

AWAKEN TO YOUR TRUE NATURE SOMATIC YOGA MEXICO RETREAT

WITH
PATTY BROCKLEY, NP, C-IAYT
YOGA THERAPIST

February 22- March 1 , 2025

Taking time to do a deep dive into self-reflection and getting to know your true nature is exactly what Somatic yoga therapy does for you. It offers excellent practices to help you connect with yourself and your dreams.

In this retreat, you will work on the physical body, the breath, and most importantly, the mind, your thoughts, emotions, and your ability to guide yourself to success and feeling better. Self-regulation and self-correction of the mind and body are the focus of these practices.

Resting, relaxing, and recharging in your own private luxury Villa with the sound of the ocean, and nature surrounding and supporting you while you are on your inner journey of awakening to your true nature.



Awaken to Your True Nature Somatic Yoga Therapy Retreat

Private suites and communal rooms are available

Single person private suite king bed, private bath, and balcony; \$3650

Double occupancy private suite with only one king bed, private bath, and balcony: \$2375

Communal room double beds: \$2300

Communal room bunk beds: \$2150

Private beach at the beach club with pool

2 pools at Villa

All meals included brunch, a light snack, and dinner

Alcohol excluded

Airfare and transportation not included

Any questions or to save a spot, reach out to Patty at patty@pattybrockley.com

Refunds;

a 50% non-refundable deposit is required at the time of booking. The rest is due by Nov. 23rd 2024, 90 days prior to arrival on Feb. 22nd 2025, and is non-refundable.