



Welcome to the Jill Novak Yoga Mexico Retreat Guide.

I am so glad that you are researching further. This guide is meant to help you decide if this retreat is indeed for you. There are lots of different ways to invest your time and money out there, I respect that and want to help you make the right choice. These 5 days are an incredible experience in connection, re-patterning away from old stuff, and creating a vision for the future.

AND... February is a great time to be in Sayulita.

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When Are We Going?

Saturday, February 8th to Thursday, February 13th, 2020.

Flights

Sayulita is located on the Pacific Coast of Mexico in the state of Nayarit, 40 miles from Puerto Vallarta Airport. The retreat starts Saturday evening and ends Thursday by noon - plan your travel accordingly.

Often people stay a couple extra days or come early.

Fly into PVR Airport (Puerto Vallarta).

Transportation

All we require is a shuttle to the hotel, after that we travel by foot alone. Talk about grounding. If most people are flying in on Saturday, we will arrange a group shuttle to get us to Sayulita.

If you plan on arriving a few days early or staying a few extra days you can easily catch a cab to Sayulita. The drive is 40 minutes. It's about \$50-\$75 USD for a car or van... Catching a cab on the other side of the overpass **is about half the price** (\$30 USD). Cross the highway on the walking bridge outside the airport and go up and over. Tip your cabbie.

Accommodations

[Hotelito Los Suenos](#) is quaint boutique hotel with the most loving and supportive staff. We book rooms with [2 Queen Beds and a balcony](#). Each room has a fridge and a purified water dispenser. There is air conditioning and a fan in each suite. We price and plan for double occupancy.

- If you are interested in having a private room we can book a Superior or



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Premium.

- If you want to book a room that [sleeps 4](#), we can do it, if we book soon enough.

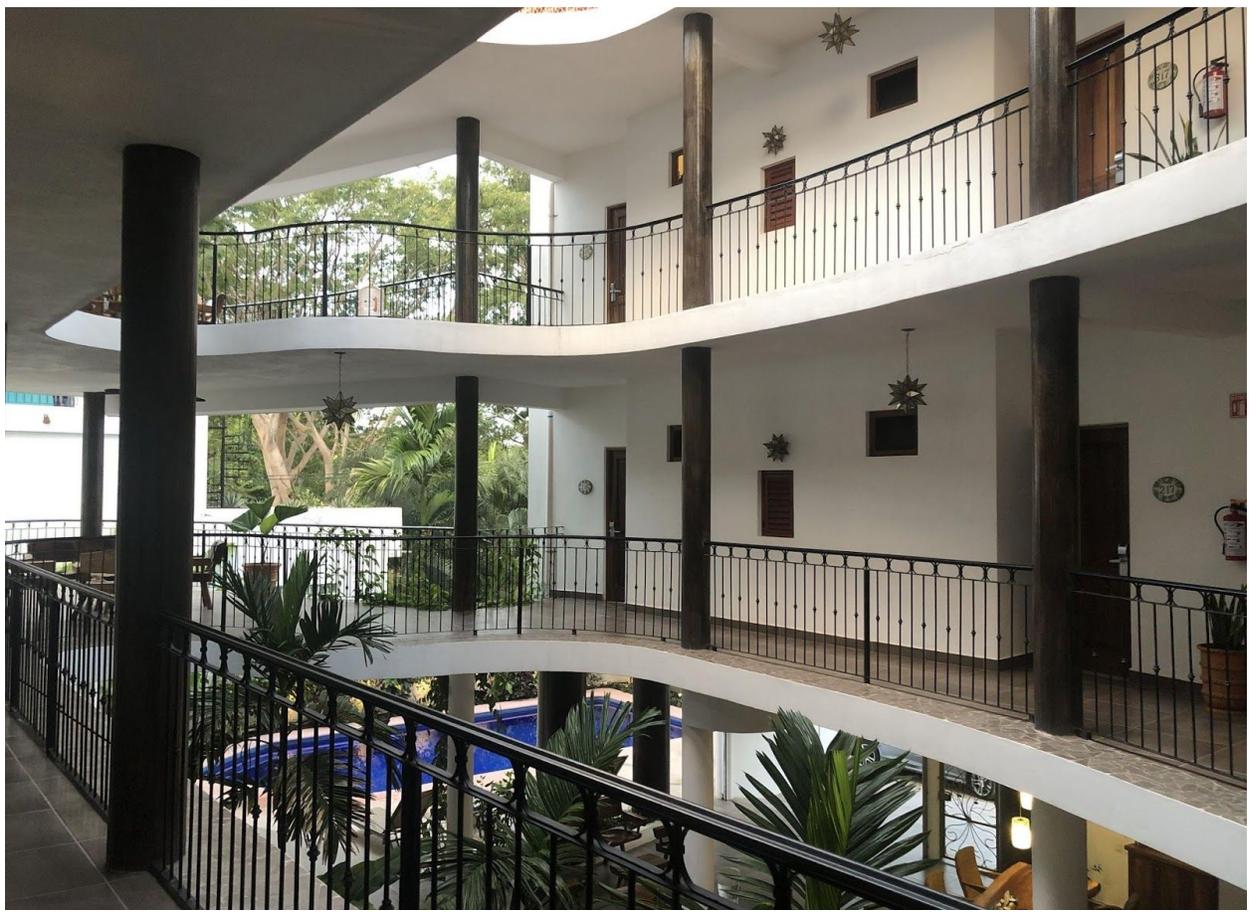
Breakfast is prepared for us each morning on the third floor kitchen with the thatch roof shading us from the sun. Breakfast is local fruits and fresh squeezed juices with a new buffet every day featuring things like eggs, beans, rice, daily baked bread and homemade jam, pancakes, and skillet veggies. Coffee and tea of course.

There is a hot water tap in the kitchen for easy access to make tea or hot lemon water at any time.

Our Yoga is in the open air Ganesha shala and is equipped with mats, blocks, bolsters and blankets to enhance our practice. You can bring your own mat if you are attached to it, but no need if you are happy using the ones provided.

The front desk has pool towels for your afternoon rinse off in one of their two pools.

Lucia is our on-site host, although we find that all the staff are so friendly. We leave tips for the housekeeping, kitchen, and front desk staff daily or all at once at the end.



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Daily Rhythm

Our schedule runs a bit like this, with Yoga filling our mornings, and sunshine and play filling our afternoons. We keep it simple, rise early, get to bed early. We nourish our sleeping and eating patterns for great rejuvenation. The goal is to have you return replenished.

Lunch and Dinner are not included in the retreat price. We did this to maximize our options for exploring the local dining. The food is amazing and well priced, you can eat for under \$10 a meal if you choose, you can splurge for \$20 and have an amazing meal.

7:00am - 8:00am

Meditation and Movement on the Beach (sunrises 7:30am)

8:00am - 9:00pm

Morning Movement in the Yoga Shala

9am -10am

Breakfast

10:00pm - 12:00pm

Morning Workshop

12:00pm - 1:30pm

Lunch

1:30 pm - 5:30pm

Explore Sayulita * Beach Play Date * Monkey Mountain Hike
Evolution Activities

5:30pm - 8:30pm

Dinner

Walk the lively streets, watch the sunset (7pm), get an ice cream, mellow out

9:00pm

Evening Yoga Nidra and Early to Bed



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Workshop Themes

This is what I am currently pondering:

DAY ONE:

Map your vision.

Uncover your roadblocks.

DAY TWO:

Empower your 'why'.

Experience the power of mastermind groups.

DAY THREE:

Solidify your goals.

DAY FOUR:

Make an action plan

Generate evolutionary accountability partnerships.



What should I bring?

- Your journal + a blank notebook (something to write on that is not electronic)
- Colored pens/markers/pencils
- Your bathing suit, flip flops, and a wrap.
- Non-toxic Sunscreen
- Water bottle to refill in your room as often as you need.
- Light summer clothes
- Sunglasses and hat
- Yoga clothes
- A warmer layer for the cool evenings and mornings.
- A light easy to pack rain jacket (hopefully won't need it)
- Yoga towel/mat for the beach if you like. I use a turkish towel, and in the last two year people have purchased a light shawl on the beach that serves our purposes.
- US Dollars + Pesos for local purchases. The restaurants will accept credit cards and US\$, but many of the local vendors will just take Peso's. It is important to have, you can easily exist on Pesos and your credit card alone.

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FAQ's

Q: What will we be doing in the workshop sessions?

A: This year we will focus on the ways we can create meaningful change to allow us to get out of our own way. We experience first hand the simple things that we can do to set ourselves up for a good day, and we notice the belief patterns that keep us stuck in our old ways.

It is transformational stuff and I can't wait to share it with you.

PLUS: I don't even know what new stuff that I will be ready to share. I will be fresh off my own immersion experience with my teacher Cate Stillman.



Q: What is the refund policy if something happens and I can't come.

A: I get that life changes. My deal is that if I can get a refund, I can give a refund. The hotel requires full payment 45 days ahead of time. So until that point I can refund you. There will be a \$50 non-refundable deposit to cover all my stupid little costs, but that much I can tell you.

Q: What will I get out of the experience?

A: You can expect to experience deep connection. You can expect to have a personal breakthrough or two. Yes, there will be time to walk the beach, explore the town, journal by the water, get a massage, hang by the pool, and play....

Q: Should I bring pesos with me?

A: If you're not experienced in foreign travel, it is recommended that you exchange some money (about \$100-\$200 U.S. currency) into pesos BEFORE you leave home. You'll have one less thing to worry about on the airplane.

Nicer restaurants and taxis accept credit cards. However, you'll want pesos for the

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beach to buy a coconut, a sarong, or a drink on the beach (KIDDING - no buying drinks on the beach). There are ATM machines at the corner convenience store but easy to get pesos at your bank at home and save yourself the hassle.

Q: What will we eat?

A: Dinner and Lunch are on your own and not included in the retreat price, although we still find ourselves eating together. Each night we pick a new restaurant and let everyone know the meeting time. There are many great local restaurants. The food is relatively in-expensvie. The Mexican food is abundant, delicious and cheap. There is a fantastic pizza place, great coffee shops. There are a nicer seafood and italian places, street vendors, and great gelato shops.

There are small grocery stores throughout town, and your room has a fridge for you to store whatever goodies you want close at hand.

Q: Are the beaches rocky or sandy?

A: All the beaches are beautiful and sandy. The main busy beach we walk often, lots of vendors hawking their wares, local restaurants, and open air massage tents.

The beach of the dead, Los Muertos, that we walk through a graveyard to find that is quiet and serene.

Finally, we discovered a beautiful short hike to Los Cuevas Beach on the north side of Sayulita, just up from our hotel. I envision us hiking here with our beach towels and journals and some great questions to hang out and dream about who we are becoming.



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Q: What happens during the free time?

A: There is so much to see and do in Sayulita. There is an amazing Sunday Market, although I think vendors were there on more than just Sunday. We have a ball poking through the stalls.

The town itself is a gem, packed with galleries, shops, and restaurants. Often live street entertainment and unexpected photo ops, like the little shop with the wings.



Q: Should I book more time than just 5 days?

The week is right before the Rockyview School Break, some have extended a week and had their family join them. Other have tacked on a day or two before or after to really take advantage of the area more.

We do not book any [excursions](#) because the timing interrupts our rhythm a bit too much. If you want to plan an extra day or so I can promise that a trip to Marietas Island is well worth it. The whale watching is fantastic, the island is stunning, the snorkelling is good (but not stunning if you are fussy). Nearby Punta Mita has great more upscale restaurants right on the beach.

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Q: What if I get sick?

A: Well honestly, the chance exists. We learned our lesson and will not be ordering drinks off a random guy making them out of his cooler on the beach. We will check in with our hotel staff on the reputation of each restaurant we choose, drink only purified water, and take any precautions we deem necessary.

Sayulita has completed a new waste management project that has added huge new health and safety measures that were not there in the past. When I checked in with my Travel Agent Allie Temple, she said there is always a risk in Mexico, and even at 5 star resorts you can pick up a stomach virus. There is a reason they call it Montezuma's Revenge when you travel there. Thankfully we have never experienced anything more than a 24 hour illness.

[Explore Sayulita](#) online a bit more if you like.



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Personality Tests

For the event to work you need to do a few things before you come. I love learning more about myself through these different lenses. Awareness is the greatest agent of change they say. So let's dig in, see our skill sets clearly and understand how we can capitalize on the stuff that is just innate wisdom for us:

- [DISC](#) (Free)
- [Gallup Strengths Finder](#) (\$20 if you want)
- Your Ayurvedic [Constitution Quiz](#)

Once you've taken the tests, let me know what you have discovered. I can plot and plan more around your unique traits and we can use this as discovery data for our visioning workshops.

How to Plan Before you Come

YOU want to arrive in peak condition. You don't want to be tired, constipated, or sick. Don't cram two weeks of work into one and show up drained and exhausted.

- Plan ahead - make a list, order your pesos, buy sunscreen, and any over the counter supports you like to travel with (gravol, tylenol, etc).
- Prioritize Your Growth - show up to the group with wholehearted presence.
- Get organized.
- Drink your green juice + eat your beets and let your body poop every day. Travelling can be constipating, so at least clean out those bowels before you arrive.
- Take your Personality Tests. Learn them.



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I believe that the universe chooses who comes.

With this document I am trying to be as clear as possible about what this retreat is about, and create the best probability for the perfect people to sign up.

We have had ages women 34 - 71 attend. Our token male has been my father (who was 81 years old when he came) . He was there to bring important history to a member who never knew her birth family, turns out my Dad did! The coincidence made clear why he was chosen to attend.

We have had mothers and daughters, sisters, friends, and totally solo people join. They have come from my yoga classes, parents from the kids sports teams, from my family and friends, and the greater community. It has always turned out.

If there is anything else that I have failed to cover here, just shoot me an email. This is our third year heading to Sayulita. I learn more every year and we evolve differently each time.

Looking forward to seeing who the universe assembles this year.

Love
Jill

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