



Ready to Embark on a Journey to Find Your Light?

# Yoga in Yelapa 2026

February 22-28, 2026

- ***Are you ready to take a meaningful pause—to slow down, breathe deeply, and reconnect with your inner light through intentional self-care?***
- ***Is it time to put yourself first—to nurture your well-being and reignite the light within you?***

This is your invitation to step away from the rush and return to yourself.  
To trade your to-do list for ocean breezes, your stress for soulful movement, and your routines for moments of beauty, presence, and connection.

It's time to put yourself first.  
To nurture your body, quiet your mind, and feed your spirit.  
To reignite the light within you—and return home renewed, inspired,  
and deeply at peace.

Join us for an adventurous yoga retreat designed to support your healing, your growth, and your joy—in one of the most stunning settings on Earth.  
You're worth this. And we can't wait to welcome you.

Save your spot today at [www.journeysoftheheartwellness.com](http://www.journeysoftheheartwellness.com)







## Discover Yelapa, Mexico

Imagine yourself in the tranquil village of Yelapa, Mexico—where the lush jungle meets the Pacific Ocean as we embark on a 6-night adventure with Journeys of the Heart—a soul-nourishing experience designed to help you unwind, reconnect, and reignite your inner light.

Your day begins with intentional yoga and meditation, supported by thoughtful journaling to awaken your inner voice. From there, the day is yours—to explore the beauty of Yelapa, hike to a hidden waterfall, swim in the sea, or simply do nothing at all.

As the sun sets, you'll be guided through evening rituals—Cacao Ceremony, Somatic Breathwork, and Sound Healing—offering space for deep release, reflection, and renewal.

Each day you'll enjoy traditional meals prepared by our private chef Yanet and experience Ballet Folklórico, a powerful celebration of culture and storytelling through movement.

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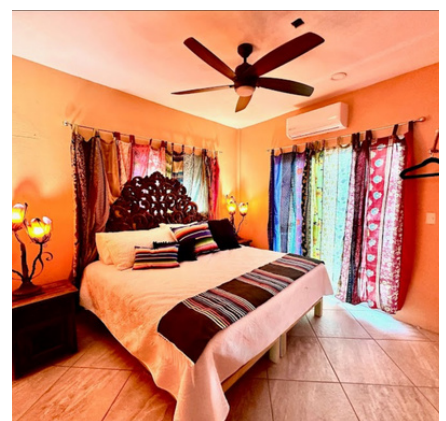
## Welcome Home to “Las Casas”

Nestled in the jungle between the beautiful ocean and the lush mountains are Casa Journey and Casa Palmas which will serve as the centerpieces of your Yelapa adventure.

Both casas provide a modern and fully appointed comfortable space to call home while you enjoy the rustic Yelapa experience. These luxury villas will welcome you home from your adventures and will include all the comforts you deserve in a relaxing and reviving getaway.

Discover the culture and delicious flavors of Mexico with a personal chef who will design mindful meals centered around locally sourced ingredients and catered for our retreat. You will enjoy traditional favorites such as Chile Rellenos, Enchiladas, Fresh Fish Tacos and Ceviche, local juices and fresh fruit.

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## Receive:

- 6 Nights Accomodations in Casa Journeys or Casa Palmas
- Roundtrip transfers to and from Puerto Vallarta Airport
- Yoga sessions daily
- Traditional meals prepared fresh daily by our private chef
- Somatic Breathwork, Cacao Ceremony, Sound Healing, and Journal prompts
- Dinner out and Ballet Folklorico show
- Coffee, tea, juice, and purified water with all meals

## On your own:

- International flights to/from Puerto Vallarta
- Required travel insurance
- Massage and other treatments
- 1 dinner and any other off-site meals
- Optional excursions
- Tips for staff



Book online @[journeysoftheheartwellness.com](http://journeysoftheheartwellness.com) or  
 Call Leslie Weaver @707-484-3836  
 Reserve your spot today!





## Retreat Pricing:

Casa Journeys:

All rates based on Double Occupancy-

- \$1975.00-Ocean Front King Bed Share
- \$1900-Ocean View-King Bed Share
- Jungle View Room: \$1850 per person-2 beds
- Single supplement \$350

Casa Palmas:

All rates based on double occupancy:

- \$1800-King Bed Share w/ private bath
- \$1750-King Bed Share w/ shared bath
- Single supplement \$250

## Payment Details:

- Deposit of \$350 per person before June 1, 2025 and \$500 per person after June 1
- Full payment due by January 1, 2026
- Accepted Payment methods: Credit Cards, Checks, Cash
- All payments are non-refundable

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# Meet Larissa

Larissa Pendergraft , LCSW is a Somatic Breathwork practitioner, yoga enthusiast, creative spirit, and devoted dog lover with a background in psychotherapy.

She draws on her years of experience supporting personal growth and well-being to blend body-based practices, mindfulness, and creative expression.

During the retreat, Larissa will guide you through mindfulness, journaling, and breathwork practices that encourage emotional clarity, self-discovery, and deep self-care. Her intention is to create a nurturing space where you can release what no longer serves you, tap into your creativity, and return home feeling grounded, inspired, and renewed.



# Meet Leslie

Retreat curator, movement guide, and lover of soulful travel, Leslie brings her deep roots and adventurous spirit to every experience she leads. Born and raised in Mexico with a background in travel, yoga, and wellness adventures, she creates experiences that blend movement, connection, and mindful adventure.

Her retreats are designed to be more than just a getaway—they're a journey inward. Whether she's guiding you through a gentle flow, leading a beach-side circle, or encouraging you to dive into the rich culture of Mexico, Leslie's intention is always the same: to help you feel alive, aligned, and more yourself than ever.

