YOUR HOME IN SAN MIGUEL



And where shall we stay? Welcome to Hotel Hacienda El Santuario, our oasis away from home. This wonderful place offers peace and privacy in this charming and magical city. The hotel is located in a beautiful old mansion, full of history, with more than 1,300 pieces of Mexican folk art, and trellises lined with bougainvillea. This hotel depicts the essence of Mexico. You'll find a welcoming respite to create memories together. These courtyard-surrounding accommodations promise to be a quiet sanctuary for you to rest after a day's journey.

Upon registration, you will be assigned a king-size ensuite bedroom for you to share. Roommate requests will be honored as well. In addition, each shared room is blessed with a sitting area. There are a few private rooms that will be available for upgrade on a first come/first serve basis.

For more information regarding this fabulous hotel, please visit their website at www.haciendaelsantuario.com



YOGA RETREAT FEES

The retreat fee includes all taxes and gratuities, six night lodging, breakfast and dinner daily, three excursions, meditation, and yoga/Pilates practice daily. Airport transfers ARE included from (BJX) Leon or (QRO) Queretaro Intercontinental Airport ONLY! However, BJX is the more convenient airport to your destination and is strongly encouraged.

Flights to BJX or QRO are NOT included in your package price. Also, all alcoholic beverages and specialty drinks are NOT included.

Tuition per person based on shared room..... \$2750

***based on two persons sharing one king bed!

Upgrade to private room.....additional \$925

To secure your place in one of the offered weeks of retreats, a \$1000 deposit is required, with the full balance due on July 15th, 2023.

All deposits and payments are nonrefundable, so protecting your trip is highly advised. We recommend purchasing travel insurance to attend this retreat and protect your investment in the event of illness, emergency, injuries, weather conditions, or any other unexpected occurrence.

Don't miss the chance to discover the magic of San Miguel De Allende in a fully curated and unique experience in which your every need is met, your yoga aspirations fulfilled, and your senses are brought to life.

HOW DO I REGISTER?

CONTACT KAREN KELLY DIRECTLY AT SCRUBKAR1@GMAIL.COM OR THROUGH THE CONTACT SECTION OF THIS WEBSITE ON YOUR DATE OF REGISTRATION.

- MARCH 18TH FOR PREVIOUS YOGA RETREAT STUDENTS
- MARCH 20TH FOR THOSE THAT HAVE NOT ATTENDED A PREVIOUS KAREN KELLY YOGA RETREAT.

PLEASE PROVIDE THE FOLLOWING ITEMS WHEN MESSAGING:

- YOUR FIRST AND LAST NAME
- YOUR WEEK OF CHOICE
- YOUR TELEPHONE NUMBER
- YOUR E-MAIL ADDRESS

KAREN WILL CALL YOU PERSONALLY TO ANSWER YOUR INITIAL QUESTIONS, TO DISCUSS ROOM AVAILABILITY, AND TO HELP YOU ARRANGE THE DELIVERY OF YOUR DEPOSIT. AFTER YOUR DEPOSIT IS RECEIVED, KAREN WILL SEND THE RETREAT REGISTRATION FORM TO YOUR E-MAIL ADDRESS.

