

Just Wellness *Retreat One*

JUSTWELLNESS.COM

1st Annual Wellness Retreat, January 17-22, 2023

Sponsored by Just Wellness, Donveli Wellness, and Just Yoga





Sayulita, Mexico

- Tuesday, 17th January through Sunday, 22nd January in 2023
- 6 days/5 nights
- Daily wellness activities
- Limited number of retreat guests (Approx. 24)





What is it?

Retreat One is an intimate *wellness getaway* that takes place at a private villa in Sayulita, Mexico, in a safe space and positive environment to practice and develop self-care, practice yoga, and transform behaviors that impact your daily life.



Your Hosts

Andrea Carroll



Co-founder of Donveli, “Andi” is an accredited yoga instructor, ACE-certified personal trainer and fitness instructor with degrees in dance and strength training. She will lead instruction at the retreat.

Tracy Urban



Tracy is a military master fitness trainer and 23-year veteran with an MSW primarily working with veterans in a program she pioneered for the US military. She leads personal workshops for mental health, resiliency, and behavior change.

Danny Swanson



Danny is an entrepreneur in IT and co-founder of Just Wellness and founder of Just Yoga. He is accredited in yoga instruction and certified in breathwork and will lead instruction at the retreat.

Eddie Phanichkul



Eddie is an entrepreneur and co-founder of Just Wellness (as well as Lutema USA, Donveli, and Skrewball Whiskey – though no longer affiliated). He ensures guests have the best possible experience at the retreat.

Villa Valentin

Our central meeting space for wellness retreat activities and where a small number of VIP rooms are available!

Retreat Amenities

- Heated pool
- Private lounges
- Hosted smoothie bar
- Breakfast & lunch





VIP Stay at Villa Valentin

Perfect for couples, siblings, or besties!

- 6 VIP rooms available, 12 total VIP guests maximum
- 2 main house rooms with king beds (main house pictured bottom right)
- 2 pairs of casitas with a king bed each (4 casitas pictured top right, 4 beds total)

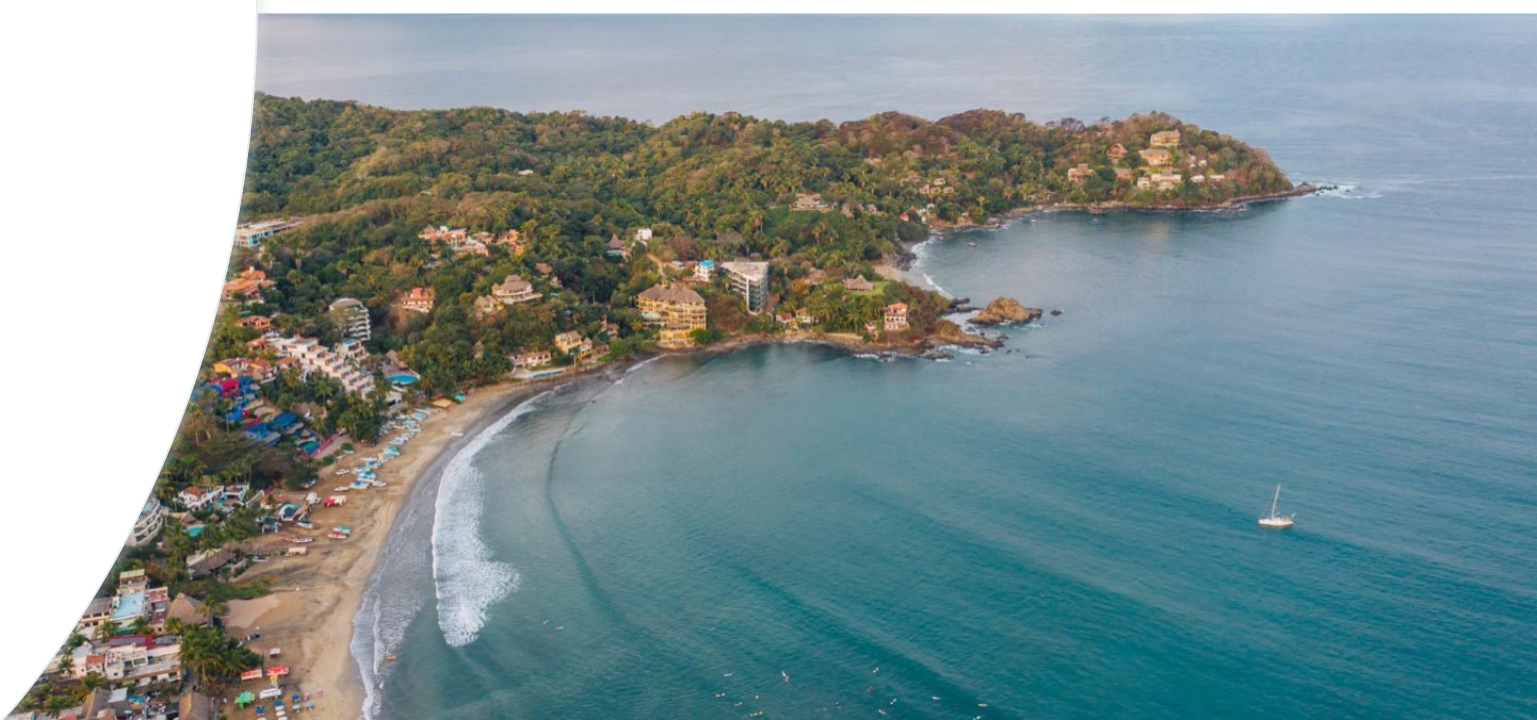
\$3,600 per room
(\$1,800 ea. for double occupancy)



Stay Downtown

- Boutique hotel
- Only a few minutes by golf cart or passenger vehicle to Villa Valentin
- Room & 2 meals per day included
- Vibrant village night life
- Local shopping and activities
- 12 Downtown guests max

\$1,800 per room
(\$1,400 ea. for double occupancy)



Retreat Activities



1 or 2 Yoga practices per day (mats & blocks provided)



Breathwork & meditation



Burnout prevention & mental health rejuvenation



Hiking & local excursions



Journaling & other workshops



Meals (Breakfast and Lunch)



Use of pool and grounds

Additionally included in your stay...

- Room & turndown service at Villa Valentin or hotel downtown
- Concierge service
- Roundtrip airport transfer and daily transfers to downtown
- Group adventures and local excursions
- Use of private pool and showers
- Wi-Fi connection at the Villa

Food & Beverage

- Reception Snacks & Drinks
- Daily Breakfast & Lunch
- Wrap-up Party & Dinner & Drinks
- Daytime Smoothie Service





What's Extra?

- **Flights**
- **Extras & Optional Services**
 - Golf carts (If you want to get around on your own)
 - Dinner & other meals
 - Travel Insurance
 - Optional laundry service
 - Additional spa services
 - Other adventures
 - Local staff gratuity



DISCOVER
SAYULITA



Booking & Tickets

You book your own flights, reserve your spot, then we take care of the rest!

- **Option 1:** Reserve via donveli.com for 15% discount for all retreat reservations before Dec 1.
– or –
40% discount for VIP rooms for *Donveli Wellness members* before Dec 1.
- **Option 2:** Reserve calling Eddie Phanichkul at (619) 857-2354 or email eddie@justwellness.com
- **Option 3:** Pay full price via wetravel.com, but pay non-refundable deposit & payments





Example Budgets

LUXURY VIP ROOM FOR 2 Total Budget \$4,300+ for 6 days/5 nights*

* VIP stay is priced per room, transfers, and 2 meals/day and beverages included; estimated price for flights used as example of total expenses; **Luxury villa room & retreat activities estimated \$360/person/night!**

** Guests responsible for all flights!

† Full price shown; friends & family may receive discounts



RT Flights to PVR est. \$350 (x2)**



\$3,600/room at Villa Valentin (For 2)†



Airport Transfer Included,
Daily Transfer Included



Breakfast & Lunches Included



House drinks & beverages included



Optional personal golf cart rental \$40/day



SOLO ADVENTURE

Total Budget \$1,750+ for 6 days/5 nights*

*Guest stay is priced for a shared room downtown, transfers, and 2 meals/day and beverages included; estimated price for flights used as example of total expenses; **A shared room & retreat activities estimated \$280/person/night!**

** Guests responsible for all flights!

† Full price shown; friends & family may receive discounts



RT Flights to PVR est. \$350



\$1,400 Downtown for a shared room†
\$1,800 Downtown for a single†



Airport Transfer Included, Daily Transfer Included



Breakfast & Lunches Included



House drinks & beverages included



Optional personal golf cart rental \$40/day



Cancelation & Refunds

All retreats include a \$600 non-refundable/non-transferable deposit, which is required to hold your spot on the trip. Any balance payments made are also non-refundable/non-transferable. Just Wellness can only make an exception to these terms if:

- The host government forbids us to visit as tourists.
- The host government forbids our vendors from hosting us as tourists.
- The US government forbids us to travel to the host country as tourists.

If Just Wellness must further postpone or cancel the trip for any of the above reasons, all registrants will receive a refund of all deposits paid less \$200.

If you refuse to comply with the laws of the host country, region, town, etc; Just Wellness will not consider this a valid reason for receiving any refund. Just Wellness will ensure to the best of their abilities that all registrants comply with all then current laws and regulations.

Registrants are personally responsible for complying to local laws, at their own expense. Such expenses may include, but are not limited to:

- Proving adequate vaccination status
- Providing a negative PCR test(s)
- Providing proof of adequate travel insurance



See you there!