

# Back To Source Retreat.

## A VERY SPECIAL YOGA & MEDITATION RETREAT IN PUERTO ESCONDIDO March 9th – 15th, 2027

I am delighted that you are considering joining me in Mexico. This week-long adventure is all about the magic of retreating together—sharing space, slowing down, and reconnecting in a beautiful, supportive environment.

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Set close to the Pacific Ocean, we'll be immersed in the rich, laid-back culture and natural abundance of Oaxaca. This is the second time I've chosen this incredible location, and I'm so excited to return with you.

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Your retreat experience will include yoga, meditation, meaningful connection, curated excursions, and time to explore stunning natural wonders—from hidden waterfalls to bioluminescent lagoons and blissful beaches.

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Our home for the week is a beautiful eco-farm nestled in the jungle, just 100 meters from a secluded beach on Mexico's Pacific coast.

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This is an all-inclusive retreat experience.

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I can't wait to share it with you.

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## Why Oaxaca?

### Why you should come.

This isn't your typical retreat. Our beachfront eco-farm is tucked away in coastal jungle, offering a sustainable and intimate setting where you can truly unwind, disconnect, and feel at home.

## What We'll Be Doing

### Daily Yoga & Meditation

Begin your mornings with gentle meditation on the beach at sunrise, followed by practice in a purpose-built yoga shala. In the evenings, we'll gather again for peaceful sunset sessions overlooking the ocean and endless sky.

## Beachfront Bliss

Enjoy our nearly private beach—practice yoga in the sand, play in the waves of the Pacific, or simply relax with a good book by the ocean.

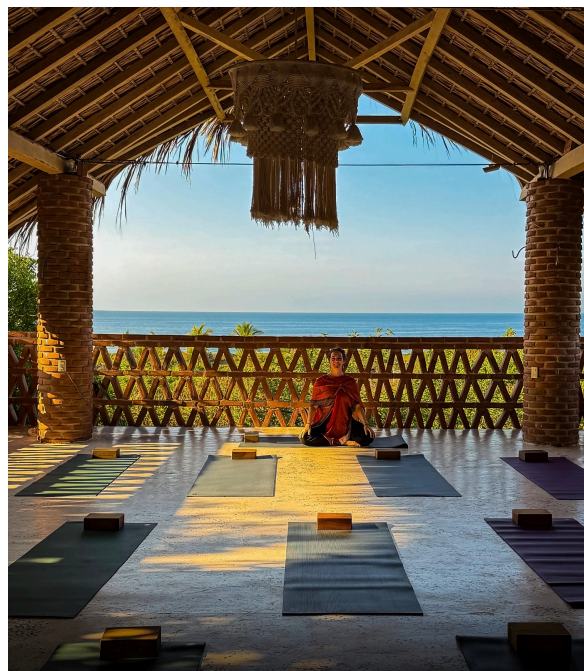
## Workshops & Connection

We'll explore sustainable living, mindfulness, and simple ways to bring more peace into daily life. As a VGY Inc retreat, we'll also dive deeply into the transformational work you know and love from practicing with me.

## Relax & Unwind

There will be plenty of time to simply be—whether that's walking along the shore, lounging by the beach, or cooling off in the plunge pool.

**We will have exclusive use of the property, shared only with our local hosts—and a few charming residents: 3 dogs, 2 cats, 4 peacocks, and several chickens.**



## What's Included

Your week-long retreat includes:

- Minimum of 10 yoga sessions
- VGY Signature Workshop
- 6 nights accommodation
- 3 meals per day
- Guided hike and excursion to a hidden waterfall
- Cooking demonstration with local market visit
- All transportation during the week
- Bioluminescent lagoon tour
- Beachside campfire experience
- Unlimited use of the on-site plunge pool

## Accommodations

**There are 12 places available on this retreat.**

Room assignments are designed to support a warm, communal atmosphere rooted in connection and ease. The accommodations are simple, comfortable, and close to nature—think ocean breezes, warm nights, and the sounds of exotic birds in the morning.

**This is more “luxury glamping” than a 5-star resort.**

You may encounter some elements of jungle life (including bugs and bats), but nothing harmful. Some rooms have en-suite bathrooms, while others feature outdoor facilities. I am happy to provide you will a full description of each room.

## Room Options Overview and All-Inclusive Pricing.

### Private Options.

Private en-suite: \$2,900

(Couples - sharing a bed \$2,600 per person).

Small Private Room / Shared Bathroom \$2,800 per person.

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Double Room (En-Suite or Shared Bathroom)

\$2,700 per person.

### Rooms with Outdoor Facilities (Outdoor shower, compost or eco toilet).

- Shared (Couple - Sharing a bed) \$2500 per person.
- Shared: \$2,500 per person

### Bunk House

A comfortable shared space with 2 bunk beds, overhead fan, private roof deck, and outdoor facilities  
\$2,300 per person

## Room Descriptions:

**Private Room**, is an en-suite room with a queen bed and private balcony accessed by a spiral staircase. With views of the ocean and a high perch for the peacocks. The peacocks will wake you up at sunrise.

**The small private** is an adobe style room with a shower room and flush toilet right next door, right by the pool and with a beautiful shaded roof deck.

**Double with en-suite** is an amazing adobe style shared room with queen beds and an en-suite bathroom.

With a high domed ceiling and quiet personal deck. Close to the pool.

**Double with Mezzanine**, is a very cool adobe style room with two queen beds. Private sleeping areas with one queen bed on a mezzanine accessed by a small wooden ladder. There is a sink and a shower room with flush toilet right next door and shared with the small private room.

### **Rooms for a truly immersive experience.**

**The rooms described below have outdoor showers, with a pee toilet, but utilize a well designed compost toilet on the grounds. As we will be the only people on-site - we can use all bathrooms outside of other folks rooms. There is a flush toilet near the main kitchen and also by the pool. So the pee toilet and compost toilet might only be used for late night trips to the bathroom.**

**I loved living simply in this**

**way but I do understand that it is slightly outside of some peoples comfort zone.**

**However, once you relax and get onto the swing of things these rooms really have all we need.**

### **Rustic Private or Couples Room.**

This is a stand alone building with views out across the ocean. It has a mini fridge and sink in the room, and a shower and pee toilet just down the steps, a compost toilet is very near by.

**Rustic double** is a tree house type room for two, accessed by a spiral staircase. This room has netting on the windows and is home to some cute little bats (outside of the room in the rafters). There is a shared deck with lower level (team room) which has a small sink. The pee toilet and shower is outdoors, with a compost toilet very near by.

**Our bunk house.** This room is perfect for those who enjoy simple spaces, comfortable beds and have an easy going attitude, There is a pee toilet and outdoor shower immediately outside the bunk house. There is electricity and an overhead fan. This little house also has a cool roof space.

When offering a retreat like this, I always like to consider the costs associated with trying to organize something like this on my own, adding car rental, gas, food purchases, hotel fees and booking fees for activities, not to mention hiring a responsible and experienced guide. Here, we take care of all of the logistics so that you just bring your bright and beautiful self and let us take care of the rest. We know you will see the value.

## Food & Options

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In general on a VGY retreat I encourage that everyone considers being vegetarian for the week BUT organic meat and fresh fish will be available at meal times. For those of you who enjoy alcoholic beverages - moderation is key. Alcohol can be purchased at meal times and on occasion throughout the week. Our days will be full of activities and you will want a clear head to participate and not miss out on anything.

## What's Not Included?

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- Your flight / flights to and from Puerto Escondido airport.
- Alcoholic beverages.
- Any gifts or additional snacks you may choose to purchase.
- Gratuities for your amazing guides and local hosts (will be pooled at end of week).
- Additional activities (surfing/ massages/ Horse Trek).
- **Trip Insurance - which is mandatory for this trip (more information once you have secured your spot).**

## Travel Planing.

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We request that you consider flying to Mexico City International Airport with your carrier of choice, and then use Volaris to fly directly to Puerto Escondido. At date of print there is a flight schedule that runs 1:21pm from Mexico City to Puerto Escondido and back to Mexico City airport at 1:21pm. Arriving on Tuesday March 9th and leaving on Monday 15th.

Once we know your plans we will offer pick-up options and shared transfer between Puerto Escondido airport to our retreat home, or from Puerto Escondido town itself if you choose to add a few days before or after our retreat. Cost of transfer will be confirmed closer to the date but you can estimate between \$20 and \$50 per person.

## Fees & Commitments.

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### Registration and Payment.

A deposit will be required to confirm your spot in the room category that you choose. To register for this retreat you must complete a Google Forms interactive document also. Please email me for the link. And thank you for considering this retreat.

Victoria Greene.

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