



November 2-9, 2024

Whole Body Healing Retreat!

Join Colorado-based instructors, Angela Melzer and Cristen Malia for this heart-opening, expansive, fun and restorative week enveloped by the unique magic and beauty of the jungle at Haramara Resort in Sayulita, Mexico.

Engage in a powerful, playful, deeply nourishing, healing and rejuvenating time of deep re/connection to your magnificent self.

Cristen and Angela bring together years of experience teaching and practicing yoga, meditation, somatic therapy, mindfulness, nervous system healing and self-exploration. Angela will be offering her extensive knowledge in meditation, somatic therapy, and neuroscience, and Cristen offering intelligently sequenced flowing vinyasa yoga, healing and nourishing restorative yoga, and meditation and mindfulness. All of this supporting you in deepening a connection with yourself and wisdom within. This retreat fills the gap. It has more support and time commitment than a regular yoga retreat and yet is less intense than a therapeutic or spiritual meditation retreat.

Haramara Resort (<https://haramararetreat.com/>) was designed to flow with the nature that surrounds us. You can begin your day with a stroll to the beach or dip in the infinity pool. Meandering trails guide you through the jungle on your way to your bungalow. Open the door to find beautiful and comfortable amenities. All bungalows are open air with canopied beds. Security staff is available 24 hours a day and housekeeping staff will keep your room looking as beautiful as the first day you arrive.

We'll have plenty of time for beach, play, and rest to heal and connect with our innermost intention while honoring any challenging experience and emotions you may be working with.

This retreat will include an exploration of mindfulness meditation, yoga, somatic awareness tools and psychotherapy techniques.

We explore practical tools, tips and experiences to help us work through the symptoms of anxiety, stress, trauma and grief. These techniques shed light on how to regulate our emotions and nervous system, connect to the wisdom of our body, mobilize stagnant energy, release deeply held tension and allow stuck processes to move forward. Through this embodied, trauma conscious experience we learn to approach ourselves with kind curiosity, opening to a deeper understanding of ourselves and leading to greater self-acceptance, self-kindness and ease.

Packages include:

- Lodging
- 3 meals per day starting with dinner on November 2, and ending with brunch on November 9.
- Daily Yoga Practice, meditation, somatic awareness practices, themed Discussions, guided journaling, Temazcal Ceremony
- Pool and beach access.

room type	early bird till 2/1/24	regular after 2/1/24
single	3280	3500
double	2500	2700
triple	2300	2500
quad	2200	2400
dorm style	1970	2270

Angela Melzer, LCSW, OT, SEP
Emerald Integrative Health, Owner

Type of Retreat: Yoga and Meditation

Style of Yoga: Vinyasa, Bhakti, Meditation, Somatic Experiencing

Additional Information, Questions & Registration:

Contact Name: Angela Melzer and Cristen Malia

Contact Email: angela@emeraldintegrativehealth.com,
cristen@emeraldintegrativehealth.com

About the Instructors:

Cristen Malia LPCC, Y E-RYT

Cristen has been leading yoga classes in Steamboat Springs and beyond for 15 years. She is the lead teacher and founder of the Steamboat Springs School of Yoga, holds a master's degree from Naropa University in Transpersonal Psychology, Clinical Mental Health Counseling with an emphasis in mindfulness and is a practicing mental health counselor at Minds in Motion.

Cristen loves learning about the inherent wisdom of the body and mind, and has a passion for blending time-honored practices such as yoga and meditation with western psychology to create a contemporary opportunity for growth. She provides an inviting platform, skillful guidance and compassionate presence to support others in finding their own inherent and healing wisdom within.

Angela Melzer, OT, LCSW, SEP

Angela is a licensed clinical social worker and somatic experiencing practitioner who teaches meditation and somatic awareness with her clients in her psychotherapy private practice clinic. She owns the clinic Minds in Motion where a truly integrated approach of mental and physical health are treated.

Schedule

- Each day will include an extended morning practice, meditation and discussion and most days will also include an afternoon practice before dinner. Time in between will allow space for optional excursions, relaxing at the beach or by the pool, or exploring town.
- 3 meals daily from Haramara's incredible chef

Room options

- Single cabanas • open air cabana with private en suite bathroom
- Double cabanas • open air cabana with private en suite bathroom (can be configured with one king or two twin beds)
- Triple cabanas • spacious open air cabana with 3 twin beds
- Quad • massive open air cabana with 4 twin beds and a huge patio overlooking the ocean (full)
- Dorm • large space with 8 twin beds and two bathrooms

Registration

Listed room rates are per person.

FAQ

When will the retreat begin and end?

The training will begin with dinner on November 2 and ends with brunch on November 9.

What is the deposit and is it refundable?

The deposit is \$600, and it is non-refundable and non-transferable.

We recommend that you buy travel insurance to cover any unforeseen changes needed in your travel (such as illness etc).

Which airport should I fly into?

Puerto Vallarta (PVR)

When should I arrive/depart?

Please book your flight to arrive by 4 pm on November 2 and to depart the afternoon of November 9.

How do I get from the airport to Haramara and from Haramara to the airport?

We will work with the team at Haramara to coordinate airport shuttles. Shuttle costs are not included in registration and are paid in cash directly to your driver. Arrival shuttles are \$90 (per shuttle) and departure shuttles are \$65 (per shuttle). We will book shuttles for those arriving at similar times, so that the shuttle costs are shared. Typically, we are able to book ~3-4 per shuttle so that the cost is about \$25-30 each plus tip. We'll email each group, so you know who you are meeting at the airport, and so that you have a sense of the estimated cost.

Do I need a visa?

Travelers from the United States do not need a visa to enter Mexico.

Is there laundry on-site?

They do not have machines, but they can send laundry out and it will come back clean in 1-2 days for a modest fee.

Just to be sure, what's included in retreat fees?

- Lodging
- All meals during the training
- Daily practice, yoga, meditation, discussions
- Pool and beach access.

What's not included?

- Airfare to and from your home.
- Ground transportation (\$40-150 per person, depending on how many share the shuttle, see above)
- Tips to the retreat center staff (\$10-15 per day recommended, shared among those who make their living supporting your trip; please bring CASH)
- Incidentals (snacks, laundry, body work)

What Do I Pack?

Please check the weight limitations of your airline.

Consider packing light since we will be in warm weather.

A light sweater for the cool, ocean breezy nights. Many props are available at Haramara including mats, straps, blocks, blankets, and pillows so feel free to leave your mat at home if you'd like.

If you plan on doing excursions, please bring proper shoes and clothing.

SUGGESTED PACKING LIST:

- Passport
- Mat (If you prefer to use your own)
- Notebook or Journal
- Any special medications/treatments you may need
- Casual clothes
- Yoga clothing
- A couple of footwear options
- Bathing Suits
- Headlamp ****very important****
- Camera
- Chargers for phone, camera, and computer
- Water bottle
- Travel coffee/tea mug
- Lightweight backpack (for hiking)
- Sunglasses
- Sunblock
- Bug repellent
- Toiletries that are earth friendly biodegradable

WHAT NOT TO PACK:

- Fancy clothes
- Lots of shoes: The only shoes you will need in Costa Rica are flip flops and a good pair of walking/water shoes if you want to do any hiking.
- Expensive Jewelry
- Too much technology

Haramara does not have wifi. If you need wifi, there are numerous cafes in Sayulita with access. Sayulita is a 5 minute cab ride or 20 minute walk from Haramara.

Haramara has limited cell service. The best service is from the restaurant and common area. The cabanas, which are tucked into the hillside, have poor service.

The Cabanas at Haramara do not have electricity. There is plenty of light from candles and lanterns. Please bring a headlamp or phone light. You will be able to charge your devices in the restaurant.

How to Reserve Your Spot:

- \$600 deposit to secure your spot. Check, cash or cc (additional fees apply for cc).
- The remaining balance will be due by April 1, 2024 for early bird
- Please contact Cristen or Angela if you would like a shared room but don't have a roommate. There may be other people that also need a roommate!

Cancellation Policy:

- All deposits are NON-REFUNDABLE and NON-TRANSFERABLE

Registration/Waiver Form:

Waiver will be emailed to you upon receipt of your deposit.