

Alethia Austin Wellness Retreats

A tropical journey together into a holistic healthy life reset. This yoga retreat combines daily practices with meditation, plant based meals, and energetic activities all aimed at helping you unlock a healthier, deeply connected version of yourself.

FOR A WHOLE BALANCED LIFE



Are you ready FOR A FULL RESET?



Sometimes we get so caught up in the busyness of life that we forget to take care of ourselves. We lose touch with our body, our heart, and our healthy practices, becoming stale in our own lives.

My wellness retreats are where you come home to yourself. Where you can let go of all the stresses and worries from your life and connect once again to your deeper self through guided yoga and meditations and a program that brings you opportunities to dig deep and reconnect.

Reignite the
fire
in your soul

Come home

TO YOURSELF

I offer daily practices in the form of workshops, soundbaths, breathwork and sunset gatherings.

Your healing journey is supported by nourishing organic foods from our incredible local chef.



The intention of my retreats is to offer a space and a program where everyone feels comforted in showing up as their authentic self and together we co create a week of transformation and we feel ourselves return to our true essence through deeply taking care of ourselves.

HEALTHY BODY

HEALTHY LIFE

A day at **THE RETREAT**



Arise to the sound of peacocks and distant waves. Start your day with a small intuitive movement practice. Drink in fresh juices, coffee and tea and power yourself with local fruit before a deeper yoga practice, designed for all levels and focused on deep stretching and fire building.

After yoga and meditation, breakfast is served outside in the outdoor kitchen facing the ocean, followed by free time to enjoy the beach, nap in hammocks or relax in your own way.

Reignite the fire
in your soul
to feel deeply,
live peacefully,
know yourself
and enjoy the sensations
of your body
throughout
this blessed waking life.

You deserve

TO LIVE WELL

After a delicious lunch together, you can join one of the workshops scheduled throughout the week or treat yourself to one of the healing sessions offered.



Every evening before dinner, you're invited to gather together on the beach to take in the sunset together with mindfulness. Some evenings we watch in silence, honoring ourselves, some evenings we walk the beach collecting trash off of our mother Earth.

Dinner is served and we eat together outdoors from the incredibly prepared organic menu. There are a few yoga nidras scheduled throughout the week. On the nights without Yoga Nidra, we enjoy a leisurely dinner with good conversation and tea to finish off the evening. Healthy sleep habits are encouraged, so all are welcome to put themselves to bed anytime.

All yoga and meditation and extra activities are designed for any level. You can show up as a beginner or go further in your practices as someone with experience.

Welcome to PARADISE



Where will you be staying?

Casa Naia is tucked away amongst palm trees in a private setting on a private stretch of beach in Puerto Escondido.

You will feel at peace on the property.

Enjoy the beautiful peacocks and hammocks set up around the property. There is abundant space for you to enjoy free time alone or with others at the pool.

Our yoga palapa is open air and created in nature. Massages and reiki are overlooking the ocean. All day, the ocean is calling you for a swim or a walk.

Set
&
Setting

Pricing & SIGN UP



Private accommodation: \$1550
Shared accommodation: \$1150

Includes: All yoga, meditation, workshops and special activities, plus three meals per day, juices, teas and snacks.

Extra costs: Any healing services you choose to sign up for including reiki, massage, surfing and more.

Email ajaustine@gmail.com to set up a quick chat to answer any questions you may have.

I hope to see you soon!

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in your soul
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know yourself
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of your body
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