

Shift Retreat Mexico

*Join us for a reboot of heart, mind
and soul at a private beach.*

30th November - 7th December
Puerto Vallarta, Mexico

*Join us for a powerful 7 day
personal development experience
for leaders and change-makers to
gain new perspectives and learn
tools that will exponentially
improve your ability to create
positive impact.*

Benefits

- *Remove unconscious blocks and transcend limiting beliefs*
- *Access your inner wisdom and deepen your sense of purpose*
- *Learn tools to navigate uncertainty and upheavals*
- *Connect with like-minded change makers*
- *Step into your true source of power and catalyze systemic positive change*



Deepen your awareness

Dive deep within to unravel old stories about yourself and find blind spots that have prohibited you from truly stepping into your power and generate the impact you have always wished to see. Carefully curated, the experience is an inner journey towards your deepest sense of self and a gentle invitation to confront the parts that may have remained unconscious and no longer serve you.

Find your powers

A combination of individual, group, and body work alongside ancient rituals, provides a safe healing space to process deeply-held emotions and remove unconscious blocks. Skillfully guided and safely supported, you become fully present to your life, to find your greatest source of peace, power and purpose on earth.

Amplify your impact

Having gone through a profound shift, you will become present to a new sense of self and the power you have to impact the world around you. You are able to access deep wisdom and inner resources to meet personal and global challenges with a fresh pair of eyes. This internal shift allows you to pivot your perception of who you are in the world and what you are capable of achieving in this lifetime. Shift retreats encourage and challenge you to think more deeply about how you can make an even greater positive impact within your professional spheres and communities.



Teachers



Michelle & Joel Levey

Early Mindfulness Pioneers, Authors of several Books



Sebastian Nienaber

Consciousness Entrepreneur and Executive Coach



Georgia Dienst

Transformational Coach and Futurist



Ian Michael Hebert

Eco-Psychologist and former Director at Esalen Institutes



Marianne Comilang

Yoga Teacher and Wellness entrepreneur



Shane Beresford

Founder of Martial Arts School, Martial Arts teacher



Brandon Smith

Mindfulness Teacher and Executive Coach



Nancy Lucina

Sound Healer, Sacred Sexuality teacher and Doula



Jamie Metzl

Technology futurist, geopolitical expert, and writer

Xinalani retreat

The workshop will take place at Xinalani, an eclectic Retreat Center near Puerto Vallarta, Mexico. Xinalani offers an unparalleled retreat experience: authentic and magical, immersed in lush jungle surroundings with views of the emerald ocean. Sleep in beautiful eco-chic accommodations, enjoy delicious and healthy Mexican food, and practice yoga in world-class open-air and heated yoga studios. www.xinalaniretreat.com



PRICES

Female Dorm – \$2200 The female dorm is an open-air palapa with 8 beds, 2 en-suite baths and sea views.

Male Dorm – \$2400 The male dorm is an open-air palapa with 4 beds, 1 en-suite bath and sea views.

Petite Suite – \$2500 (price per person) The Petite Suite has two beds, en-suite bathroom, hammock and sea-views

Eco Suite – \$2800 (price per person) The King Eco-Suite has a one bed, an en-suite bath, large terrace, lovely hammock and sea views!

Luxury Casita – \$3000 (price per person) The Beachfront Casita is a luxurious suite with one king bed, en-suite bath, a private plunge pool, AC, large hammock and sea views!

Single Deluxe Room – \$3500 Enjoy a lovely room of your own – En suite bath and sea views!

WHAT'S INCLUDED

6-night / 7-day transformational journey at a jungle retreat on a private beach

Deepen your awareness: workshop sessions throughout the day with interactive exercises, one on one practices, etc.

Sleep: open-air, Pacific-view en-suite rooms
Nourish: healthy, gourmet Mexican-inspired cuisine

Relax: Ocean-side spa, swimming pool and massage sessions (at additional cost) available

Celebrate: regular dance sessions lessons and closing party with beach bonfire

Explore: add on surfing, SUP, horseback riding, whale watching and more

Experience: the most empowering event of your year!



**SHIFT
RETREATS**

More info on:
www.shiftretreats.com