



*Adventure
awaits*



Amansala

OPEN YOUR HEART. OPEN YOUR MIND

December 8th-15th, 2024

LIMITED SPOTS AVAILABLE



THE
WONDER
WOMEN



Intelligent fitness for Women

RETREAT IN TULUM



THE
WONDER
WOMEN

Luxury Rooms

BEACHFRONT

Our best category of rooms, facing directly to the sea with a large terrace, great view



FROM USD 858.57 PER NIGHT

SUPERIOR STEPS TO SEA

Not right on the beach but just steps to the sea. Lovely, extra nice rooms with king bed, bright and airy



FROM USD 758.57 PER NIGHT

STEP TO SEA DBL YOGA/ FITNESS RETREATS

Just steps to the sea with 2 queen beds



FROM USD 543.57 PER NIGHT

RETREAT IN TULUM



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WOMEN

Luxury Rooms

GARDEN

Charming, bright room facing the garden towards the back of the property



FROM USD 628.57 PER NIGHT

SUPER SIMPLE

Simple and small, located at the back of the property. Great if you are on a budget but still want to stay at the beach.



FROM USD 578.57 PER NIGHT

BEACHFRONT YOGA/ FITNESS RETREATS

Spacious and airy modern room with a beautiful terrace and ocean views.



FROM USD 578.57 PER NIGHT

RETREAT IN TULUM



Luxury Rooms

STEPS TO SEA

Not right on the beach but just steps to the sea. Lovely room with king bed, bright and airy



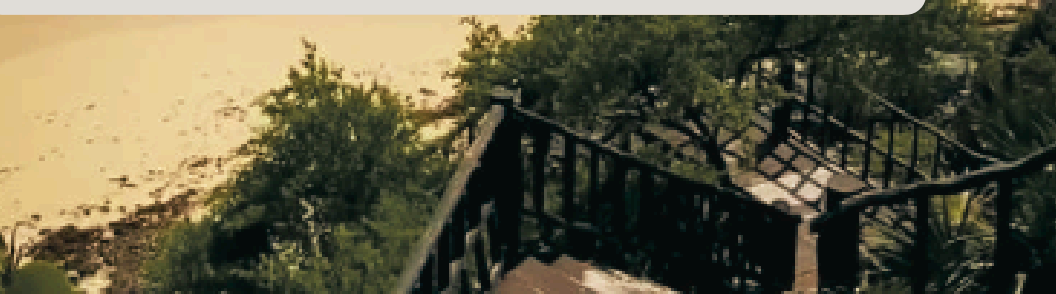
FROM USD 673.57 PER NIGHT

LARGE ROOM WITH THREE BEDS

A spacious room with three beds in an open floor plan. Perfect for a group of friends or family. Not directly on the beach but steps to the sea.



SOLD OUT!!



Have questions about booking?

Contact Jorge at retreats@amansala.com

Booking Link: [Book Your Spot Now](#)

RETREAT IN TULUM



Please join us for a week of deep introspection, mindset workshops, yoga, training, and plenty of relaxation on the famous beaches of Tulum with JJ, Joan, and Michelle.



MAYAN CLAY



YOGA



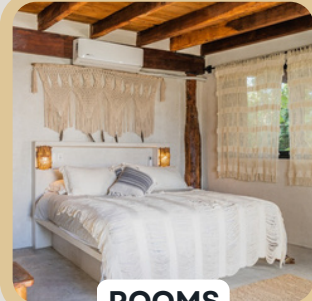
COMMUNITY



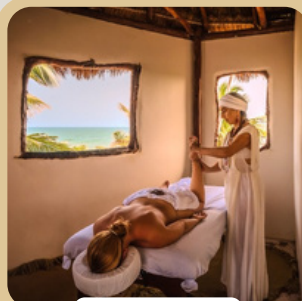
BEACH TIME



WORKSHOPS



ROOMS



MASSAGE



TRAINING



A LA CARTE

OPEN YOUR HEART. OPEN YOUR MIND. TRUST YOUR FEARLESS LEADERS TO GUIDE YOU THROUGH THIS TRANSFORMATIVE WEEK. + HEALING + EMPOWERMENT + FREEDOM + RESET + CONNECT

RETREAT IN TULUM



What's Included

- **Relaxing Massage** - Enjoy a relaxing massage by trained therapists at the Amansala Spa.
- **Mayan Clay Ritual** - Cleanse and release with this therapeutic and fun experience on the beach!
- **Salsa Dancing** - Learn the basic steps of Salsa dancing - a fun and engaging activity!
- **Yoga Classes** - Participate in yoga classes tailored for athletes, focusing on opening up the shoulders and hips, and building both balance and integrity through the body.
- **Morning Meditation and Walk** - Join in on this morning ritual and end the year on solid footing with early morning meditation and a walk.
- **Training Workshops** - Engage in a semi-private training session with JJ and Michelle. You will be assigned to a group of 3 with people at your ability level. Classes are 90 minutes long.
- **Mindset, Nutrition, and Training Workshops** - Participate in workshops led by Michelle and her staff focusing on mindset, nutrition, training, and posing.
- **Leisure Time** - Enjoy plenty of time to connect with others, relax with a book, or wander the beach road and do some shopping.
- **Meals** - Enjoy 3 meals per day from [a curated menu](#) featuring fresh, locally sourced cuisine focused on muscle building.
- **Daily protein shake included.**

And so much more!



RETREAT IN TULUM



THE
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WOMEN

What's Not Included

FLIGHTS NOT INCLUDED

- **Transportation to and from the airport/hotel:**
 - We recommend this car service: +52 55 9225 2233 Muvon
 - Car services can be split
 - Rental car options are available at \$30-40/day
 - Shuttle service with Amansala can also be arranged. We'd be happy to help, but there is a fee.
- **Dinner for one night:**
 - There are many incredible restaurants to explore, and we know people will want to try new places. Our staff will help anyone that needs to make a booking.
 - For the rest of the retreat, we have a special à la carte menu – 3 meals per day for the full days, as well as a protein shake, so our guests will easily be able to get their protein.
- **WhatsApp Chat:**
 - We will create a WhatsApp chat to help people connect.



**RETREAT
IN TULUM**



THE
**WONDER
WOMEN**

Relaxation Awaits!

Amansala
beachclub

[Book Your Retreat Here!](#)



THE
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WOMEN**