

Yoga in Paradise with Rob & Kirsten – Mexico 2020

Excursions

There is plenty to do and see in and around Punta Monterrey resort.

We are planning 2 excursions during our weeklong retreat. These experiences will take us away from the resort for several hours beginning after breakfast. We would plan to return for our afternoon yoga class at 5 pm.

Here are some of the activities we have planned:

- Hiking – explore the flora and fauna in the beautiful jungle trails
- Petroglyph hike – a guided hike to an archeological site to see 2300 yr old carvings & a soak in a beautiful secluded pond
- Explore neighbouring beaches and nearby towns: Sayulita, San Francisco, Lo de Marcos, La Penita
- Shopping in nearby towns
- Lunch on the beach – (in nearby village)

Please note: any costs associated with excursions are not included in your Retreat payment. i.e. transportation, food, equipment rentals, etc.