




Travel Itinerary

 **DURATION: 2 WEEKS**
 **FOCUS: MENTAL HEALTH & RELAXATION**
 **DESTINATION: TULUM, QUINTANA ROO, MÉXICO**



WEEK 1

Sun

Day 1 (Arrival – Sunday)

- Arrival at Cancún International Airport.
- Transfer to eco-hotel in Tulum.
- We are going to rest early tonight because tomorrow will be a long day.

Mon

Day 2 (Monday)

- Beach meditation at sunrise.
- Visit to the Tulum archaeological site.
- We are going to visit the Mayan ruins tomorrow morning.

Tue

Day 3 (Tuesday)

- Guided jungle hike and bird watching.
- Evening yoga class by the beach.
- In the afternoon, we are going to join a nature mindfulness walk.

Wed

Day 4 (Wednesday)

- Breakfast with local fruits.
- Cenote swimming & breathwork session.
- Next week, we are going to explore a larger cenote near Cobá.

Thu

Day 5 (Thursday)

- Journaling workshop & cacao ceremony.
- Free time for reading or swimming.
- We are going to reflect on our feelings during the ceremony tomorrow.

Fri

Day 6 (Friday)

- Group painting activity (art therapy).
- Sunset sound bath session.
- We are going to create our own artwork during the workshop in two days.

Sat

Day 7 (Saturday)

- Free day: optional bike ride around town.
- Dinner at a local organic vegan restaurant.
- We are going to explore downtown Tulum next Saturday.



WEEK 2

Sun

Day 8 (Sunday)

- Temazcal (Mayan sweat lodge) healing ritual.
- Tomorrow we are going to participate in a traditional temazcal ceremony.

Mon

Day 9 (Monday)

- Cooking class: preparing healthy Mexican dishes.
- We are going to learn how to cook sopes and guacamole this evening.

Tue

Day 10 (Tuesday)

- Trip to Cobá ruins and lagoon kayaking.
- In two days, we are going to kayak in the Cobá lagoon.

Wed

Day 11 (Wednesday)

- Visit to a local wellness market.
- Massage therapy session.
- We are going to book another massage next week before we leave.

Thu

Day 12 (Thursday)

- Morning Tai Chi by the beach.
- Visit to Sian Ka'an Biosphere Reserve.
- Next Thursday, we are going to return to Sian Ka'an for sunset meditation.

Fri

Day 13 (Friday)

- Writing "Letters to Myself" session.
- Bonfire farewell gathering.
- At night, we are going to share our experiences around the fire.

Sat

Day 14 (Saturday – Departure)

- Farewell breakfast.
- Transfer to airport.
- We are going to take our flight back home in the afternoon.



15 Sentences in Future Idiomatic (going to) with time expressions:

1. We are going to rest early tonight because tomorrow will be a long day.
2. We are going to visit the Mayan ruins tomorrow morning.
3. In the afternoon, we are going to join a nature mindfulness walk.
4. Next week, we are going to explore a larger cenote near Cobá.
5. We are going to reflect on our feelings during the ceremony tomorrow.
6. We are going to create our own artwork during the workshop in two days.
7. We are going to explore downtown Tulum next Saturday.
8. Tomorrow we are going to participate in a traditional temazcal ceremony.
9. We are going to learn how to cook sopes and guacamole this evening.
10. In two days, we are going to kayak in the Cobá lagoon.
11. We are going to book another massage next week before we leave.
12. Next Thursday, we are going to return to Sian Ka'an for sunset meditation.
13. At night, we are going to share our experiences around the fire.
14. We are going to take our flight back home in the afternoon.
15. We are going to write about our emotional growth after the retreat next week.

