

Arte.Sana Oaxaca Retreat Itinerary

November 15 – 20, 2025

Day 1 – Arrival

- Welcome & Introduction Activity (Artgurl)
- Dinner at Levadura de Olla

Day 2 – Creative Immersion

- Morning Workshop with Artgurl
- Temazcal Ceremony at Aguamiel
- Clay Workshop with Macrina Mateo
- Dinner In

Day 3 – Culinary & Culture

- Morning Artgurl Session + Yoga
- Cooking Class at Casa Isaura
- Visit to Monte Albán
- Free Time

Day 4 – Textile & Cacao

- Morning Workshop with Artgurl
- Natural Dye Workshop with Texere
- Cacao Tasting at Chimalapa
- Dinner In

Day 5 – Reflection

- Yoga & Final Artgurl Workshop
- Free Time
- Goodbye Dinner at Asador Bacanora

Day 6 – Departure

- Farewell & Goodbyes