



- **Do you want to deepen your yoga practice and enhance your mental and physical wellbeing ?**
- **Are you looking to learn practical fitness and health strategies through expert-led workshops?**
- **Ready for a transformative retreat in Tulum that blends yoga with wellness insights?**

Then get ready to take your fitness to the next level, escape the chaos of daily life and rejuvenate in the serene beauty of the Yucatan with Jacob Manning. Break free from old habits and embrace positive change through Jacob's powerful daily yoga sessions, which combine strength, flexibility, and mindfulness. Enhance your physical and mental well-being with traditional healing ceremonies like cacao and temazcal, while enjoying the supportive energy of a like-minded community. This retreat is designed to help you push your physical limits, build lean muscle, and rediscover your inner calm.



**Book today @[www.Journeysoftheheartwellness.com](http://www.Journeysoftheheartwellness.com)**

**Contact Leslie for more info @707-484-3836**

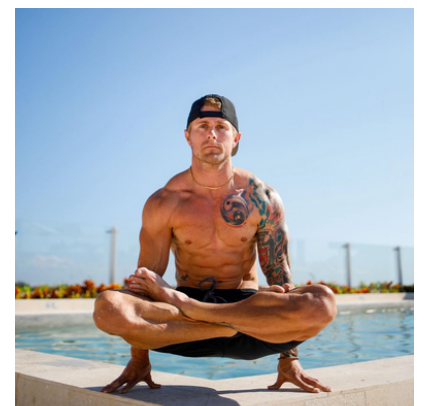


Build your inner resources and strengthen the mind body connection

**Daily Yoga Sessions:** Start and end your days with two invigorating yoga practices led by Jacob. These sessions blend strength, flexibility, and mindfulness to help you deepen your practice and achieve your fitness goals.

**Workshops on Fitness and Health:**

Participate in two in-depth workshops where Jacob shares his expertise in bodyweight training, nutrition, and overall wellness. These workshops will equip you with the tools to maintain a balanced, healthy lifestyle.





A lodge set in the caribbean jungle  
where wellness & serenity are the focus.

Casa Tulili is a captivating retreat center located in Dos Cenotes National Park in the heart of the Yucatán Peninsula. Surrounded by lush jungle and natural beauty, it offers a serene escape for relaxation and rejuvenation. Known for its eco-friendly rooms that blend rustic charm with modern comfort, Casa Tulili provides an ideal setting for building your physical and inner resources. So join us to experience tranquility and renewal in this enchanting environment.



## Powerful Workshops designed to build your resilience

These two dynamic workshops combine the fundamentals of handstands, arm balances, and standing postures. During the workshops you will learn how to properly stack your body for balance, build strength, and refine your technique. We'll cover entering, holding, and exiting handstands, as well as perfecting leg rotations and alignment in standing poses. Whether you're a beginner or more advanced, this workshop will challenge and empower you to elevate your yoga practice, enhancing both balance and body awareness.



Pricing  
per Person  
\$2500 Single  
\$2100 Double  
\$1800 Triple



## What's Included

- 6 Nights accommodations Casa Tulili based on single, double, or triple occupancy
- 5 Yoga sessions led by Jacob Manning
- 2 Fitness workshops facilitated by Jacob
- Temezcal Ceremony, Cacao Ceremony, Sound Bath
- All meals prepared by a private chef
- Discounted training and meal plans pre and post retreat with Jacob Manning Yoga.
- Round-trip transfer from Cancun Airport on scheduled days and times

May 18th-23rd  
2025  
Call Leslie  
for more info @  
707-484-3836

## The Fine Print

- Deposit of \$500 per person to reserve
- Full payment due by Feb. 28th 2025
- All payments are non refundable
- Payment methods include: Venmo, Credit Cards, Checks or Cash

## Not Included

- International flights
- Mandatory travel insurance
- 1 dinner and any other off-site meals
- Optional Massages and excursions
- Gratuities for staff

**Book online and deposit today**  
**@journeysoftheheartwellness.com**



## Meet Jacob

Born and raised in Healdsburg, California, Jacob has always been passionate about fitness. From football and wrestling to baseball and, eventually, yoga, staying active has been a central part of his life. Jacob believes that yoga is the key to maintaining both physical and mental health. He brings a sincere yet professional approach to teaching, practicing various styles, including Ashtanga, Iyengar, Hatha, and Vinyasa. Jacob's hope is that his clients can discover the inner peace he has found through the art of yoga.

## Meet Leslie



Leslie, the owner and founder of Journeys of the Heart Wellness Retreats, is a seasoned Travel Advisor who believes that travel should be a soul-stirring adventure with a lasting impact. She curates transformative journeys that focus on balance and self-care. Residing in Healdsburg, CA, Leslie will serve as your retreat facilitator and coordinator, ensuring that every detail is meticulously handled so you can fully immerse yourself in the experience.

