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# LIVING WISDOM TULUM RETREAT

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with Ayurvedic Practitioner Julie Bernier  
and Mindfulness Meditation Teacher Celeste Young

Tulum, Mexico  
June 1 - 5, 2018

Join us in gorgeous Tulum, Mexico, for a deep immersion into the ancient practices of meditation and ayurveda. Ayurveda's lifestyle wisdom provides the wellbeing needed to go inward, while mindfulness meditation deepens our sense of trust in our own experience and awakens compassion, wisdom, and clear seeing.

This retreat provides a unique opportunity to slow down, quiet the mind and heart, and learn powerful tools you can take home from two deeply transformative traditions. Each day, you'll live in alignment with nature's rhythms, feed your body with nourishing, ayurvedically aligned meals, practice ayurvedic self-care rituals, and



turn inward through mindful movement and meditations. You'll connect with your body, mind and Self on a deeper level and experience what it's like to live life in balance. You'll return home with a new perspective, revived and recharged from the powerful energy of Tulum, knowing how to implement your newfound wisdom into daily life.

Tulum provides a rare opportunity to connect by disconnecting. It's off the grid—cell phones don't work, wifi is spotty, and there's no AC. This is a chance to put technology on pause and reconnect to nature and yourself. The turquoise Caribbean Sea, white sand beaches, and magical energy of the Mayans that's so deeply infused in the land make it easy.

We're so excited to share meditation and ayurveda's incredible tools and practices with you. We're both steeped in our respective ancient traditions — Celeste's lineage goes back to the Buddha, who was one of ayurveda's biggest advocates and instrumental in making ayurveda available to the public. We're committed to sharing these practices from a place of embodied wisdom, with respect for our teachers and the power of each of these beautiful traditions that help us to awaken to our innate capacity for deep wellbeing and balance.

All are welcome on this retreat, whether you've never meditated or meditate every day, have no idea what ayurveda is or already live an ayurvedic lifestyle. No matter where you're at on your path, you'll take away a lot from this experience.



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## RETREAT SCHEDULE

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### **Friday June 1**

3pm - Check in  
6pm - Dinner  
8pm - Welcome Circle

### **Saturday June 2, Sunday June 3, and Monday, June 4th**

8am - Breakfast  
9:30am - 12pm - Mindful Mornings with Celeste  
12pm - Lunch  
Free time  
4 - 6:30pm - Ayurveda Afternoons with Julie  
6:30pm - Dinner  
8pm - Evening unwinding with Celeste and Julie

### **Tuesday, June 5**

8am - Breakfast  
9 - 11am - Closing Circle with Celeste and Julie  
11am - Check out





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## DETAILS

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### WHAT'S INCLUDED

Pre-journey preparation advice (logistics + packing list + ayurvedic travel tips)  
4 nights at the beautiful Casa Violeta on the beach (private and shared rooms available)  
3 meals a day: ayurvedically aligned breakfast, lunch, and dinner  
Daily classes and workshops with Julie and Celeste  
All taxes for room and food  
All gratuities for hotel staff and restaurant  
Recommendations for excursions/trips/treatments during free time  
Basically, once you arrive at Casa Violeta we have you covered!

### NOT INCLUDED

Airfare to Cancun International Airport  
Roundtrip transport between airport and Casa Violeta\*  
Travel insurance (Required. We recommend World Nomads which is approximately \$42 for the whole trip)

\*Tulum is about a 2 hour shuttle ride from the airport. Because we know that some of you may want to arrive early or leave late, we've chosen not to include transport so that you're not double charged. We will refer you to our favorite shuttle companies and connect you with other travelers for discounted shared shuttle rates.





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## PRICING + ROOM OPTIONS

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We'll be staying at the chic and tranquil boutique hotel Casa Violeta. It's right on the beach and you'll fall asleep to the sounds of the Caribbean Sea.

Solo travelers are welcome. If you'd like a shared room, we'll assign you a roommate (subject to availability).



	<i>Room name</i>	<i>Sleeps</i>	<i>Beds</i>	<i>Price per person</i>
Ocean view	Magnolia	4	King, queen, twin	\$1430
	Lotus	3	King, queen	\$1430
	Jasmine	3	King, 2 twins	\$1500
	Lily	2	King, twin	\$1660
	Violeta	1	Queen	\$2140
	Luna	1	Queen	\$2330
Partial ocean view	Ixchel	2	King	\$1540
	Orquidea	1	Queen	\$2000
Garden view	Oshun	4	King, queen, twin	\$1380
	Rosa	3	King, twin	\$1380
	Artemisa	2	King	\$1430
	Bugambilia	2	King, twin	\$1430
	Iris	2	King, twin	\$1430

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## ABOUT JULIE BERNIER & CELESTE YOUNG

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Julie Bernier teaches women the art of self-care so that they feel their healthiest and happiest in their own unique bodies. This holistic approach to individualized wellness is rooted in the ancient Indian knowledge of ayurveda: a complete medical science and way of life which explains that our wellbeing blossoms when we align ourselves with nature. Julie is a registered ayurvedic practitioner with the National Ayurvedic Medical Association (NAMA), a Certified Massage Therapist, and a classical hatha yoga teacher. She studied each of these modalities in the US and straight from the source in India. Connect with Julie at [trueayurveda.com](http://trueayurveda.com) and on Instagram at [@juliebernier](https://www.instagram.com/juliebernier).

Celeste Young has been practicing meditation for over 16 years. She offers mindfulness meditation and Dharma classes and programs throughout the greater Los Angeles area. Since 2012, Celeste has taught thousands of students the essentials of mindfulness meditation at InsightLA where she is a senior teacher, offering several classes a week to the community. She also develops and teaches intermediate secular mindfulness and Buddhist classes and other programs for InsightLA and various nonprofit organizations and companies as well as daylong and residential retreats. Celeste received formal teaching authorization in the Theravada Buddhist tradition from Trudy Goodman and Jack Kornfield. She strongly believes in the power of mindfulness to heal and connect us to our inherent sense of ease and well being. Connect with Celeste at [celesteyoung.com](http://celesteyoung.com) and on Instagram at [@celesteyoung](https://www.instagram.com/celesteyoung).



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## APPLY TO JOIN

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Women and men over the age of 18 are welcome on this retreat. Email us at [livingwisdomretreat@gmail.com](mailto:livingwisdomretreat@gmail.com) with questions or to request an application. If your application is approved, a \$500 nonrefundable deposit will hold your spot. The balance is due April 15, 2018.