

DHARMA
HOLISTIKA

Awaken Your *Essence*

RETREAT

TULUM

Heal, Connect, Awaken
Celebrate your true self in paradise



Your Journey Begins Here

In the heart of the Mayan jungle, surrounded by lush nature, sacred cenotes, and the vibrant energy of Tulum, a powerful journey awaits you.

This retreat is more than just an escape — it is a sacred pause. A chance to step away from the noise of everyday life and immerse yourself in a container of healing, connection, and awakening. Each day is lovingly designed to guide you deeper into your essence: through ancient ceremonies, soulful practices, nourishing meals, and meaningful connections with like-hearted souls.

You will leave not only renewed, but transformed — carrying tools, clarity, and embodied wisdom to continue your path long after you return home.



At Awaken Your Essence – Tulum, every detail has been curated to honor your body, heart, mind, and spirit.

Sacred Surroundings

A private jungle sanctuary where the whispers of nature, sparkling cenotes, and vibrant energy create a sacred container for transformation.

Ceremonial Experiences

Ancient rituals like Temazcal, Cacao, Cenote, and Sound Ceremonies purify, awaken, and expand your consciousness.

Holistic Practices

Yoga, meditation breathwork, and ice bath to energize the body, open the heart, and awaken inner wisdom.

Soulful Nourishment

Three daily meals made from locally sourced, organic ingredients nourish, support healing, and delight your senses.

Connection & Community

Journey alongside like-hearted souls in a supportive, uplifting space for authentic connection and heart-opening experiences.

Intentional Rhythm

Every moment is designed with purpose, combining guided practices and transformative experiences that awaken, empower, and integrate your highest self.



Thursday

Purification

1:00 pm – Arrival & Transfer

A private transfer will bring you to your luxury eco-retreat in the jungle.

3:00 pm – Nourishing Lunch

A light, locally sourced meal to ground your body after travel.

5:30 am – Opening Circle & Temazcal

We gather in sacred space to enter a traditional Mayan sweat lodge — a powerful ceremony of purification and renewal.

8:30 pm – Dinner

Enjoy a nourishing meal under the stars, connecting with your new community.



Friday *Flow*

8:00 am – Morning Yoga

A gentle flow to awaken your body and center your mind.

9:30 am – Breakfast

Fresh, seasonal produce to energize your day.

11:00 am – Cenote Ceremony

A sacred ritual in crystalline waters to cleanse, restore, and invite deep presence.

3:00 pm – Lunch

Farm-to-table flavors crafted with local ingredients.

6:00 pm – Workshop

An experiential session exploring connection — to self, others, and nature.

8:30 pm – Dinner

Share stories and integration over a delicious meal.



Saturday *Empowerment*

8:00 am – Morning Yoga

Awaken energy and invite renewal into your body.

9:30 am – Breakfast

Wholesome nourishment, prepared with love.

11:00 am – Ice Bath Experience

A transformational practice to release stagnant energy, and ignite inner power.

2:00 pm – Lunch

Colorful, nourishing food to restore and uplift.

6:00 pm – Workshop

Focused on empowerment and alignment — stepping into your authentic truth.

8:30 pm – Dinner

Relax and savor fresh flavors as you integrate the day.



Sunday *Awakening*

8:00 am – Yoga Flow

A soulful morning practice to ground and energize.

10:00 am – Breakfast

Light, energizing nourishment.

12:00 pm – Workshop

Dive deeper into awakening your essence, clarity, and embodied wisdom.

3:00 pm – Lunch

Gather in community with soul-nourishing food.

5:00 pm – Cacao & Sound Ceremony (All in White)

A heart-expanding ritual with sacred cacao, music, and sound healing, honoring unity and celebration.

8:00 pm – Dinner

A grounding and celebratory meal.



Monday

Gratitude

9:00 am – Breakfast

Final shared meal with your retreat family.

11:00 am – Gratitude & Closing Circle

A sacred space to reflect, share, and seal the transformation of your journey.

12:30 pm – Departure Transfer

Return to the airport with an open heart, renewed energy, and lasting connections..



Experience a Sacred Journey
Where Luxury Meets Soul



Included

- 4 nights luxury accommodation at Pepem Holistic Experience
- Daily yoga, meditation, workshops, and healing experiences
- Sacred ceremonies: Temazcal, Cacao, Cenote Rituals, Breathwork, Ice bath
- Daily breakfast, lunch, and dinner (farm-to-table, locally sourced)
- Group airport transfers on arrival and departure days
- Access to private pool and retreat facilities

Not included

- Flights to and from Mexico
- Travel insurance
- Tips & personal expenses



Investment Details

4 nights and 5 days in magical Mexico Tulum

Twin Share
\$2600 USD

Private Room
\$3100 USD

10% discount when booking for two or more.
Payment plans available on request.

To learn more about your reason to retreat, we would love to connect with you on a call.

BOOK MY CLARITY CALL

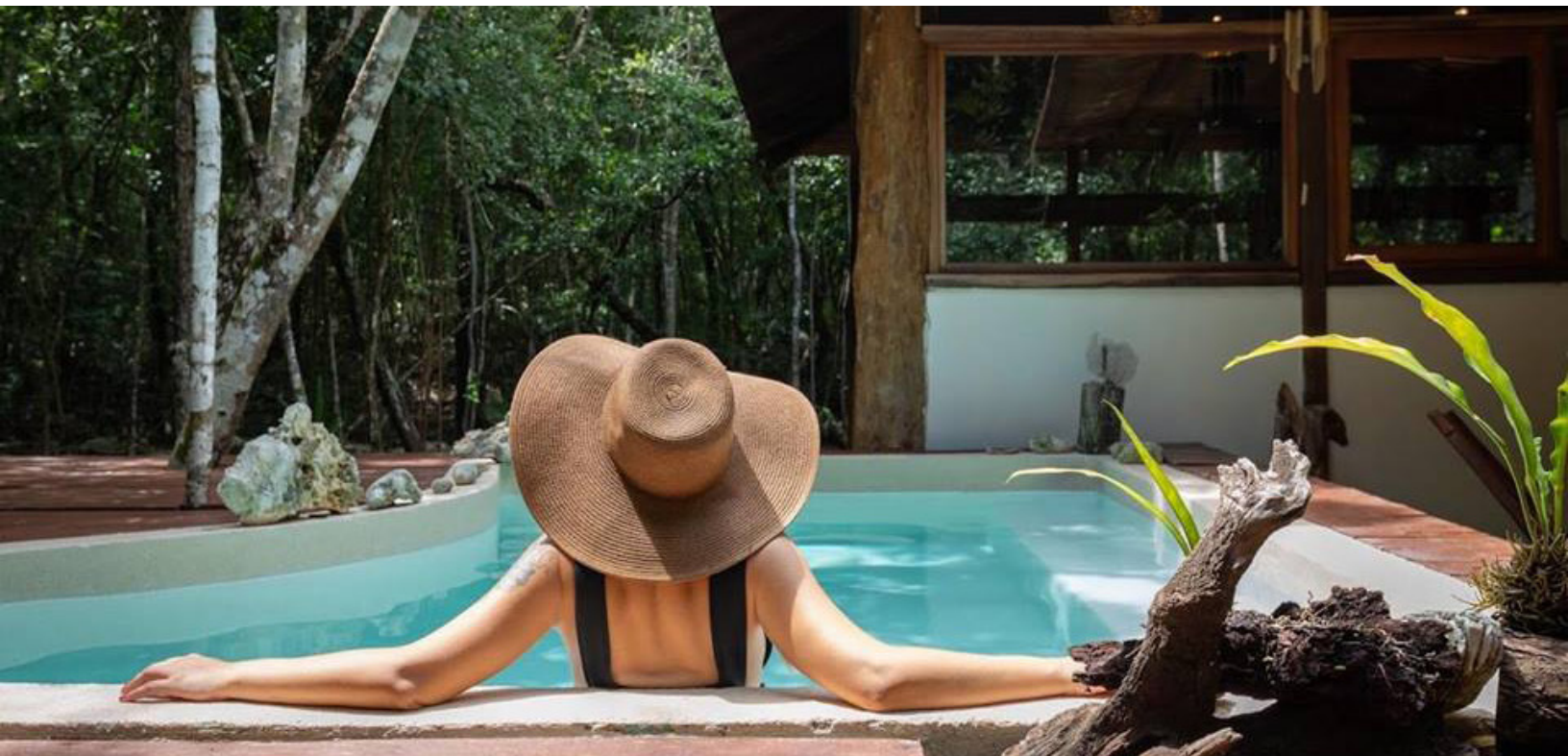
TRAVEL SUPPORT

We are happy to assist you in finding the best flights for your journey.

You can arrive at:

Cancun International Airport (100 km)

Tulum International Airport (65 km)





A lush tropical scene featuring a thatched-roof hut nestled among tall trees and dense foliage. In the foreground, there's a sandy area with a small pool of water on the right. The overall atmosphere is serene and natural.


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RETREAT

5 unforgettable days
in magical Tulum, Mexico

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