

If you've been moving through life at full speed — always **giving**, **doing**, and **holding it all together** — this retreat is your invitation to **pause**, **soften**, and reconnect with your authentic self.

Grounded in The Four Agreements by Don Miguel Ruiz, this retreat experience will teach you to:

Speak to yourself with more **kindness Let go** of the weight of others' expectations **Release** assumptions that create stress and self-doubt **Show up with love & balance** rather than pressure or burnout

You'll return home with simple, yet powerful tools to live with more clarity, ease, and inner freedom everyday of your life.

Does Any of This Feel Familiar?

You're exhausted from constantly giving to everyone but yourself
You feel like you've lost connection to your own voice and intuition
You're stuck in patterns of people-pleasing, perfectionism, and hustle culture
You long for stillness and clarity, but can't find time or space to slow down
You crave community, reflection, and deep transformation, not just another vacation



Now, imagine this:

You wake to birdsong and the soft rustle of palm leaves, cradled in the stillness of the Mayan jungle. The air is warm, the pace unhurried, and for once, there's nothing you need to do but simply be.

Your day begins with gentle yoga as the sun rises over the canopy, followed by a nourishing breakfast prepared with fresh, local ingredients. Later, you slip into the cool, crystalline waters of a nearby cenote, letting nature cleanse and restore you from the inside out.

With the scent of copal in the air and your body softened by massage, you're gently guided inward, beginning a soul-deep journey through The Four Agreements by Don Miguel Ruiz.

By embracing and practicing these timeless Toltec teachings, you invite them to become your inner compass, guiding you toward a life of clarity, freedom, and authentic peace.



Step into this soul-nourishing retreat guided by **The Four Agreements** by Don Miguel Ruiz, a powerful code of conduct based on ancient Toltec wisdom that will lead you to living life with greater freedom, joy, and love.

Held in the heart of the Mayan jungle, this retreat invites you to reconnect through guided discussions, daily journal prompts, personal reflection, and group connection. In a **substance-free setting**, you'll explore life-changing principles designed to help you release old patterns and return to your truth with these 4 agreements:

Be Impeccable With Your Word Don't Take Anything Personally Don't Make Assumptions Always do your best











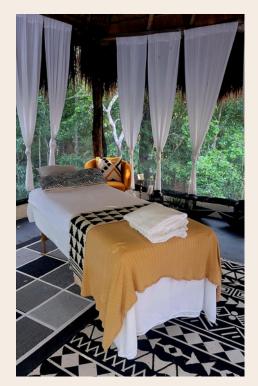
Casa Tulili: A Soul Sanctuary in the Mayan Jungle

Nestled in the heart of the Yucatán Peninsula, Casa Tulili offers a sanctuary for your whole being. Sustainably powered and intentionally designed, it's a place to reset, where the mind quiets, the body softens, and the soul speaks.

You'll enjoy:

- Organic meals lovingly prepared by private chefs, using fresh, seasonal ingredients. Every dish is grounding, flavorful, and made with intention.
- Nine spacious bedrooms and private baths,
- The perfect balance of solitude and community

Come as you are. Leave lighter, nourished, and more deeply connected.





BOOK NOW





Why This Retreat?

Reviews from previous Tulum Retreat participants





I've never stayed at a place and felt so cared for - food was amazing and prepared with generosity, love and such thoughtful consideration of dietary concerns. Drea and staff were truly amazing! Leslie is a true leader and masterfully planned this amazing trip of a lifetime. I am forever grateful.

Heather B

This is my second retreat with Journeys of the Heart. I highly recommend a retreat with Leslie. It was a chance to connect with like-minded women while visiting a country I did not know much about- this was truly a wellness retreat.

-Monica B

The Tulum experience was a wonderful trip into the magical jungle of the Yucatan. We were 14 strangers on day one and left as sisters. I cannot wait to return!

-Jennifer A

The Tulum Retreat was an ideal balance between reflection, yoga, massage and outside activities. This retreat was so well organized and great care was taken in its preparation. This is the first of Leslie's retreats I have taken but it won't be my last!

-Jeanne M







Pricing per Person:

\$2250 Single Suite
\$1900 Double Room
\$1675 Triple Room



Whats Included:

- Welcome Cacao ceremony conducted by a local Shaman
- Six nights accommodations at Casa Tulili with single suite, double, or triple room options
- Morning Yoga sessions (except on day of Ruins/Cenote Excursion)
- Temezcal ceremony a mystical local ceremony that purifies inside and out
- Six delicious sunset dinners, five healthy mid-day snacks and six satisfying breakfasts
- Sacred guided healing circles with journal prompts based on The Four Agreements
- Reflections and closing bonfire
- Transportation to/from Cancun Airport (March 22 and 28 @designated times only)
- Special Journeys of the Heart gift bag



Not included in price:

- Transportation to/from your home to Cancun Airport
- Travel insurance (strongly recommended)
- Massages or individual treatments or services
- Optional Tulum Ruins with Cenote excursion
- Gratuities for Casa Tulili staff and transportation drivers

The Fine Print-

- Deposit of \$500 and a registration form reserves your spot
- Travel Insurance Strongly recommended
- Full payment due by Feb. 1, 2026
- All payments are non refundable and non transferable
- Payment methods are Zelle, Credit Cards, Checks or Cash
- Payment plans available upon request and with prior approval
- All terms as listed at@journeysoftheheartwellness.com

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www.Journeysoftheheartwellness.com

For more info: la.weaver@comcast.net or call Leslie Weaver 707-484-3836

Your Hosts -

This will be the second retreat that Linda and Leslie are leading together. Like-minded and deeply connected in their approach, they found the experience of their first retreat to be profoundly rewarding. The synergy between them created a powerful space for transformation, and both are passionate about continuing to guide women on their healing journeys.



Meet Leslie

As the owner and founder of Journeys of the Heart Wellness Retreats and Adventures, Leslie believes that travel should be more than just the destination-it should be a soul stirring adventure that lives on in you forever. Guiding clients around the world she curates her transformative journeys for clients focused on exploring culture, finding balance and embracing self care.

A certified YTT 200 Yoga practitioner and licensed, bonded, and trusted Travel Advisor with more than 30 years experience, she is eager to share the world with you.

Meet Linda

Linda is a licensed therapist and spiritual seeker who has been teaching The Four Agreements for over a decade. With a deep belief in the power of self-inquiry and personal transformation, Linda integrates ancient wisdom with modern therapeutic practices to guide others toward healing and wholeness. She views travel as life's greatest teacher and brings the heart of an adventurer to every journey—both inward and outward.



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