

WELLNESS

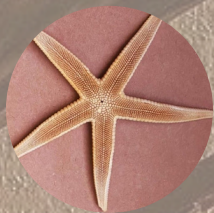


HOUSE

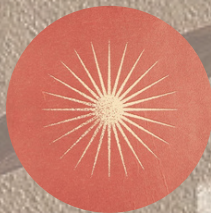
AMANARI

At Amanari House, we believe true luxury lives in presence, beauty and care. Our retreats are designed to help you step away from noise, reconnect with yourself and experience wellbeing through meaningful moments, thoughtful rituals and extraordinary surroundings

The journey into intentional living.
From immersive wellness retreats to thoughtfully curated events, each experience is designed to reconnect you with your body, your mind, and your surroundings.
A space to slow down, reset, and return to what truly matters



Mind



Soul



Body

WHAT TO EXPECT

Expect a transformative yoga and pilates retreat designed for those who seek inner balance without sacrificing comfort and design.

If you are a woman in your 20's or 30's and you are looking for a retreat to enjoy with your girlfriends, where you can deepen your practice while also immersing yourself in a local experience and embracing the benefits of a slower pace, this is the place for you.

You will stay in an intimate Vila where personalized service and thoughtful details come first. Each day follows a carefully curated schedule of yoga and meditation sessions, nourishing meals crafted with intention, and time to discover the local town and it's beauty.

Between activities, enjoy unhurried moments of rest, reflection, and connection with the new connections you will make with the rest of the group.

THE VIBE

Enjoy a deeply relaxing and revitalizing experience with our exclusive on-site yoga sessions. Set on our stunning rooftop with breathtaking views, you can reconnect within through a sound healing session or choose a more energizing workout to awaken and strengthen your body. We will support your journey toward balance, renewal, and inner calm throughout your stay. Let us accompany you in cultivating a true sense of well-being.

WHO COMES

Before confirming your participation, we would love to schedule a short call to get to know you better. As this is an intimate and thoughtfully curated experience, we aim to bring together a group of like-minded individuals who share a similar energy and intention. A meaningful part of the experience lies in the connections created and the company with which it is shared, so this step helps us ensure a harmonious and enriching environment for everyone involved

BOOK A
CALL

THE TOWN

Tucked along the golden Pacific coast of Sayulita, this vibrant surf town invites you to slow down and feel life a little deeper. Colorful streets come alive with artisan markets, the scent of salt in the air, and the rhythm of waves gently meeting the shore. Here, mornings begin with sunrises over the ocean and coffee in hand, and days unfold between yoga, surf, and long barefoot walks.

Sayulita is more than a destination—it's a feeling. A place where time softens, where connection flows effortlessly, and where the simple moments become the most meaningful. Surrounded by lush jungle and endless blue horizons, you're invited to reconnect with yourself, with nature, and with a more intentional way of living.

In Sayulita, every sunset feels like a ritual, every shared table like a celebration, and every breath like a return to what truly matters.



BOOK A
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DAY PROGRAM – Sayulita

LOCATION

MEXICO-P. Vallarta

EXPERIENCE

Girls Retreat

DATES

8 - 12 Oct (5 days)

DAY 1

ARRIVAL DAY ~ Thursday

9.00 am - 2.00 pm - Arrivals P. Vallarta
3.00 pm - Check ins - Vila Tour
5.00 pm - Wellcome reception Coctails
6.00 pm - Guided Journaling
7.00 pm - Dinner (Wellcome Dinner)

DAY 2

EXPLORE SAYULITA ~ Friday

8:30 am - Morning Vinyasa flow
9:30 am - Breakfast
11:00 am - Free time (pool, relax, Paddle)
12.30 pm - Sound Healing
1:30 pm - Lunch (at the property)
4.00 pm - Journaling
5:00 pm - Town excursion & shopping
7.30 pm - Dinner (in Town)

DAY 3

EXPLORE THE OCEAN ~ Saturday

8:30 am - Morning Vinyasa flow
9:30 am - Breakfast
11:00 am - Private Sail on a Catamaran
1:00pm - Lunch on board
3:00 pm - Free time (pool, relax, Paddel)
5:30 pm - Journaling
6:00 pm - Streching and sound
7:30 pm - Dinner (In Town)

DAY 4

MAGICAL SUNSET~ Sunday

8:30 am - Morning Vinyasa flow
9:30 am - Breakfast
11:00 am - Free time (pool, relax, Paddel)
12:30 pm - Sound Healing
1:30 pm - Lunch (at the property)
4:30 pm - Beach walk
5:00 pm - Horse riding (*optional*)
6:30 - Sunset Beach Bonfire
7:30 Dinner (Private special dinner)

DAY 5

DEPARTURE DAY ~ Monday

8:00 am - Breakfast
8:30 am - Breakfast
10:00 am - Departures

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