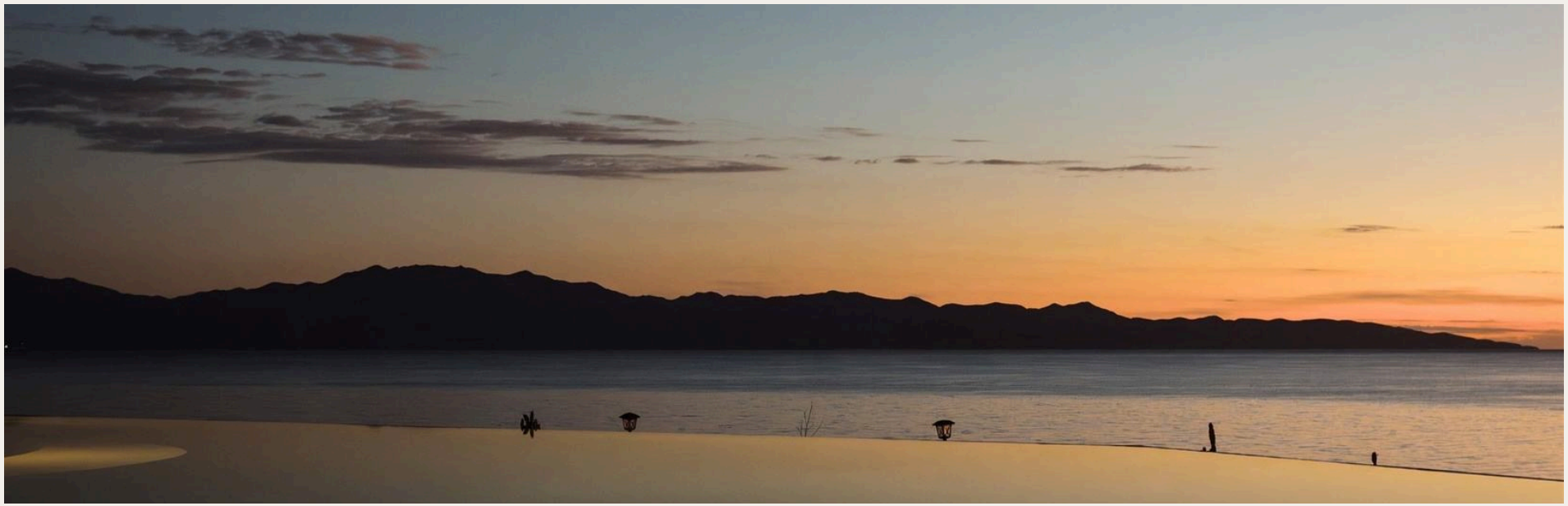
THE SLOW RESET

A LUXURY WELLNESS RETREAT

WHERE YOU CHOOSE YOUR WELLNESS,
AT YOUR OWN PACE.

La Ventana, Baja California Sur, Mexico
October 29 – November 4, 2027



The Experience.

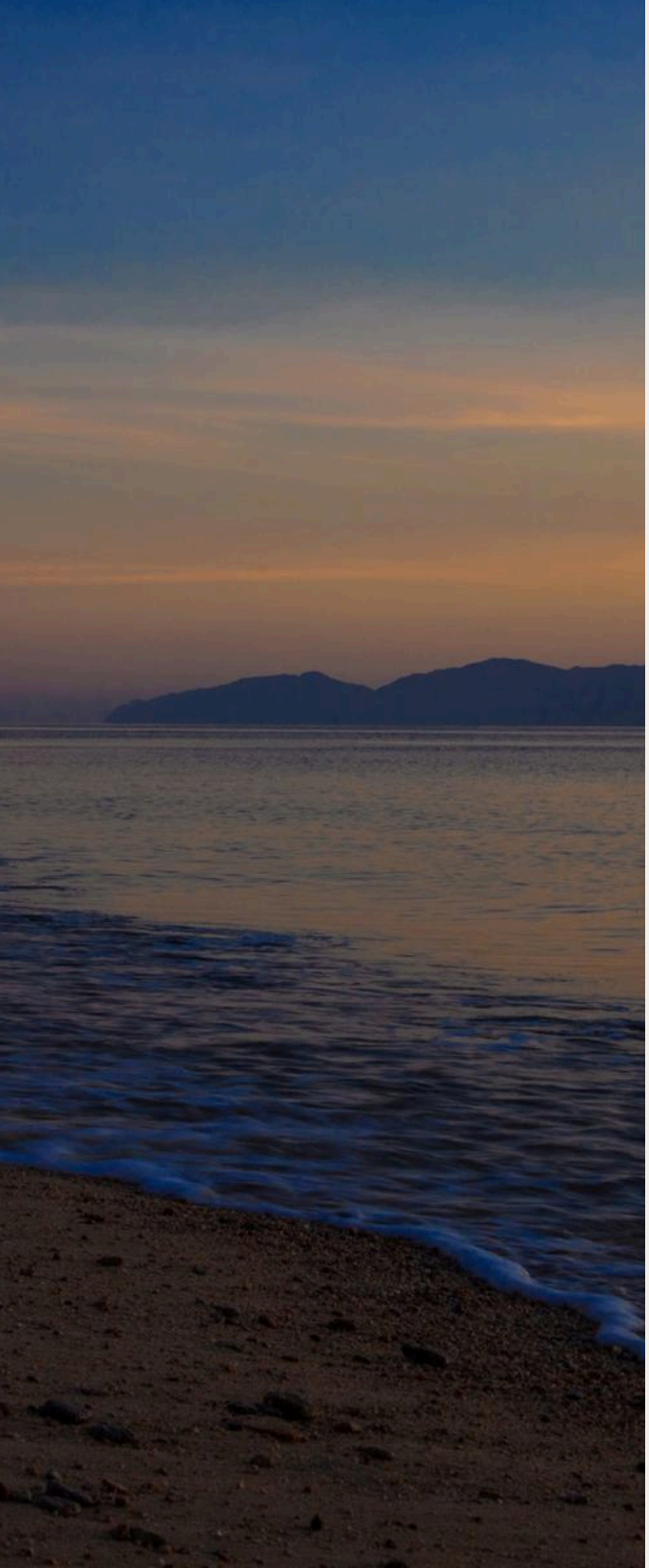
In a world that is always asking for more, gift yourself a week to slow down and reset.

A week of wellness including meditation, yoga, breathwork, and more. Where you get to choose what wellness means to you.

CASA TARA RETREATS

The yoga hall, La Ventana, Baja California Sur





WHAT'S IN YOUR WEEK

Included.

01 **7 days, 6 nights**
at Casa Tara Retreats

02 **3 nourishing meals a day**
with fresh local ingredients

03 **2 yoga classes per day**

04 **Daily breathwork & meditation**

05 **The Art of Slowing Down**
A yoga therapy workshop

06 **A Moment to Create**
A painting workshop

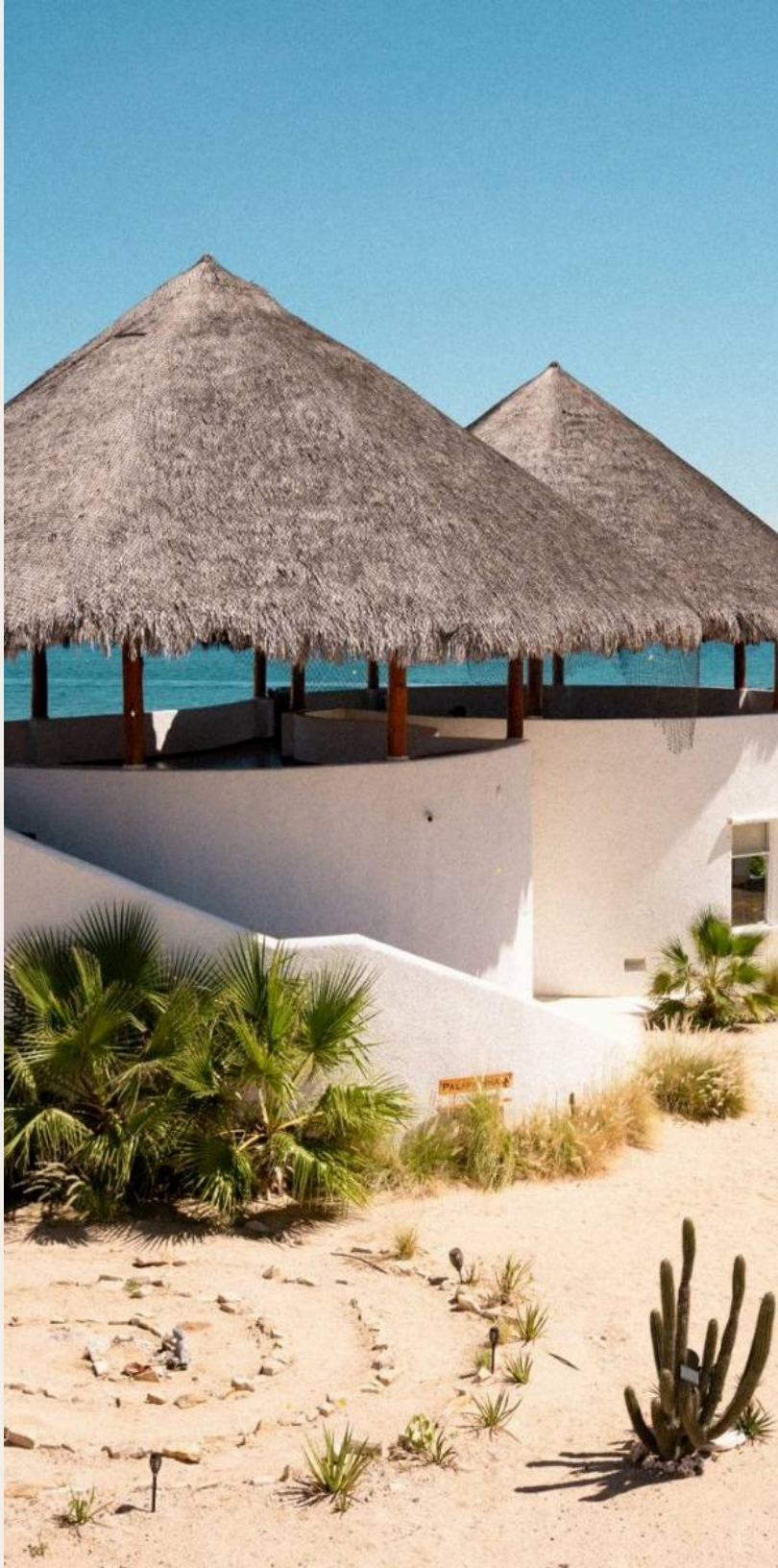
07 **Temazcal**
A traditional sweat ceremony

08 **Reset Kits on arrival**
A curated collection of goodies to help you begin your reset

09 **Airport transportation**
To and from SJD airport

A Day at the Retreat.

7:30 – 9:00 AM	Morning Meditation + Yoga Practice
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	Breathwork + Yin Yoga



Your Hosts.

THREE GUIDES · ONE SLOW WEEK



i.

Elise Ure

YOGA THERAPY & PHILOSOPHY

Elise is a passionate fitness and movement professional who holds a Master of Yoga therapy and Philosophy along with several other fitness certifications. Elise believes that moving our bodies is a true, therapeutic and holistic way of healing. Movement brings us joy, freedom of expression and offers a pathway way to allow the human body to begin to heal, in its own natural environment.

"Let us Turn Intentions into Actions ... One breath at a Time."



ii.

Lisa Bowes

ASHTANGA · HATHA · YIN

I teach and practice various styles of Yoga, Ashtanga, Hatha and Yin and love all styles but most importantly I will always teach and lead with the heart in all of my classes.

Creating a space in our minds and bodies through breathwork and alignment and sharing my passion for both fitness and yoga to bring others back home to their bodies to move, feel and create truly lights me up.



iii.

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.



YOUR PLACE

Investment.

TRIPLE OCCUPANCY

$2,999

CAD per person

DOUBLE OCCUPANCY

$3,399

CAD per person

SINGLE OCCUPANCY

$4,399

CAD per person

To book or for more details, email **meganwadeyoga@gmail.com**



WHERE YOU'LL REST

Accommodations.

Stay in the Classic Villas at Casa Tara Retreats.

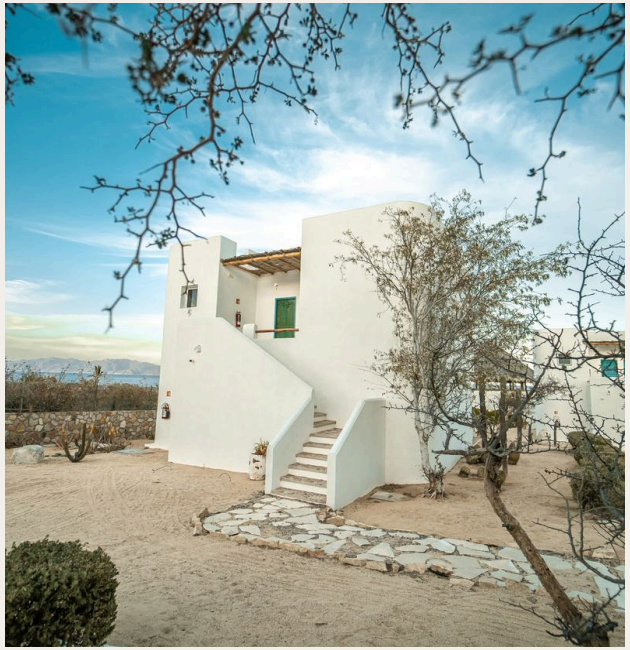
Spacious interiors, serene comfort, and timeless elegance. A beautiful place to rest and take in the magic of Baja.

Rooms range from full ocean view to partial ocean view and garden view, and are assigned in the order bookings are received.

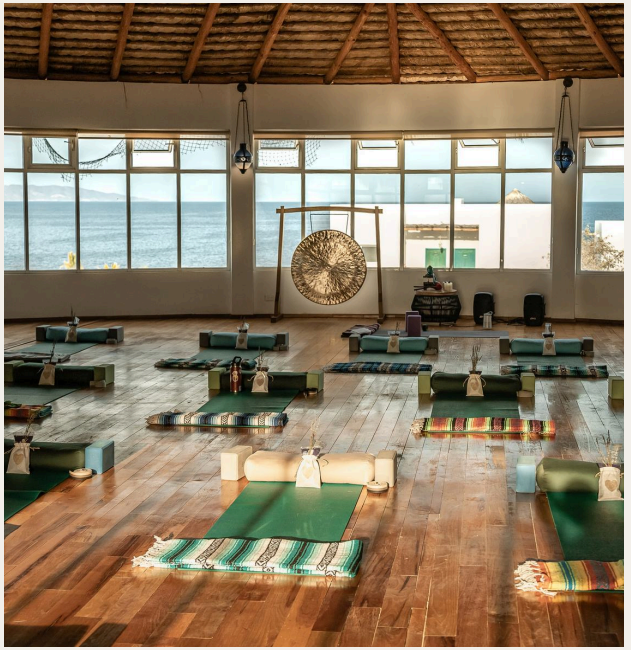


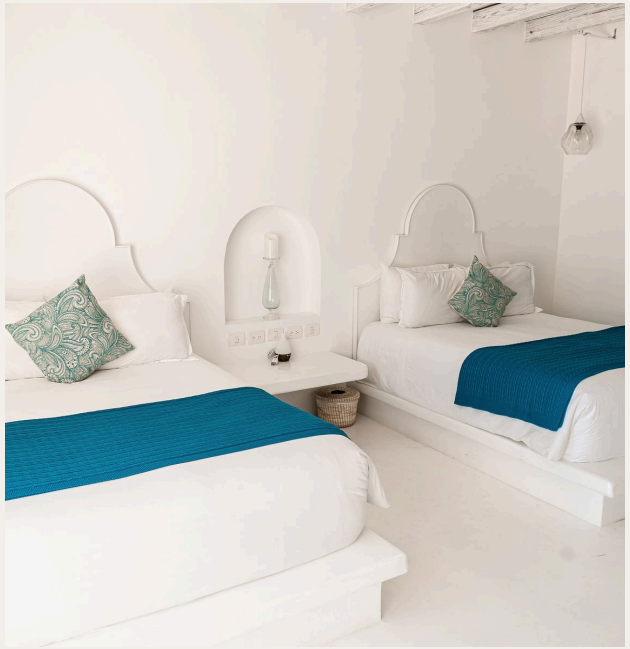
Casa Tara Retreats

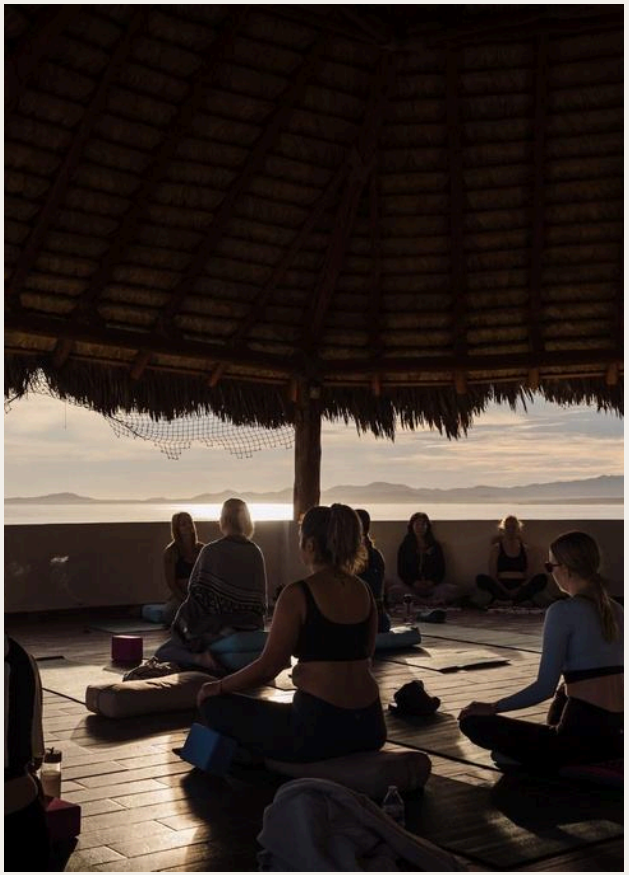
LA VENTANA, BAJA CALIFORNIA SUR, MEXICO

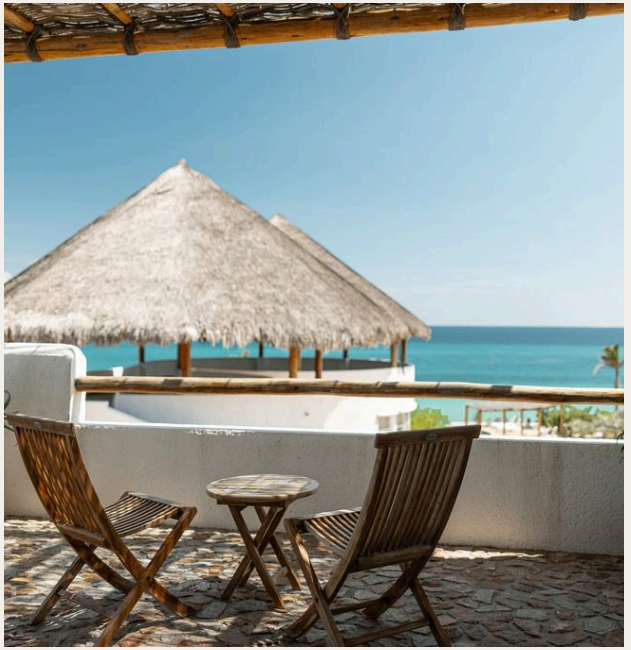












Nourish & Wander

LA VENTANA, BAJA CALIFORNIA SUR, MEXICO

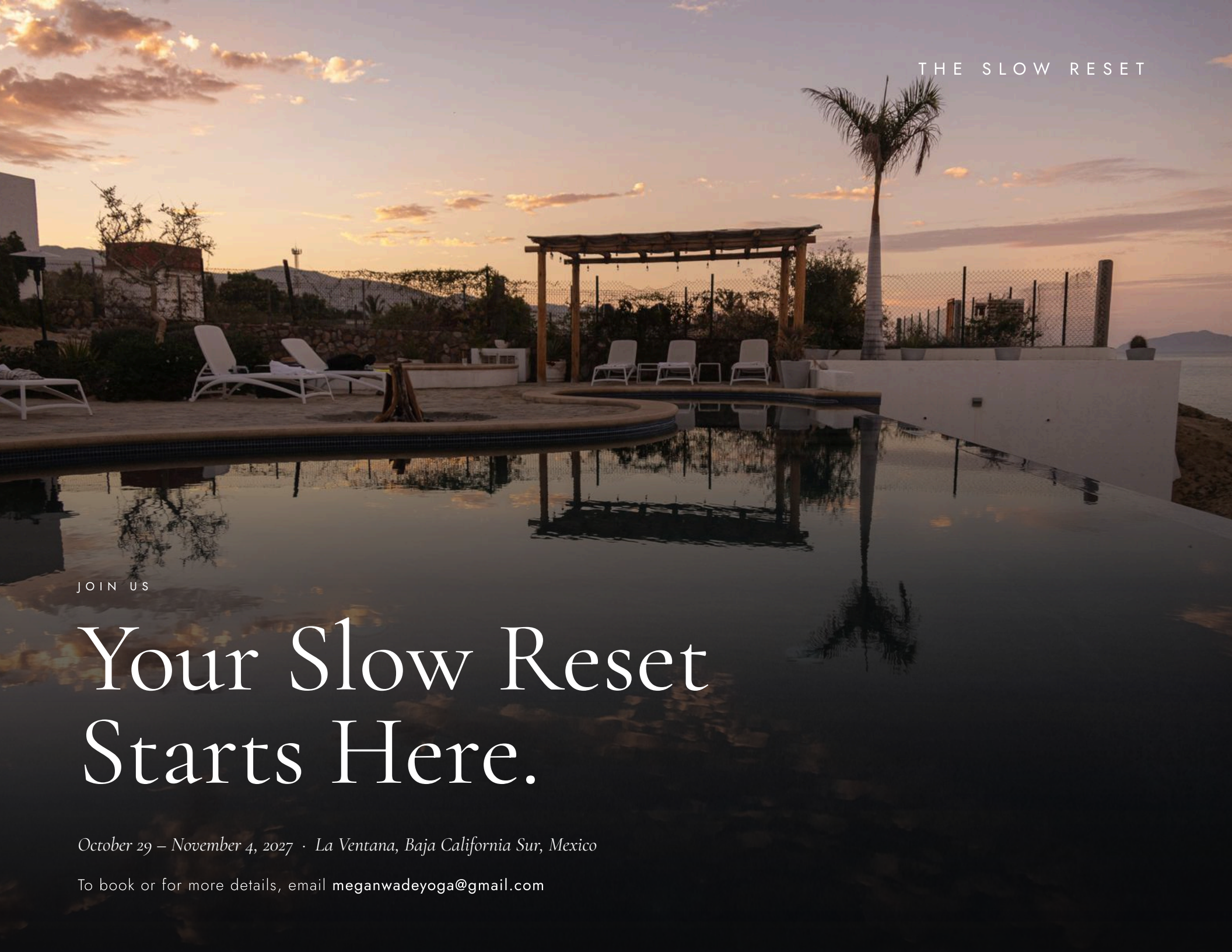












JOIN US

Your Slow Reset Starts Here.

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To book or for more details, email **meganwadeyoga@gmail.com**