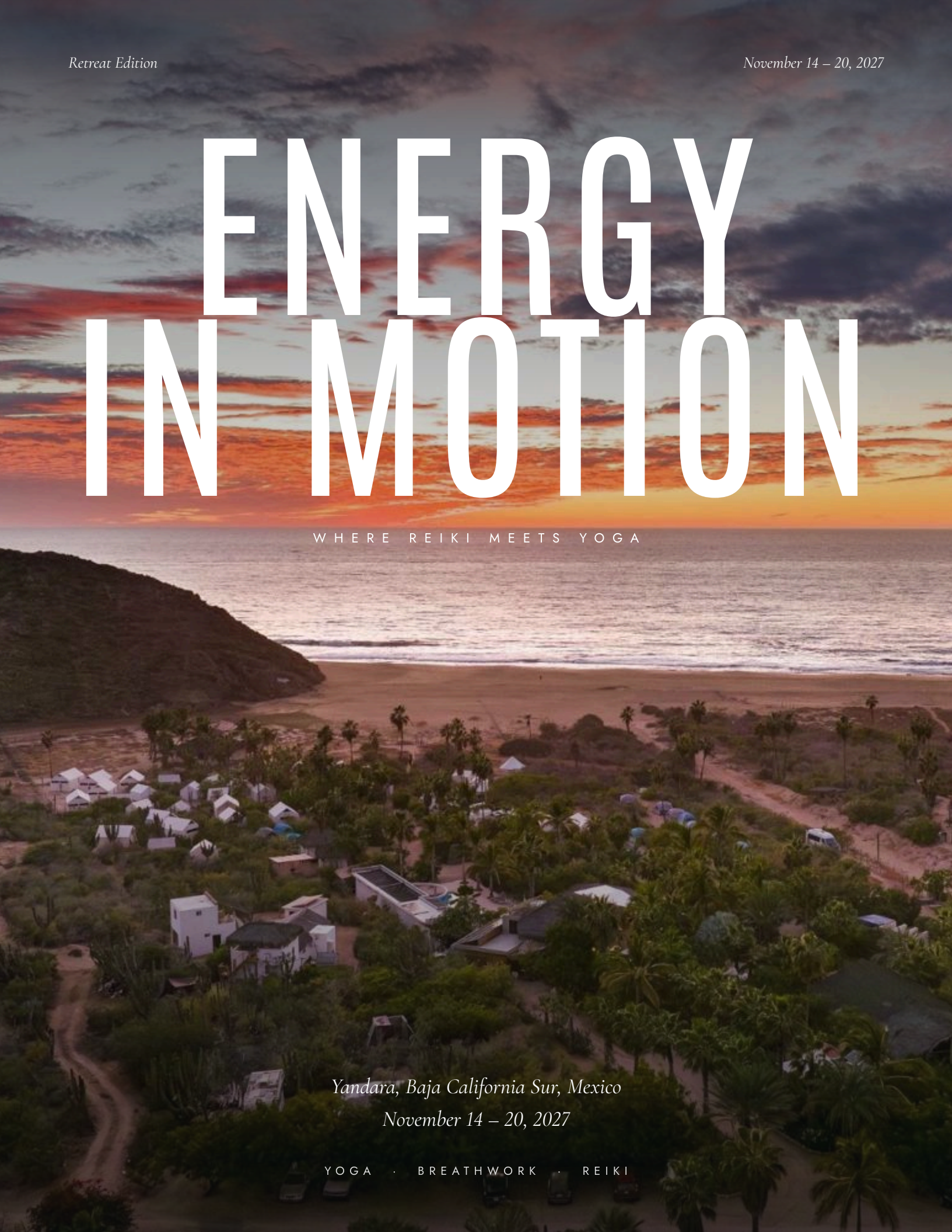


Retreat Edition

November 14 – 20, 2027

ENERGY IN MOTION

WHERE REIKI MEETS YOGA

Yandara, Baja California Sur, Mexico

November 14 – 20, 2027

YOGA · BREATHWORK · REIKI



THE EXPERIENCE

The Experience.

An invitation to reconnect with the Mind, Body & Soul.

Because the soul inhabits the body. The body carries our emotions. And the mind needs space to breathe, soften, and make sense of things to eventually surrender. Surrender into your fullness. The self you are when you aren't busy or being bombarded with life.

This is an invitation to turn inward and to come back to the fullness of who you truly are. To reconnect with yourself through movement, stillness, ritual, reflection, connection and elements. To quiet the mind long enough to hear.

This is an offering of a journey into your inner world and to explore the wisdom of your body through Yoga, Breathwork and Reiki.



WHAT'S IN YOUR WEEK

Included.

01 7 days, 6 nights
at Yandara

02 3 nourishing meals per day

03 Shuttle to and from SJD airport

04 2 yoga classes per day
with Megan

05 Daily meditation and Reiki
with Karissa

06 Individual card reading
1 session with Karissa

07 Apothecary workshop

08 Paint the Soul workshop

09 Soul Kits on arrival
A bag full of goodies to begin your week, including many hand crafted items

10 A guided beach hike

11 Afternoon trip to Todos Santos

12 Two beach bonfires
with ceremony



ALSO INCLUDED

Before & Aftercare.

Your journey begins before you arrive.

01 Before

Before the retreat, you'll receive guided breathwork and meditation recordings to help you slow down, turn inward and prepare for the experience ahead.

02 Aftercare

Aftercare is just as important. Through post retreat integration calls, we'll continue to hold space for you as you reflect, process and integrate your experience, bringing what you've discovered into your everyday life.

YOUR GUIDES

Your Hosts.

Two guides, one week



Karissa Shemonichek

REIKI MASTER · MEDITATION

A Reiki Master, teacher, and intuitive energy practitioner with nearly a decade of experience working with the subtle energy bodies and their influence on our everyday lives. With an innate gift for seeing beyond the surface, Karissa blends intuitive sight with energy work to recognize energetic blockages and hold loving space for healing and transformation. Her approach is rooted in compassion and the belief that healing is not about becoming someone new, but reconnecting with the wisdom, authenticity, and wholeness already within you.



Megan Wade

YOGA INSTRUCTOR · ICU NURSE

I am a yoga instructor and ICU nurse who has spent many years witnessing how the body holds stress, and how it can learn to let go. I create a space to slow down, soften, breathe, and reconnect with the body.

Let's move together and, along the way, find a few more tools to slow down and reconnect with the deepest, most still parts of yourself. The parts that may have been quiet for far too long.



THE PLACE

Why Yandara?

We chose Yandara because of the magic it holds. The way it allows you to step away from the hustle and bustle of everyday life and truly ground yourself. The way it nourishes your body with fresh, local ingredients. The way you can shower under the stars after a day of journeying inward.

The work can feel big at times, as we tap into what's present in the nervous system and the energy body. But there's something about being immersed in nature that allows the teachings to truly land and grow deeper roots within you.

You can walk barefoot from Yoga to the ocean. You can gaze at the stars untouched by light pollution. You can wake to the sound of waves all around you. This is the essence of Yandara, and we can't wait to share this experience with you.

Not just an immersive Baja experience, but an immersive experience of self.

A GENTLE NOTE

Yandara is an alcohol- and drug-free retreat centre. This offers us an opportunity to step away from external influences and fully immerse ourselves in the experience, cultivating deeper presence, connection, and integration throughout our time together.

THE RHYTHM

A Day at the Retreat.

7:30 – 9:00 AM	Meditation + Vinyasa Yoga
9:00 – 10:00 AM	Breakfast
10:00 AM – 2:00 PM	Spacious Free Time + Lunch
2:00 – 4:00 PM	Group Sessions + Workshops
6:00 – 7:30 PM	Supper
8:00 – 9:00 PM	Yin Yoga + Meditation





ACCOMMODATION 01 OF 03

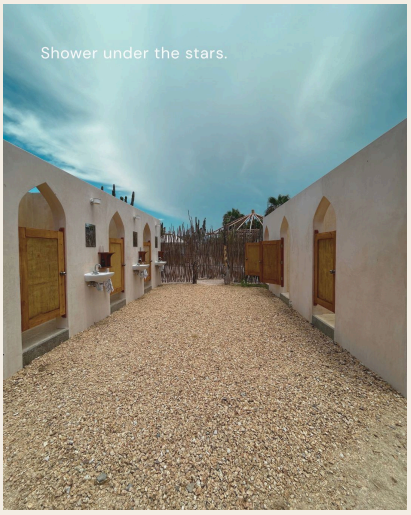
The Canvas Tent.

With shared bathrooms

SINGLE OCCUPANCY

$2,100 USD

Fall asleep to the sound of the waves in one of Yandara's three types of deluxe accommodations. Each accommodation comes equipped with quality bedding, electricity and storage for clothing.

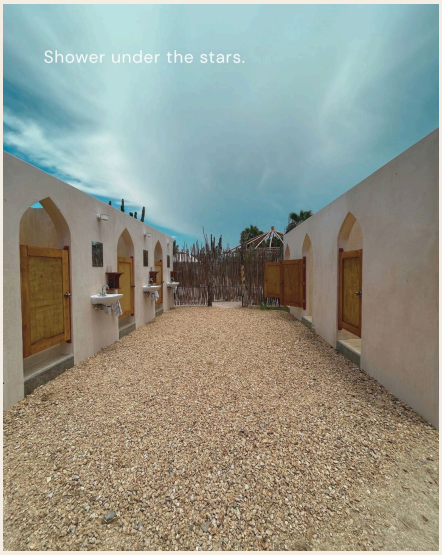


SHARED BATHROOMS

A $500 USD deposit secures your spot.

Payment plans are available.





SHARED BATHROOMS

ACCOMMODATION 02 OF 03

The Glamping Cabana.

With shared bathrooms

SINGLE OCCUPANCY	$2,350 USD
DOUBLE OCCUPANCY	$2,100 USD

Fall asleep to the sound of the waves in one of Yandara's three types of deluxe accommodations. Each accommodation comes equipped with quality bedding, electricity and storage for clothing.

A $500 USD deposit secures your spot.

Payment plans are available.





ACCOMMODATION 03 OF 03

The Glamping Cabana.

With bathroom

SINGLE OCCUPANCY	$2,700 USD
DOUBLE OCCUPANCY	$2,350 USD

Fall asleep to the sound of the waves in one of Yandara's three types of deluxe accommodations. Each accommodation comes equipped with quality bedding, electricity and storage for clothing.

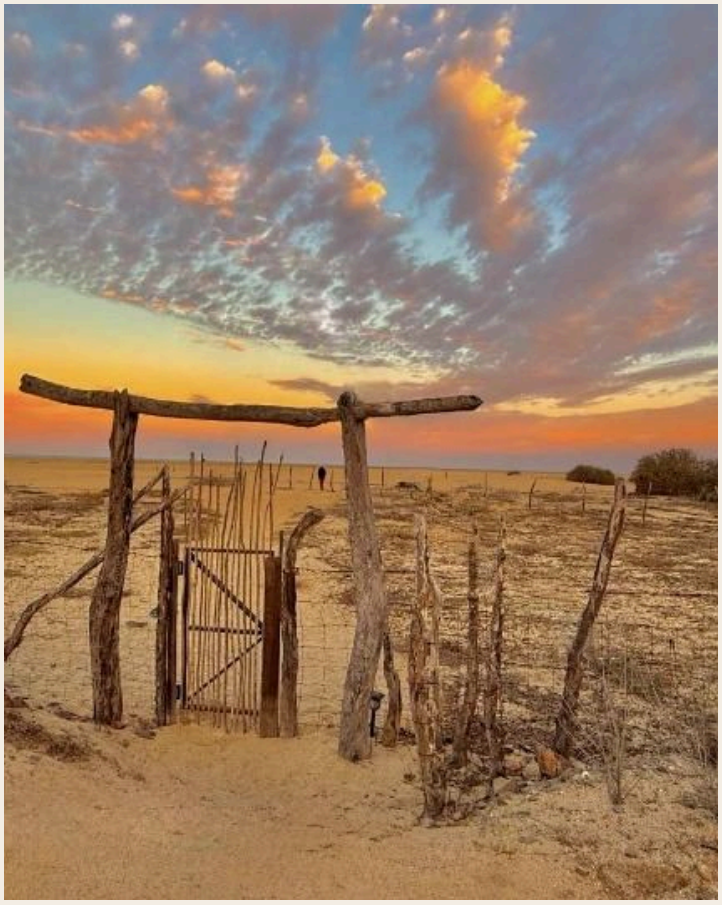
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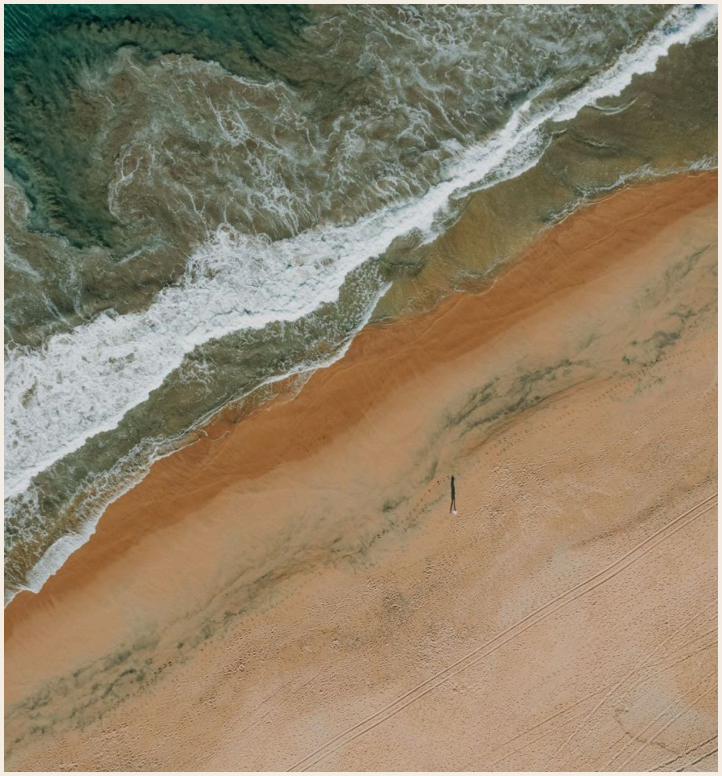
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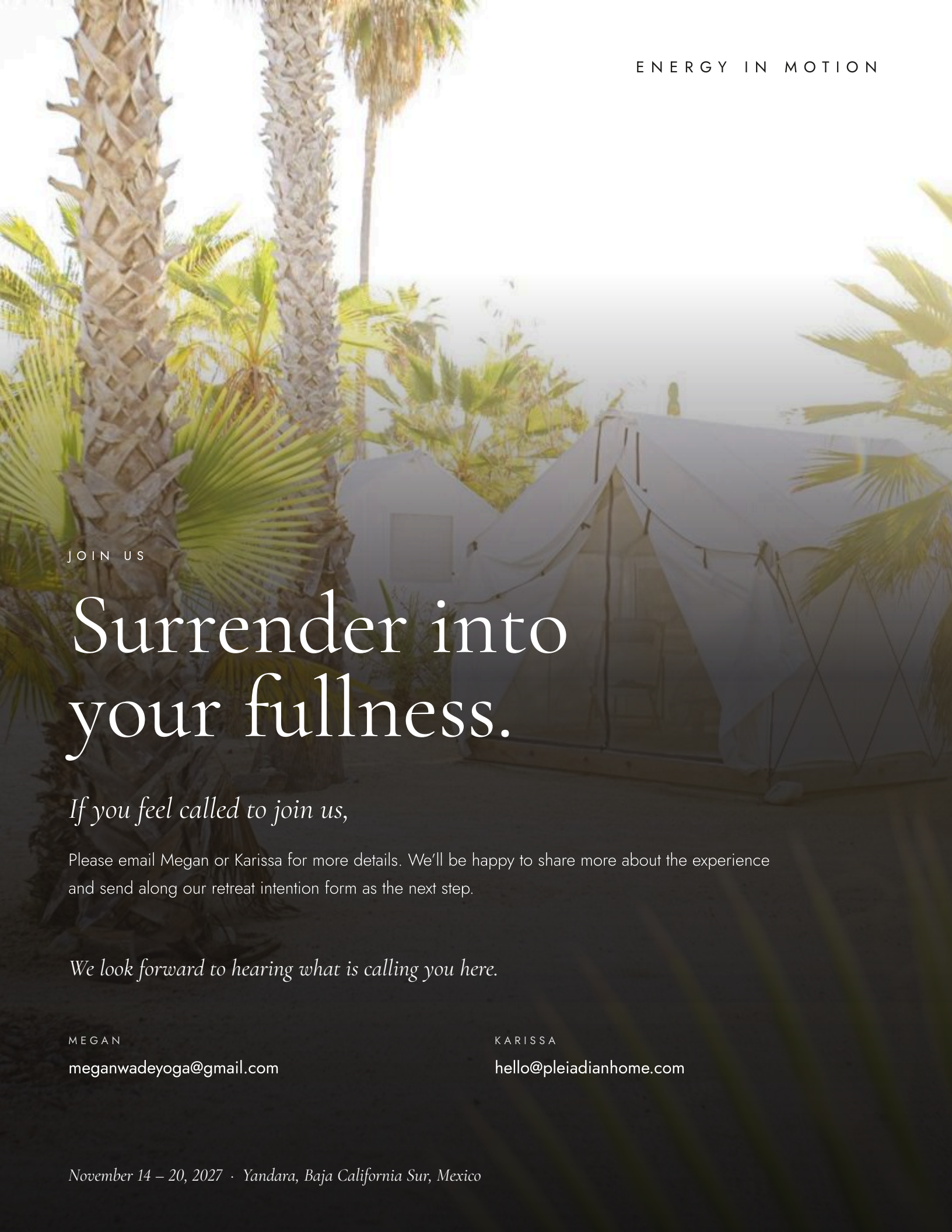
Rediscover yourself.

YANDARA, BAJA CALIFORNIA SUR









JOIN US

Surrender into your fullness.

If you feel called to join us,

Please email Megan or Karissa for more details. We'll be happy to share more about the experience and send along our retreat intention form as the next step.

We look forward to hearing what is calling you here.

MEGAN
meganwadeyoga@gmail.com

KARISSA
hello@pleiadianhome.com

November 14 – 20, 2027 · Yandara, Baja California Sur, Mexico