



Hello

Beautiful

A new season deserves a
beautiful setting—
and a little space to breathe
and begin again.



Antigua Reset + Adventure Week

Guatemala • Spring 2026

A boutique Antigua immersion + adventure with a guided reset—grounded in emotional wellness, vitality, and joy—so you go home lighter, clearer, and ready for what's next.

If you're craving a reset that actually restores you, this week is designed to help you slow down, reconnect, and return home clearer about what's next.

WHY YOU'LL LOVE THIS WEEK IN ANTIGUA (WITH US)

- **Antigua is the backdrop:** walkable, stunning, and energizing—easy to feel alive without over-planning.
- **A true home base:** one beautiful private villa, nourishing meals, and built-in downtime.
- **A guided reset:** light structure, daily grounding, and prompts that help you listen inward and get clear.
- **Adventure with choice:** culture + play + optional add-ons (never required).
- **Small-group chemistry:** up to six women. Thoughtful conversation, laughter, and real connection.

WHO IT'S FOR

This experience is for women who are capable and steady for everyone else, but know they need time and space to reconnect, feel restored, and get clearer about what's next.

It's for you if you're craving a reset that feels easy and meaningful: culture, laughter, and a little adventure—paired with quiet moments for reflection, intention, and choosing your next steps.

Small group. Carefully curated. Safe, supported travel.

THE RHYTHM (SUPPORTED + SPACIOUS)

Each day has a simple flow—enough structure to feel supported, with plenty of room to breathe.

- **Morning: breakfast + short grounding** (mindfulness + intention)
- **Late morning / early afternoon:** curated cultural immersion
- **Afternoon:** group lunch (most days) + downtime (pool, rest, wander)
- **Later:** “Choose Your Adventure” window (optional add-ons or keep it simple)
- **Evening: dinner + select reflection nights** (gentle, not intense)

Always optional: Follow the planned flow, choose an optional add-on, or take more downtime—either way, you'll be supported.

WHAT'S INCLUDED

- **Daily breakfast + snacks + most group lunches + dinners**
- **Daily grounding + guided reflection** (light coaching + planning prompts)
- **Curated cultural experiences** (beautiful, unhurried, meaningful)
- **Built-in downtime** (pool + reserved cabana time)
- **Welcome dinner + farewell celebration**
- **Daily “Choose Your Adventure” window** (options and premium add-ons—never required)
- **Trusted local partners + coordinated logistics** (safe, supported travel)

Adventure here means curiosity. You'll experience new streets, new flavors, new perspectives with all of your senses. You'll have a choice to add optional add-ons for bigger experiences (volcano hike, ATV viewpoints, mountain biking, spa + beauty experiences, and more).



Antigua Reset + Adventure Week Guatemala • Spring 2026

GROUP SIZE + TIMING

Group Size: Up to 6 guests

Session 1: April 16 – April 22, 2026

Session 2: April 30 – May 6, 2026

Lake Atitlán extension (Session 2 only): Three days and two nights + private tour (through May 9).

WHAT THIS IS (AND ISN'T)

- **Grounding + clarifying + uplifting** (not intense)
- **Optional add-ons** (never required)
- **Spacious pacing** (not scheduled every minute)

INTERESTED?

Reply, “Antigua, please,” and we’ll send pricing and what to expect day-to-beautiful-day!

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