

CACAO LOVE IMMERSION RETREAT

J u l y 1 6 - 2 2
6 NIGHTS / 7 DAY RETREAT

plant the cacao seed in your heart



A unique experience of self-awareness that integrates cacao, yoga and
lots of love

¿How to live from the Soul?



Come and join the opening,
preparation and planting of
our medicine cacao plant
garden.

A WEEK IMMERSION INTO THE SACREDNESS OF BEING, AN OPPORTUNITY TO
DEEP HEALING AND BLOSSOMING IN THE HIGH CLOUDS OF THE RAIN
FOREST AT REFUGIO TERRAZA DE LA TIERRA.

AN OPENING TO SELF-DEVOTION AND COMPASSION. GET READY TO
EXPERIENCE THE WONDERMENT OF EMBODIED LIFE WITH THE HELP OF
MOTHER EARTH AND CACAO MEDICINE.

IN SINGLE OR SHARED CABIN, 3 VEGAN MEALS PR. DAY.

A 7 DAY JOURNEY INTO THE SOUL

(GROUPS ONLY UP TO 9 PARTICIPANTS)





This journey into beauty of life takes place in paradise, in the sacred mountains of Oaxaca. Allow yourself to be guided in a hands on experience that combines the sacredness of Mother Nature through the medicine of cacao with the journey within through Meditation and Hatha Yoga.





Why cacao?

Because cacao is a gentle guide to unconditional love. Cacao medicine works in the subtle domain, its gift from Mother Earth to support human's shift to recognize its divine nature. Cacao is loving, nourishing, embracing, generous, abundant. Its properties for the physical body are countless, its power to heal in the subtle domain is undeniable. Cacao has no counter indications.



IN THIS EXPERIENTIAL TRANSFORMATIVE RETREAT YOU WILL:

- > **Connect with the wonderment of life with the guidance of mother earth and the cacao plant medicine.**
- > Receive an **initiation on cacao** medicine
- > **Try a unique ceremonial cacao**, grown locally and lovingly in Oaxaca and allowed to unfold all its properties by fermentation
- > Experience the sacredness of Mother Earth by **preparing the land and planting 7 Cacao Trees** during full moon that, if you wish, you will be able to visit annually
- > work with a local community devoted to the land
- > Learn how to **prepare ceremonial cacao**.
- > Learn how to **prepare chocolate from cacao**
- > Be **initiated in water dancing and meditation**
- > Experience the benefits of **daily meditation and yoga practice**.
- > Practice hatha yoga specially designed to open your heart (anahata chakra activation)
- > Learn the **power of transfiguration practices**
- > **Visit a natural sanctuary to experience the sacredness of cacao trees and be part of the harvesting**
- > Be guided into silence and it's healing benefits
- > **Be guided and held in your inner journey of self-compassion**
- > Be **nourished by natural food growing in El Refugio**
- > Experience the sacredness of Oaxaca mountains, a unique place on earth that integrates the most diverse nature
- > Unfold with the loving embrace of Mother Nature
- > **Most importantly, ultimately experience the opening of your heart to unconditional love.**



Pricing includes:

- > 7 night/ 8 day accommodation in a beautiful, adobe built cabin
- > three daily meals

(+ dinner on arrival day and breakfast on last day)
- > guidance, energetic and emotional support through all the process
- > daily cacao medicine
- > daily cacao ceremony with archetypal work
- > daily meditation and hatha yoga practice
- > workshop to create your own cacao & chocolate
- > travel costs (including meals, transport and guide) to a Cacao Plantation in Pluma Hidalgo (2.5 hour drive from El Refugio location)
- > guide & props for preparing and plating your cacao tree



This retreat is for you, if:

- > you would like to recharge, reconnect and fall in love with life.
- > you love cacao and nature
- > you would like to be initiated in cacao medicine and it's healing properties (from the heart of mother earth to your heart)
- > you are looking for an awakening and healing experience that can arise from gentleness and care
- > you would like to connect with the earth element, to get and feel more rooted in yourself
- > you want to connect with ciclicity of life
- > you are open to a hands on experience that involves preparing the land and planting
- > your bodily condition is relatively fit to walk on the mountains
- > you want to learn about preparing the land and planting
- > you want to taste food as pure as it can get, growing in the most kind and loving environment
- > you would like to visit a natural tropical sanctuary
- > you would like to know where cacao comes from and collect it from the tree
- > your would like to be more connected with your body, feelings and emotions
- > you are curious about spirituality and meditation but you have not found how to start or follow it up
- > you would like to be guided into a more gentle, beautiful approach to life



Additional experiences include:

- > Temazcal
- > Sauna
- > Healing Therapy
- > Akashic Reading
- > Forest Bathing
- > Horse riding

If you decide to stay with us an extra day, we could facilitate the following experiences:

- > Create your own cacao clay cup using an ancient fire oven
- > Visit local chocolate & mushroom farmers in San Mateo

Not included:

- > Flights or travel costs to get to El Refugio
- > Extra snacks/drinks during the retreat besides the three daily provided meals

SCHEDULE

day 1 TUESDAY 16

Setting up the intention

Welcome to El Refugio in San Jose del Pacífico

3-4pm water ceremony
4-6pm Introduction & Opening Circle
Consagración
Cacao Ceremony & archetypes
7.30 pm dinner time

day 2 WED 17

Silent Day; Body, Mind, Soul Adjustment

8-9 meditation
9-10.30 hatha yoga
10.30 -11.30 breakfast in silence (delivered in the cabin)
11.30 - 12.30 talk: an invitation to wonderment
1pm - 4pm lunch & rest
4pm - 6pm forest bath
6pm - 7.30pm personal time (journaling, resting)
End of Mauna
7.30 pm dinner time

day 3 THU 18

Cacao Initiation

8-9 Breakfast
9-11 trip to Cacao&Coffee Plantation in Pluma Hidalgo (2.30hr drive)
11.30-12.30 arrival to Finca Vista Hermosa & brunch
1 pm 4pm- visit to the sanctuary , connection with the cacao trees; harvesting with the local community
4-5pm cacao ceremony
5-7.30 going back to El Refugio
7.30 pm dinner time

day 4 FRI 19

Cacao Immersion / Workshop

8-9 meditation
9-10.30 hatha yoga
10.30 -11.30 breakfast

12- 2 pm Cook with Apolonia

2pm - 4pm lunch & rest
4pm - 6pm personal time
6.30pm - 7.30pm Heart Circle w. Cacao
7.30 pm dinner time

day 5 SAT 20

Preparation of the land

8-9 am breakfast
9- 4pm
walk to the land, preparation of the earth, lunch box

4pm-5pm personal time
5-6.30 hatha yoga
6.30-7.30 cacao ceremony
7.30 dinner & rest

day 6 SUN 21

planting of the cacao

8-9 am breakfast
9-4pm
walk to the land, planting of the cacao, lunch box

4pm-5pm personal time
5-6.30 hatha yoga
6.30-7.30 final cacao ceremony and sharing
7.30 pm dinner time

day 7 MON 22

Integration day

8-9 meditation
9-10.30 hatha yoga
10.30-11.30 breakfast time
12 Check out

Please check in additional activities if you would like to book something with us
You can stay in El Refugio all day



PRICES

SHARED
ACCOMMODATION

14.500 MXN

SINGLE
ACCOMMODATION

18.600 MXN

SPECIAL PRICE FOR
COUPLES/
FRIENDS & FAMILY

22.000 MXN

per cabin
(for two people)



prices listed include all meals,
accommodation, guidance, support,
meditation & yoga , workshops and
visit to Cacao Sanctuary



SHARED ACCOMMODATION OPTIONS

CACTUS

MAGUEY



prices listed include all meals,
accommodation, guidance, support,
meditation & yoga , workshops and
visit to Cacao Sanctuary



CACTUS & MAGUEY

14.500 MXN per person
up to 6 people in two cabins

Cactus and Maguey are bright and cozy.
Both host a maximum of 6 people in individual beds.

They have regular toilet.
Cactus has a regular boiler and Maguey
a wood boiler.



SHARED ACCOMMODATION OPTIONS for couples

ROSAL 1 & 2

AGAPANDO



prices listed include all meals,
accommodation, guidance, support,
meditation & yoga , workshops and
visit to Cacao Sanctuary



AGAPANDO
22.000 MXN per ROOM
when booked for 2 people

Agapando is an intimate cabin. Perfect for privacy.

It has a regular toilet and wood boiler



ROSAL 1 & 2
22.000 MXN per ROOM
when booked for 2 people

Rosal 1 & 2 are comfortable and rooted in simplicity.
Both host a maximum of 2 people in individual or shared beds.

They have regular toilet and wood boiler.



PRIVATE ACCOMMODATION OPTIONS

ROSAL 1 & 2

AGAPANDO



prices listed include all meals,
accommodation, guidance, support,
meditation & yoga , workshops and
visit to Cacao Sanctuary



AGAPANDO
18.600 MXN per ROOM
single use

Agapando is an intimate cabin. Perfect for solitude and privacy.

It has a regular toilet and wood boiler



ROSAL 1 & 2
18.600 MXN per ROOM
when single booked

Rosal 1 & 2 are comfortable and rooted in simplicity.

They have regular toilet and wood boiler.



CAMPING

10700 MXN

includes guide and food
during all the retreat

the guest is responsible
for bringing sleeping
bags, covers and tent

please note that starting
may is rainy season, so
waterproof equipment is
needed.



prices listed include all meals,
camping place, guidance, support,
meditation & yoga, workshops and
visit to Cacao Sanctuary

how to get there

El Refugio is located between La Venta and San José del Pacífico. There are frequent road routes from the **airports of Huatulco, Puerto Escondido and Oaxaca.**

Location of Refugio Terraza de la Tierra:

<https://goo.gl/maps/hKKvpmTpxFxbdQWB6>

FROM THE COAST (POCHUTLA)

3.5 hour drive

Go to Lineas Unidas office and buy a ticket to Sant José del Pacífico. The vans always stop there. Once in San José, a tuc tuc can take you to el Refugio for 70 pesos. It is a 5 min ride.

Location Pochutla Terminal:

<https://goo.gl/maps/ZKd3Js7HBmwzraEz9>

FROM OAXACA CITY

3.5 hour drive

Go to Lineas Unidas office and buy a ticket to Sant José del Pacífico. The vans always stop there. Once in San José, a tuc tuc can take you to el Refugio for 70 pesos. It is a 5 min ride.

Location Oaxaca Terminal:

<https://goo.gl/maps/7hDYHH8oBzCQu3RT8>

Private transportation is available.

The costs are:

2500 mx pesos / from or to Oaxaca

3000 mx pesos / from or to Mazunte or Zipolite

3450 mx pesos/ from or to Puerto Escondido

l e a r n i n g t o l i v e f r o m t h e s o u l

practical information

Weather:

It is a mountain area, so warm clothing are needed. In the summer months (june-september) is rainy season so please bring a raincoat / umbrella and proper footwear. During autumn and winter the weather is dry, sunny all day, and cold at night.

All rooms have a fireplace that is lightened up daily by the staff. Depending on the room, the shower boilers work with gas or wood. The staff will be very happy to show you how it works in case of needing any assistance.

Electricity:

There are solar panels that provide electricity, but all cabins have candles to bring a higher sense of intimacy during the night. Some cabins don't have electricity.

Money:

Although payment via bank transfer is available, it is recommended to bring some cash to pay for accomodation, meals, as there are no atm's nearby. There is a very beatiful shop with local products made with a lot of love that might tempt you to buy something.

Meals:

The retreat includes three daily meals cooked with organic vegetables that grow in the property. Meals are vegan, balanced and nutritious to help the deepening process. There is, however, honey that is produced locally absolutely delicious. During the retreat, there is room service for a higher privacy.

l e a r n i n g t o l i v e f r o m t h e s o u l

¿What to bring?

- > Comfortable, warm clothes according to type of retreat & location. We will be sitting, immobile for long periods of time, so bring comfortable pants, socks.
- > money in cash.
- > water bottle that keeps warm.
- > comfortable footwear to move around in a mountain environment.
- > snacks in between hours if you have strong appetite. Dried nuts are ideal. (They can be acquired onsite if needed)
- > a flashlight to guide you after sunset
- > a notebook and a pen
- > biodegradable body kit
- > almond and/or sesame oil to hydrate your skin if it tends to be dry
- > natural mosquito repeller
- > during rainy season (may-september) raincoat and waterresistant footwear.



BOOK YOUR SPOT

RESTING IN BEAUTY,
LIFE BECOMES AN
ACT OF GRATITUDE

PAYMENT OF 15% DEPOSIT

2790 MXN SINGLE ;
3300 MXN COUPLE
2175 MXN SHARED
1605 MXN CAMPING

VIA:

1. BANK TRANSFER:

SARA ALVARO FROST
BANK: BANCOMER
154 383 5680 / CUENTA
BCMRMXMMPYM / SWIFT
0126 3001 5438 356805 / CLABE

2. PAYPAL (WITH AN EXTRA 5%)
MAIL: ELABRAZOSUTIL@GMAIL.COM

3. WISETRANSFER
MAIL: ELABRAZOSUTIL@GMAIL.COM

WHEN PAYING, PLEASE SPECIFY:

- WHICH RETREAT YOU'RE JOINING
- NAME OF PARTICIPANT
- CABIN NAME

> Three weeks prior to the retreat, 50% of the remaining amount according to your booking will be charged.

> 50% of the remaining amount will be paid cash upon arrival :)

> It is possible to extend your stay in El Refugio for a more harmonious integration, if so, please notify with time ahead so that they can save your spot.

> If you're travelling from abroad, it is recommended to arrive at least one/two nights prior to the retreat to allow your body to adjust. Please notify with time ahead so that they can save your spot.