

EAT LOVE NOURISH WITH AUDRA

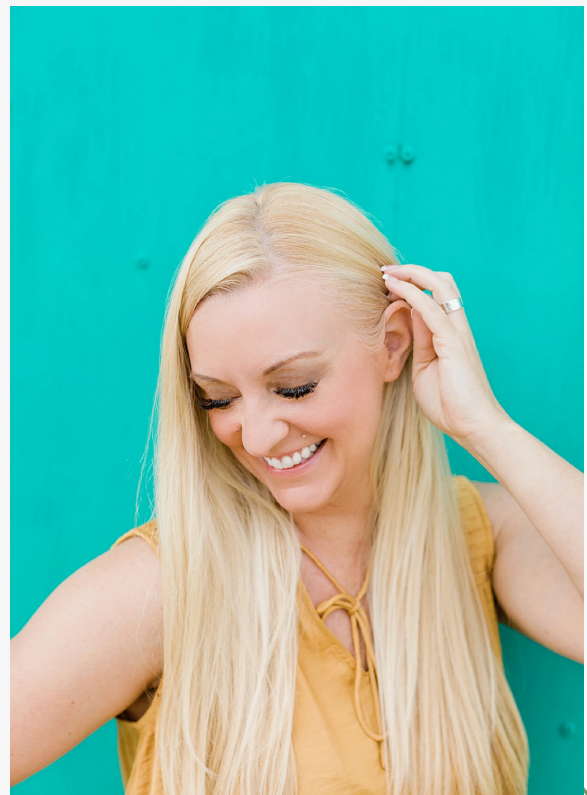
GUATEMALA

*2022 Women's Retreat
March 31st-April 7th*

WELCOME

Congratulations on taking the leap to invest in yourself. This experience is going to be epic and I am so grateful each of you have been called along for the ride!

We will be spending our time reconnecting with our bodies and our innate intuition, our powerful feminine energy, and our purpose by clearing old energy blocks and external "should's." Come ready to be pampered like the Queen you are in pure luxury! Every detail will be attended to for your pure bliss!



YOUR HOME IN GUATE

Our gorgeous home is in the mountains about a 30 minute drive to Antigua. It is located in an exclusive, gated community that is attended 24 hours day for your safety.

Enjoy daily house keeping, fresh flowers, pool time, evening parties, music, mountain views with exploding volcanoes, attentive staff and time to attend only to yourself and your personal growth!



ACCOMODATIONS

Each room boasts it's own private bathroom with shower and windows for incredible natural light. The master suite has a sitting area, bathtub and indoor/outdoor shower! The apartment has a bedroom, living room and private bathroom.

You may choose to save a bit on accommodations by sharing a room with 2 queen beds and 1 private bathroom for you and your friend!

PRIVATE CHEF

A private chef will be on site to prepare all of your meals and snacks each day. Our food will be locally sourced, gorgeous, delicious and nourishing for both your body and soul!



SPA SERVICES

Your stay includes two, 1 hour massages or two, 1 hour spa services of your choice. Services will be performed right on site so you can rest after your treatment!





YOGA AND MEDITATION

Daily gentle yoga and meditation for intention setting, relaxation and tuning into your beautiful body. Fully engage in exercise or take a nap on your mat and reconnect with yourself and nature. This is a space to leave every worry and responsibility behind for 8 days while you dig into what makes your soul sing! Leave ready to continue on this life with purpose and true, deep happiness and satisfaction.

COOKING

Optional cooking classes are included with Audra. Learn to cook delicious food in a nourishing way. Food is meant to be indulgent, enjoyed and nourish your mind, body AND soul!



CLASSES WITH AUDRA

Daily classes on food relationship, intuitive eating, self love and female empowerment. Tune into your feminine energy and intuition. Learn to trust your desires and innate knowing. Clear the noise while you rediscover and reconnect with yourself on a deeper level! What do YOU want, what do YOU REALLY WANT... no more should's, or external influence...it's just fabulous you this week. Optional 1:1 sessions with Audra during free time.



ANTIGUA

"El Corazon de Guatemala" the heart of Guatemala... an absolutely gorgeous city boasting incredibly beautiful, ancient buildings and rich history. The people are friendly, the food is delicious and I have no doubt you will fall in love! Included in your retreat is a day trip to Antigua with a walking tour. You will also have a private driver available to take you to town on other days during your free time, if you choose.

DRIVERS

We have hired private drivers that we know and trust for your airport pick up and departure as well as your excursions and shopping trips to Antigua. This is all included in your package price!



EXCURSIONS

Included is a day trip hiking the famous Pacaya Volcano. This is an active volcano and you can roast marshmallows on the lava rocks at the top! This is a challenging hike but the views are worth it! Alternatively, you may visit Iximche. These are Mayan ruins that are in a beautiful area and an easy stroll if you prefer a less strenuous day.





EXCLUSIVE DINNER AT UUMAAMI

Private dinner at the home of an acclaimed chef and architect in Antigua at the exclusive Uuumahmi. Juan is an architect by profession and chef as a hobby. He has impeccably designed his home and opens it on an exclusive basis for private, four course meals. Enjoy this at the end of your Antigua day. This is an experience you will never forget!



PERSONALIZED GIFTS

Surprise gifts especially for you and your journey here in Guatemala. I promise they will be beautiful and you will cherish them for years to come! Leave room in your suitcase!



SO MUCH MORE

Connect with other amazing, powerful women consciously investing in themselves and their happiness. Something amazing and beautiful happens when feminine energy comes together to lift one another to the next level. Connect with those who are ready to support you and see the real you! The energy will be life changing!

Say YES more often!



GRATUITY

All gratuity is included. There is no need to provide extra gratuity. I believe in paying people fair wages and appreciating good service. I will be offering our staff a generous gratuity and not the minimum. Please let me know if you have staff favorites! We would not be able to have this experience without their dedication!

GIVING BACK

10% of all profits from this retreat will go back to the community. Here in Guatemala most children with special needs are placed in an orphanage. The catholic church does their best to care for these little beauties through a program called Asociacion Obras Sociales del Santo Hermano Pedro, but funds are limited. Mobility, as you will see when you visit, is challenging for anyone with disabilities. Thank you for helping me support this community!



WHAT IS NOT INCLUDED

- Airfare is not included. Please purchase your ticket to fly into Guatemala City, Guatemala. Let me know what time you will arrive so I can schedule your driver.
 - As the time approaches, I will email you with recommendations for flights.
- Spending money for shopping.
- Optional 1:1 Spanish Tutoring
- If you would like to extend your stay, I am happy to help you!

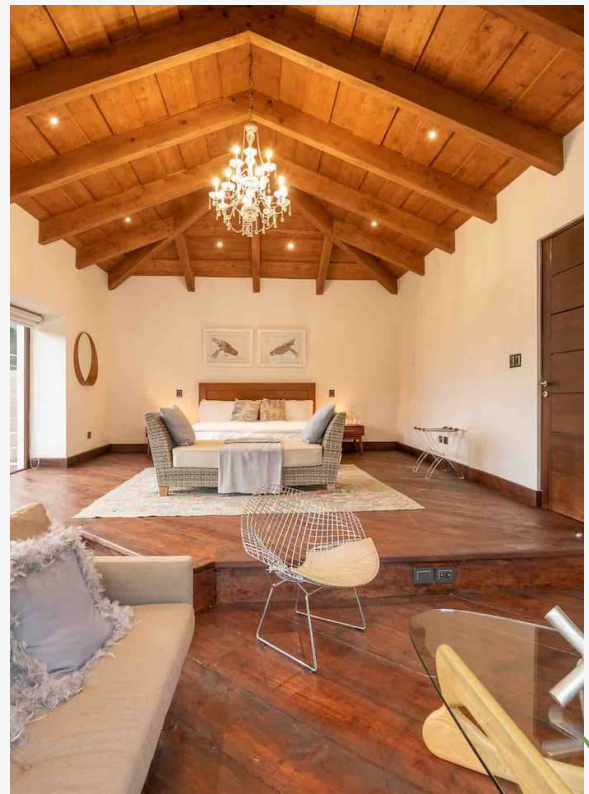
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GUATEMALA

Investment

MASTER SUITE

The master suite is gorgeous! It has a large bedroom with a sitting area, floor to ceiling windows with incredible views of the mountains, a large soaking bathtub and an indoor/outdoor shower with direct access to the pool and terrace through the outdoor shower. This is the Queen of Queen rooms!



INVESTMENT

- 1 Master Suite Available
- All Inclusive price 1 person- \$6,100
- \$1,000 non refundable deposit to hold your space.
- Payment plans available.

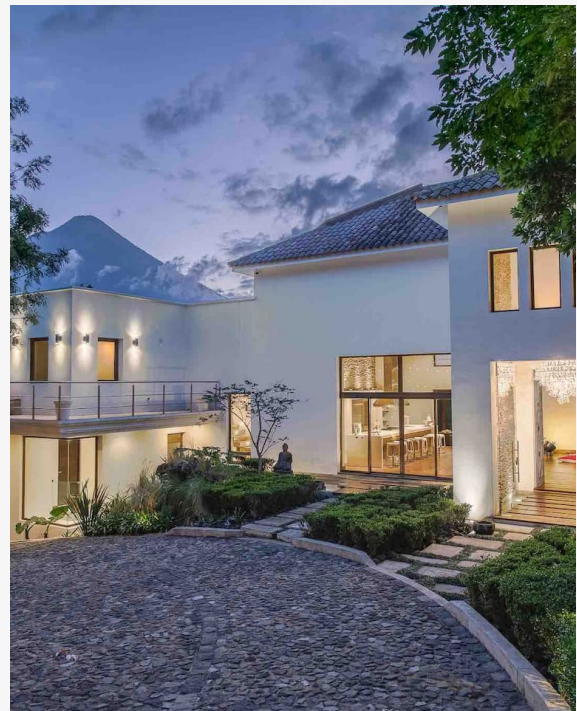


APARTMENT

This room is on the second floor. It is in a small, separate house that is right next to the main house. Here you will have a bit more privacy. There are no views from this room, but there is still beautiful, natural light and windows. Included is a private entrance to your apartment with a queen bed in the bedroom, private bathroom and a small living room area.

INVESTMENT

- 1 Apartment Available
- All Inclusive price 1 person- \$5,750
- \$1,000 non refundable deposit to hold your space.
- Payment plans available.



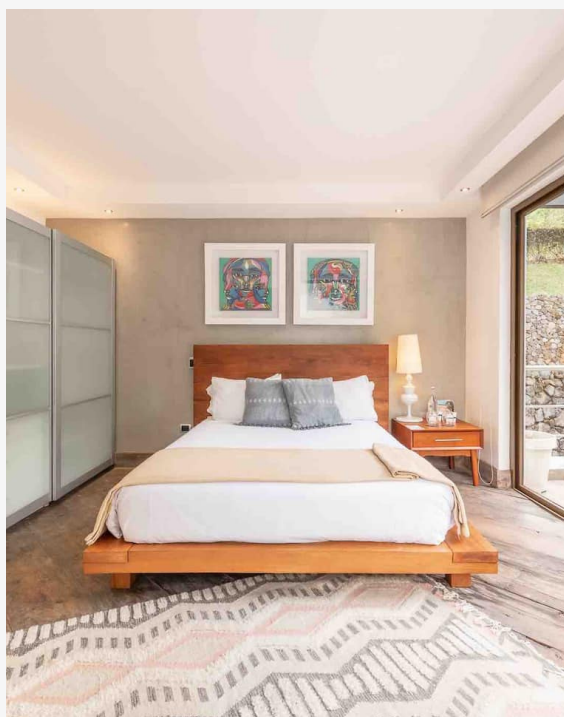


PRIVATE BEDROOM

Private bedrooms all have one queen beds and private bathrooms. All have floor to ceiling windows with incredible light and differing views. If you prefer a room on a lower level for mobility issues or a higher room to be closer to the mountains, let me know!

INVESTMENT

- 4 Single Bedrooms Available
- All Inclusive price 1 person- \$5575
- \$1,000 non refundable deposit to hold your space.
- Payment plans available.





DOUBLE ROOMS

Double rooms are equipped with 2 queen beds and a 1 private bathroom. Double rooms are located on the ground floor and boast floor to ceiling windows with incredible natural light.

INVESTMENT

- 2 Double Bedrooms Available
- All Inclusive price per person- \$5225
- \$1,000 non refundable deposit to hold your space.
- Payment plans available.



BOOKING

~May we eat well, love abundantly and live fully nourished ❤️

www.loveaudra.com

Contact Audra for a complimentary phone consultation and personalized invoice.

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Email~ me@loveaudra.com

