



The Abundance Alchemist
Unleash Your Inner Goddess Presents

V.I.P. EXCLUSIVE 21 DAY RESET



- This is what is inclusive for the Bronze package.
Info sent on request
- This is a 90 days virtual Outcome or Goal oriented Coaching/Ayurvedic Reset.
- 21 day reset included.
- 1 weekly zoom call (12 calls) in 12 weeks.
- One of those calls is a live cooking class to teach you the basics to follow.
- Personalized Dosha Menu,
- Grocery check list.
- Easy to follow Recipes.
- SelfCare practice with an easy to follow guide.
- List of Supplements & Body oils.
- You can choose to upgrade this package after 21 days to Gold or Platinum.

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[Book your stay today!](#)

Visit
www.TheAbundanceAlchemist.biz
for details and reservations.

V.I.P. EXCLUSIVE 21 DAYS RESET



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- This is what is inclusive for the Gold package.
Info sent on request
- This is an Outcome or Goal oriented coaching/Ayurvedic Reset.
- 21 day reset includes prior to the 4 day V.I.P. retreat
- 1 weekly zoom call (4 calls) is included in the package
- One of those calls is a live cooking class to teach you the basics to follow.
- Personalized Dosha Menu,
- Grocery check list
- Easy to follow Recipes.
- SelfCare practice with an easy to follow guide.
- List of supplements & body oils.
- Different treatment options are available for your stay as extra charges. This package includes treatments described on the attached list.

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V.I.P. EXCLUSIVE 3DAYS EXPERIENCE



Come join me in this unique experience in the beautiful jungle of Quintana Roo, Mexico for an exclusive one on one experience. Choose any day of the week according to availability's for a special relaxing wellness retreat.



- 3D-2N Stay at an Eco Villa,
- This is a container especially designed for women inspired from the science of life and a new approach on Ayurveda.
- Delicious, Dosha designed meals.
- Design your own package, options upon booking, Cenote, Massage, Temazcal, Cacao ceremony, Water cleanse, etc...
- Private driver from Cancun Airport and back or equivalent distance.
- Scheduled Breath work & Meditations.
- Holistic, therapeutic workshops by your facilitator and Coach.

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The Abundance Alchemist
Unleash Your Inner Goddess presents

V.I.P. EXCLUSIVE 3DAYS ARRIVAL



- Enjoy your arrival day and get familiar with your home for the next 2 nights.
- Dinner with me, cooked by me, while assessing the next 3 day schedule.
- Assessing your goals previously discussed in our zoom calls.
- Assessing my schedule, I will arrive every morning at Sunrise.
- Massage, Aromatic herb bath.
- Bed time, rise with the Sun for meditation & Pranayama.

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V.I.P. EXCLUSIVE 3DAYS

WHAT TO EXPECT DAY 1



- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
- Dosha specific Breakfast designed for you.
- 2 hour workshop on your specific coaching requests.
- Dosha designed Lunch, practice mindfulness and connection with your body. (interactive cooking class)
- 1 hour rest & free time.
- Walk in nature, followed by Inner dance breath work & Ecstatic dance & movement.
- Therapeutic Massage followed by Relaxing Aromatic herb bath.
- 1 hour rest.
- Delicious Dosha designed Dinner.
- Planning for day 2.
- Bedtime.

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The Abundance Alchemist
Unleash Your Inner Goddess presents

V.I.P. EXCLUSIV

3 DAYS TO EXPECT

DAY 2

- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
- Dosha specific Breakfast designed for you.
- Integration from day 1.
- 2 hour workshop on your specific coaching requests.
- Dosha designed Lunch, practice mindfulness and connection with your body.
- 1 hour rest & free time.
- Walk in nature, followed by an activity of your choice. Temazcal, Cenote, cacao ceremony...
- Therapeutic Massage followed by a Relaxing Aromatic Herb Bath.
- 1 hour rest.
- Dosha designed Dinner.
- Planning for day 3.
- Bedtime.



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V.I.P. EXCLUSIV E 3DAYS DEPARTURE



- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
- Dosha specific Breakfast designed for you.
- Integration from day 2.
- Fair well snacks & Special Gift.
- Private driver to Cancun airport or your next destination if staying in Quintana Roo, Playa del Carmen or Tulum.

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The Abundance Alchemist
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V.I.P. EXCLUSIVE 21 DAYS RESET



- This is what is inclusive for the Platinum package.
Info sent on request
- This is an Outcome or Goal oriented coaching/Ayurvedic Reset.
- 21 day reset includes prior to the 4 day V.I.P. retreat
- 1 weekly zoom call (4 calls) is included in the package
- One of those calls is a live cooking class to teach you the basics to follow.
- Personalized Dosha Menu,
- Grocery check list
- Easy to follow Recipes.
- SelfCare practice with an easy to follow guide.
- List of supplements & body oils.
- Different treatment options are available for your stay as extra charges. This pacage includes treatments discribed on the attached list.

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V.I.P. EXCLUSIVE 4DAYS EXPERIENCE



Come join me in this unique experience in the beautiful jungle of Quintana Roo, Mexico for an exclusive one on one experience. Choose any day of the week according to availability's for a special relaxing wellness retreat.



- 4D-3N Stay at an Eco Villa,
- This is a container especially designed for women inspired from the science of life and a new approach on Ayurveda.
- Delicious, Dosha designed meals.
- Design your own package, options upon booking, Cenote, Massage, Temazcal, Cacao ceremony, Water cleanse, etc...
- Private driver from Cancun Airport and back or equivalent distance.
- Scheduled Breath work & Meditations.
- Holistic, therapeutic workshops by your facilitator and Coach.

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- Dinner with me, cooked by me, while assessing the next 3 day schedule.
- Assessing your goals previously discussed in our zoom calls.
- Assessing my schedule, I will arrive every morning before sunrise.
- Massage, Aromatic herb bath.
- Bed time, rise with the Sun for meditation & Pranayama.

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V.I.P. EXCLUSIVE 4DAYS

WHAT TO EXPECT DAY 1



- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
- Dosha specific Breakfast designed for you.
- 2 hour workshop on your specific coaching requests.
- Dosha designed Lunch, practice mindfulness and connection with your body. (interactive cooking class)
- 1 hour rest & free time
- Walk in nature, followed by Inner dance breath work & Ecstatic dance & movement.
- Therapeutic Massage followed by Relaxing Aromatic herb bath.
- 1 hour rest.
- Delicious Dosha designed Dinner.
- Planning for day 2.
- Bedtime.

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V.I.P. EXCLUSIV E WHAT DAY'S TO EXPECT DAY 2

- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
- Dosha specific Breakfast designed for you.
- Integration from day 1.
- 2 hour workshop on your specific coaching requests.
- Dosha designed Lunch, practice mindfulness and connection with your body.
- 1 hour rest & free time.
- Walk in nature, followed by an activity of your choice. Temazcal, Cenote, cacao ceremony...
- Therapeutic Massage followed by a Relaxing Aromatic Herb Bath.
- 1 hour rest.
- Dosha designed Dinner.
- Planning for day 3.
- Bedtime.



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V.I.P. EXCLUSIV E WHAT DAY'S TO EXPECT

DAY 3

- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
- Dosha specific Breakfast designed for you.
- Integration from day 2.
- 2 hour workshop on your specific coaching requests.
- Dosha designed Lunch, practice mindfulness and connection with your body.
- 1 hour preparation, makeup & dressing
- Unleash your Inner Goddess Photoshoot.
- Therapeutic Massage followed by a Relaxing Aromatic Herb Bath.
- 1 hour rest.
- Dosha designed Dinner.
- Planning for day 4.
- Bedtime.



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V.I.P. EXCLUSIVE 4DAYS DEPARTURE



- Sunrise Meditation on the roof top with Pranayama and gentle stretching.
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- Integration from day 2.
- Fair well Lunch & Special Gift.
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