

# Haven Acupuncture & Wellness

## *Pachamama Rejuvenation Retreat - Baja*

### Overview

Join **Haven Acupuncture & Wellness** Jan 1 – Jan 6, 2018 for a small group excursion to Todos Santos in Baja Mexico. We will gather with for rejuvenation, inspiration and insight into the coming year. Beautiful Pachamama resort offers farm-to-table menu options, communal Zen kitchens, and a breathtaking landscape that will anchor us into our practice.

Just steps away from one of Baja Sur's most pristine coastlines, Pachamama offers us a unique and grounding experience.

### Haven Acupuncture & Wellness

Date: Dec 27<sup>th</sup> – Jan 2<sup>nd</sup> 2018

Contact for more information today!

[www.havenacupuncture.org](http://www.havenacupuncture.org)



## Daily Schedule

### Monday, January 1<sup>st</sup>

3:00- Arrive  
6:00 – Dinner  
8:00 - Opening Drumming Circle

### Tuesday, January 2<sup>nd</sup>

8:00 – Breakfast  
9:00 - Morning Yoga  
12:00- Lunch  
1:00 – Guided Nature Hike & Meditation  
6:00 – Dinner  
7:00 – Acupuncture

### Wednesday, January 3<sup>rd</sup>

8:00 – Breakfast  
9:00 - Morning Yoga  
12:00- Lunch  
1:00 – Kayak Whale Watching  
6:00 – Dinner  
7:00 – Temazcal Sweat Lodge  
9:00 – Moonlight Meditation

### Thursday, January 4<sup>th</sup>

8:00 – Breakfast  
9:00 - Morning Yoga  
12:00- Lunch  
1:00 – Mountain Biking Tour  
6:00 – Dinner  
7:00 – Acupuncture  
9:00 – Drumming & Fire Circle

### Friday, January 5<sup>th</sup>

8:00 – Breakfast  
9:00 - Morning Yoga  
12:00- Lunch  
1:00 – Nature Hike  
4:00 – Acupuncture  
6:00 – Dinner  
8:00 – Closing Circle

### Saturday, January 6<sup>th</sup>

7:00 - Depart

