

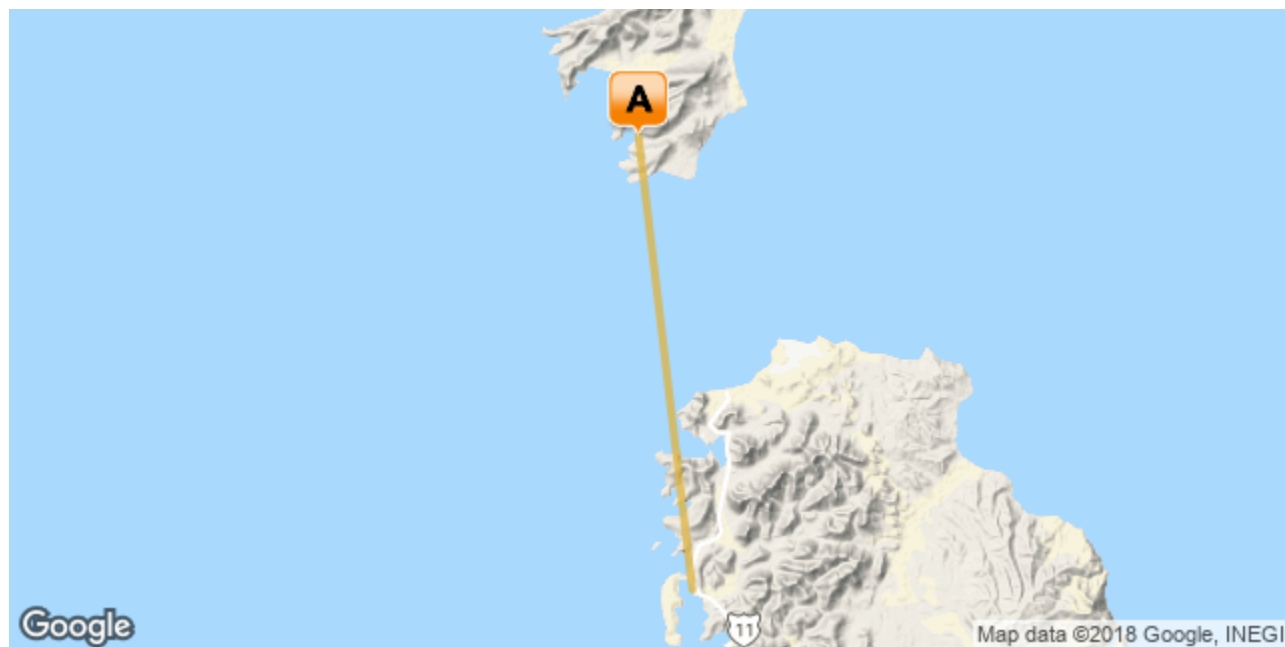


Mindfulness Retreat at Isla Espiritu Santo with Omar Piña

Isla Espiritu Santo

4 Days / 3 Nights

09 December 2018 - 12 December 2018



Introduction

“Going on retreat is a gift to yourself. It’s not often we give ourselves the time and space to simply be our true selves, to turn inwards and get reacquainted with our inner wisdom.” Paul Sugar

This December 9-12, 2018 retreat is lead by Omar Piña, based on his bestselling book *NAHOA*. Located on beautiful Isla Espiritu Santo, the retreat will allow you to feel the heartbeat of the earth, flow in the blue healing waters of the Sea of Cortez, transform your fears, open your heart, remember who you really are, open your senses and be one with the universe...

Omar is an Educational Psychologist, Holistic Herbal Healer, Advanced Pranic Healer, International Ontological Coach, Certified in Permaculture and Mindfulness. While enjoying the island, Omar's program will cover several mindfulness dynamics.

Details to note when planning your trip:

- Boats leave for the island at 10:00 AM on December 9, so please plan to arrive in Baja at least one night prior to the start date of the retreat.
- We will return to shore about 11:00 AM on December 12, but wind or other conditions may determine the exact hour and could have an impact on your plans for the remainder of the day. If conditions are good, you should be able to catch a flight out of Los Cabos at 4:00 PM or later, or out of La Paz at 1:00 PM or later. However, we strongly recommend that you book your flight out of Baja for the day following the end of the retreat to prevent any travel snafus.
- The price for the retreat includes transfers from hotels in Todos Santos and La Paz, but not Los Cabos. Transfers from Los Cabos hotels and airport can be arranged for an additional fee of US\$165 each way.

Accommodation	Destination	Basis	Duration
Camp Cecil	Isla Espiritu Santo	FI	3 Nights

Key

FI: Fully Inclusive

Price

- \$1,150/person based on double occupancy.
- Single Supplement: \$575

Included

- Expert leadership by Omar Piña
- Roundtrip transfer from your hotel in Todos Santos or La Paz
- Roundtrip island transfer
- Snorkeling gear and wet suit

- All meals from lunch on Day 1 through breakfast on final day. Camp Cecil's Espiritu Xantus Cafe is widely considered one of the best restaurants in the vicinity of La Paz. Please note there is no alcohol served during the retreat.
- All adventures and related equipment including swimming with sea lions, kayaking, stand up paddle boarding, birding, hiking, snorkeling, star gazing
- Accommodations in beautifully furnished walk-in tents with real beds and lovely linens
- Panga support
- Bilingual naturalist guides who are certified Wilderness First Responders
- National Park Conservation fee

Excluded

- International airfare
- Travel insurance
- Any meal or activity not specifically mentioned in this itinerary
- Gratuities for guides and camp staff

Day 1: Camp Cecil, Isla Espiritu Santo (Sun, 9 December)

Day Itinerary

December 9:

On this first morning we'll pick you up at your hotel in Todos Santos or La Paz, take you to get your wet suit and snorkeling gear at our warehouse, then it's on to the boats for the hour (or so) boat ride to Camp Cecil. There Omar and the island crew will welcome you to the camp, get you settled into your luxurious tents, and feed you the first of many wonderful meals. After lunch, Omar will start with the first 2 of the healing dynamics he will present during the retreat:

1. **Open your senses:** We will start with a sensorial dynamic with our eyes closed, walking through the beach, opening our intuition and relaxing the rational mind.
2. **Simple awareness:** This sunset exercise will help us to tune in and open to our body sensations, allowing ourselves to become aware of our bodies and our connection to the earth.

We will round out the day with a wonderful meal prepared by the camp chefs.

Isla Espiritu Santo

The amazing Isla Espiritu Santo is one of 900 islands in the Espiritu Santo Archipelago that are part of the Gulf of California Islands Flora and Fauna Protected Area established in 1978. In 2005 Espiritu Santo and 244 other islands in the Sea of Cortez were named a UNESCO World Heritage site, and in 2007 the Marine Zone of Espiritu Santo Archipelago National Park was established. This marine national park covers an area of 48,000 hectares and includes Isla Espiritu Santo and La Partida, the island right next door. Because of its protected status, no permanent structures of any sort are allowed in Isla Espiritu Santo, aside from the camps of the local fishermen who have traditionally made their living from the island and its surrounding waters, and from whom we regularly buy seafood for the camp. Ecotourism companies must be fully licensed and registered to conduct operations on the island, and basecamps must be completely dismantled for a few months each year to allow the beaches to rest. Every visitor to Espiritu Santo contributes to the maintenance of the park through park fees. Your guide will give you a full briefing on the park rules and regulations that help protect the flora and fauna of the area, and we ask everyone to do their part to maintain the wild natural beauty of this remarkable place.

Overnight: Camp Cecil

Award-winning Camp Cecil is located on the pristine and wildly beautiful Isla Espiritu Santo, part of a National Marine Park and UNESCO World Heritage Site. The camp includes 8 walk-in tents that have real beds, lovely linens, chairs inside and out, bedside tables with lamps, mirrors, storage areas and towels for beach and bath. Each tent can have either one king bed or two twin beds, and there is room for cots as well. (Added joy: the housekeeping staff cleans the tents and makes the beds each day!) There is a large dining tent with tables, chairs and lounging sofas where the camp chefs serve terrific food throughout the day, starting with cold breakfast and coffee, followed by hot breakfast, lunch, happy hour and dinner. Two sun shower and two compost toilet cabañas complete the camp. Camp Cecil has been featured in National Geographic, the London Times, Conde Nast Traveler, Coastal Living, Outside Magazine, Everett Potter's Travel Report and Sunset Magazine.



Basis

Fully Inclusive

Drinks Fully Inclusive

Day 2: Camp Cecil, Isla Espiritu Santo (Mon, 10 December)

Day Itinerary

December 10

Today we will continue with another 4 healing dynamics, accompanied by delicious meals prepared by the camp chefs throughout the day.

1. **Attention:** At sunrise we consciously adopt an alert and relaxed body posture so that we can feel relatively comfortable without moving, and then we reside with calm acceptance in the present without trying to fill it with anything.
2. **Dealing with your emotions:** Now that you have a sense of the dimensions of mindfulness, you will experience progressive stages that offer a realistic approach to practice how to deal with difficult emotions. We will do this before the water activities.
3. **Flow and heal in the ocean:** We will enjoy some of the island's many water-based activities such as kayaking, stand-up paddle boarding, snorkeling, swimming with sea lions...using mindfulness tools!
4. **Stress - Responding vs. Reacting:** What we are doing is creating a space to reconnect with our natural resilience and wisdom. You are simply tuning in to what is happening right now, without expectation of any particular result. We will do this at sunset.

Basis

Fully Inclusive

Drinks Fully Inclusive

Day 3: Camp Cecil, Isla Espiritu Santo (Tue, 11 December)

Day Itinerary

December 11

1. **Attention:** Again at sunrise we will consciously adopt an alert and relaxed body posture so that we can feel relatively comfortable without moving, and then we reside with calm acceptance in the present without trying to fill it with anything.
2. **Soften, soothe, allow:** Reconnect with our inner wisdom to flow with difficult moments.
3. **Flow and heal in the ocean:** We will enjoy more of the island's many water-based activities such as kayaking, stand-up paddle boarding, snorkeling, swimming with sea lions...using mindfulness tools.
4. **Loving Kindness Meditation** at sunset

Basis

Fully Inclusive

Drinks Fully Inclusive

Day 4: End of Itinerary (Wed, 12 December)

Day Itinerary

December 12

At sunrise today we will have an ocean meditation, then close the retreat with a final talk. We'll depart the island around 10:00 AM, and will be back in La Paz around 11:00 AM.

Basis

Fully Inclusive
