

## **Flying the Coop!**

### ***Retreat Itinerary***

#### **Sunday**

##### *Afternoon*

- Arrive at the destination and meet your BTN driver at the airport. Upon arrival at the estate you will be shown around the property, your room, and asked to take a Covid test. Meet us for *Welcome Drinks* in the main house at your leisure.
- *Welcome Discussion & Orientation* in early evening once all guests have arrived to help you get ready for the week ahead and discuss our plans, and get to know the group!

##### *Evening*

- 7:30-10:30- Enjoy an incredible *Welcome Dinner* at the estate cooked by local chefs!

#### **Monday**

##### *Morning*

- 7:00-10:00 - Enjoy a fresh, chef-cooked *breakfast*.
- 8:00-9:00 Morning *Yoga* in the garden or on the beach.
- 9:30-10:30 - *Morning Workshop: "Kick-off, What kind of person do you want to be now."*
- 10:30-12:00 - Free time to enjoy the pool, opt for an in-room massage, get work done, or delve deeper into the morning workshop with the mentors.

##### *Afternoon*

- 12:00-1:00 - *Lunch* is prepared by our chefs and available to enjoy wherever you please on the property.



- 1:30-3:00 - *Afternoon Workshop: "What kind of life do you want to lead?"*
- 3:00- 6:00 - *Guided Artisan Market Walk + Local Ceramic Painting Class*  
- Make a Traditional Piece of Mexican Painted Ceramic. Opt to return to the property with the group, or stay in San Miguel at your leisure.

### *Evening*

- 6:00-7:00 - *Sunset Happy Hour* - Enjoy Music, Wine, Margaritas and Local Snacks throughout the Property.
- 7:30-9:30 - *Dinner* at a local farm-to-table eatery. We will walk here together and enjoy dinner.

## **Tuesday**

### *Morning*

- 7:00-10:00 - Enjoy a fresh, chef-cooked *breakfast*.
- 8:30-9:00 - *Morning Meditation* in the gym or in the garden
- 9:30-10:30 - *Morning Workshop: "Driving Forces: Self, Work, Home, Community"*
- 10:30-11:00- *Break Out* groups devoted to exploring the workshop topics deeper.
- 11-12:00 - Free time to explore, take a dip in a hot spring, have a facial, or go for a hike. This is also a great opportunity to continue working with the mentors on the morning's workshop and continue those conversations.

### *Afternoon*

- 12:00-1:00 - *Lunch* is prepared by our chefs and available to enjoy wherever you please on the property.
- 1:30-3:00 - *Afternoon Workshop: "How do dual career couples navigate changes in the Self, Work, Home, Community, recalibration."*
- 1:30- 5:00 - *OPTIONAL - Local Cultural Exploration*. Dive into local culture with a private, artist-led gallery walk. Stay in town to continue

exploring and come back to the property at your leisure. A car will be waiting for you.

- 5:30-6:00 - *Free time* or join us by the pool for light snacks and margaritas

### *Evening*

- 6:30-9:30 - *Cooking Class* by a local restaurateur. We will enjoy either in-home cooking instruction or will visit the chef on location. Enjoy your delicious local creations afterward with local cocktails!

## **Wednesday**

### *Morning*

- 7:00-10:00 - Enjoy a fresh, chef-cooked *breakfast*.
- 8:30- 9:30 - *Morning outdoor workout* - We will take a brisk morning hike, opt for a HIIT workout, or morning movement on the beach.
- 10:00-1:00 - *Outdoor exploration* - We will explore local hot springs, paddleboarding, horseback riding, or similar. Or, opt to hang back at the house and work. One mentor will stay at the property to work one-on-one with anyone.

### *Afternoon*

- 1:00-2:30 - *Lunch* is prepared by our chefs and available to enjoy wherever you please on the property.
- 1:30-4:00 - *Afternoon Workshop: "Developing your NEW perspective on SELF and WORK"*
- 4:30- 5:00 - *Free time* to recalibrate, continue your workshop discussion, or enjoy a spa treatment from the comfort of the estate.
- 5:00- 6:30 - *Evening Workshop: "Developing your NEW perspective on HOME and COMMUNITY"*
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### *Evening*

- 7:00 - *Dinner on your own!* Head into town with the group and mentors for a rooftop dinner at an excellent local restaurant. We will offer a

number of other restaurant recommendations if you prefer solo exploration.

## Thursday

### Morning

- 7:00- 10:00 - Enjoy a fresh, chef-cooked *breakfast*.
- 8:00- 9:00 - Morning *Yoga* in the gym, the garden, or on the beach.
- 9:30- 10:30 - *Morning Workshop: "Motivators for Change; finding them and maintaining them."*
- 10:30- 12:00 - Free Time to relax, opt for luxury treatments, sit poolside, or delve deeper into the morning's workshop with mentors.

### Afternoon

- 12:00- 1:00 - *Lunch* is prepared by our chefs and available to enjoy wherever you please on the property.
- 1:00- 3:30 - *Guided Architecture Walk*. Get ready to explore your surroundings with a local guide who will talk about the history of the local architecture and any famous UNESCO World Heritage sites.
- 3:30 - 4:30 - *Afternoon Workshop: "IKIGAI - using this ancient tool to find your true purpose"*
- 4:30- 6:30 - *Happy Hour!* Create your own favorite cocktails or enjoy a glass of locally-produced wine. Or opt for a sunset walk on the beach or hike to a great sunset viewing spot.

### Evening

- 7:30- 9:00 - Enjoy a delicious *chef-cooked dinner* at the property.
- 10:30-*Midnight* - *Guided Stargazing*. Take a jaunt from our property to a beautifully set up luxury viewing spot. Lay on the ground, get cozy, and enjoy a discussion about Mexico's skies.

## Friday

### Morning

- 7:00- 10:00 - Enjoy a fresh, chef-cooked *breakfast*.
- 8:00- 9:00 - *Morning yoga, pilates, sound healing, or meditation.*
- 9:30- 10:30 - *Morning Workshop: "Learning as a motivator, not money."*
- 10:30-12:00 - Free time. Time to get your *Covid Test* for those flying tomorrow. Opt for any luxury experience or any add-on! Or continue the discussions with your mentor and group.

### Afternoon

- 12:00-1:00 - *Lunch* is prepared by our chefs and available to enjoy wherever you please on the property. *Lunch Chat: "How am I changed by 2020? - Processing Our Changes"*
- 1:00- 4:00 - *Afternoon Local Exploration.* We'll be heading out for a vineyard tour and wine tasting, or out on a boat to explore nearby beaches.
- 4:30- 6:30 - *Happy Hour and Wrap-Up Session* at the estate. Enjoy a great closing sunset with the mentors and locals who have enjoyed the week with us.

### Evening

- 7:30 - 10:30 - *Farewell Dinner!* Enjoy an incredible dinner and local live music at our estate as we celebrate the week of inspiration, motivation and connection together!

## Saturday

### Morning

- 7:00- 10:00 - Enjoy a fresh, chef-cooked *breakfast*. Pick up your *Travel Lunches* to take with you on your flight.
- *Drivers will be available* throughout the morning and afternoon to take you to the airport or to your next accommodation if you plan to continue traveling locally.



- Enjoy the day at your leisure and depart from the estate in time for your flight.