



Mexico City Girls Trip October 29-November 4, 2026

If you're a curious, culturally minded woman who values meaningful experiences, beautiful places, art, tradition, celebration, and the vibrant energy of Mexico City, then join us for an unforgettable Día de los Muertos retreat in one of the most extraordinary cities in the world.

Together we'll wander colorful neighborhoods, explore centuries-old traditions, create our own altar, and experience the breathtaking celebration of Día de los Muertos. From the floating gardens of Xochimilco to the legendary parade along Paseo de la Reforma, the optional tour to Teotihuacan and a full day on your own for reflection or exploration, you will be immersed in the soul of this city.



www.journeysoftheheartwellness.com

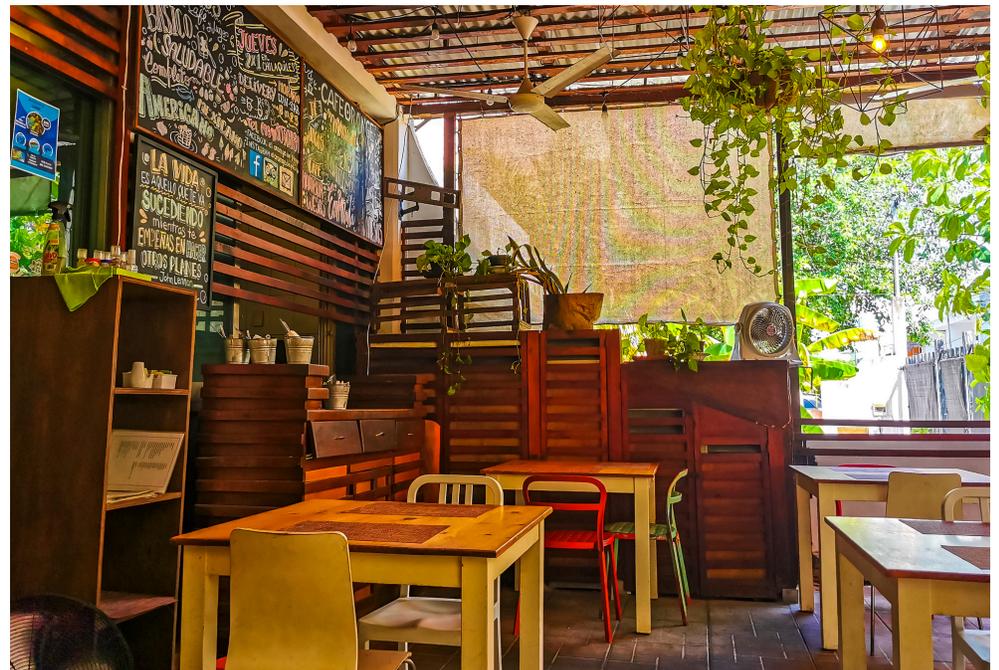




Imagine a morning stroll in the Roma Norte neighborhood where colorful artisan shops beckon and the cafés fill the air with the scent of coffee and warm Pan Dulce. Beautiful murals adorn the walls while music drifts from open doorways, ready to become your own personal playlist. This is the heart of Mexico City preparing to honor their loved ones and reminding everyone that remembrance can be joyful.

It truly is a feast for the senses.

You know it's going to be a day that stays with you forever.



Yes! Sign me up!



The **UNESCO World Heritage Site of Xochimilco** is an extensive lake and canal system that once connected most of the settlements in the valley. For a fun excursion, we will embark on colorful, gondola-like boats to explore the ancient waterways and the adventure will begin. Much like in Venice, a boat captain will use a tall pole to navigate the boat through the mist and the canals. What a unique and relaxing way to explore this historic site!



photo credit to Joseph Mitchley

Later that day we will be visiting the **Frida Kahlo Blue House Museum in Coyoacán**, also known as Casa Azul. It is one of the most interesting (and popular) things to do in Mexico City. The museum is much more than a collection of paintings. It's as if you are stepping into her world, complete with the garden she loved, the bed where she painted post-accident, and even her wardrobe. This isn't a traditional art museum. It's much more experiential and that's exactly the point.



Later that day, the streets of Coyoacán glow with the spirit of **Día de Muertos**. The plaza comes alive with flickering altars, marigold vendors calling from their stalls, and Mariachis filling the air with their song- as the aromas of Mexican cooking drift through the streets.

It's a celebration of life unfolding in every direction !



YES! Count me in!



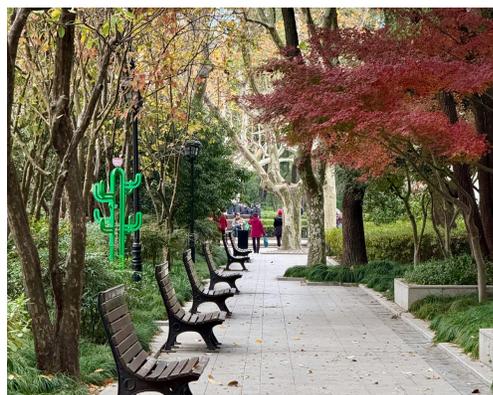
Día de los Muertos, at its heart, is a reminder that life — whether that of a loved one who has passed or our own — is fleeting and meant to be celebrated. This quintessential Mexican tradition blends remembrance with joy, honoring the departed through family, food, music, and vibrant ritual. During these sacred days, the veil between worlds grows thin, all are welcome, and no one is forgotten.

We'll be taking in the Dia de los Muertos parade along **Paseo de la Reforma**. Dazzling floats, dancing Catrinas and enormous puppets resembling Frida Kahlo and other famous figures from Mexico's historical and cultural past will march by spectators along the street.

After the parade, we step away from the energy of the crowd and into the leafy calm of **La Condesa**, where a private dinner awaits. This will be a special time to connect with others and reflect on the day's adventure.

The following days invite deeper exploration, including an optional visit to the ancient pyramids of **Teotihuacan**, followed by lunch at the famous **La Gruta**, and later our own Ancestral Remembrance Circle in our private urban oasis.

On our final day, you're free to explore on your own or join the group visiting the **National Museum of Anthropology** followed by a stroll through **Chapultepec Park**.



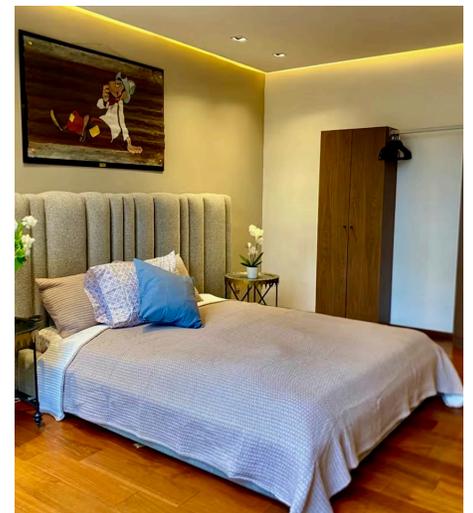


Our Casa

Welcome to our Urban Oasis — a spacious, beautifully curated private home designed to be both sanctuary and gathering place throughout your journey.

Nestled within the quiet yet vibrant Los Insurgentes neighborhood, this residence offers the perfect balance of comfort, warmth, and calm, giving you a cozy place to land after days filled with art, culture, and exploration.

Sunlit living spaces are perfect for casual conversions or quiet mornings. And the outdoor terraces provide room to relax, journal, or simply enjoy the scenery from the rooftop patio. In the evening, grab a towel and head to the private jacuzzi for soaking and sipping beneath the stars.



[Book online @www.journeysoftheheartwellness.com](http://www.journeysoftheheartwellness.com)



YOUR INVESTMENT INCLUDES:

- Six Nights Accomodation
- Somatic Breathwork Session
- Ofrenda/Altar Building Workshop
- Ancestral Remembrance Circle
- Xochimilco Garden Tour
- Frida Kahlo Museum & Anthropology Museum
- Coffee and Continental Breakfast Daily
- Three Dinners
- Transportation to/from Airport, Dia de los Muertos Parade and Other Pre-Planned Events

NOT INCLUDED:

- International airfare
- Some meals
- Travel Insurance—required for this trip
- Optional excursions

PRICING:

- King Bed Share or Double Beds: \$1850 per person
- Twin Beds: \$1750 p/p
- Single Room: \$2250
- Single Supplement for a Double Room: \$700

Optional add-on Adventure:

Add Teotihuacan tour with or without fly over balloon ride and lunch at La Gruta.

Call Leslie at 707-484-3836 with questions or book online at www.Journeysoftheheartwellness.com

