



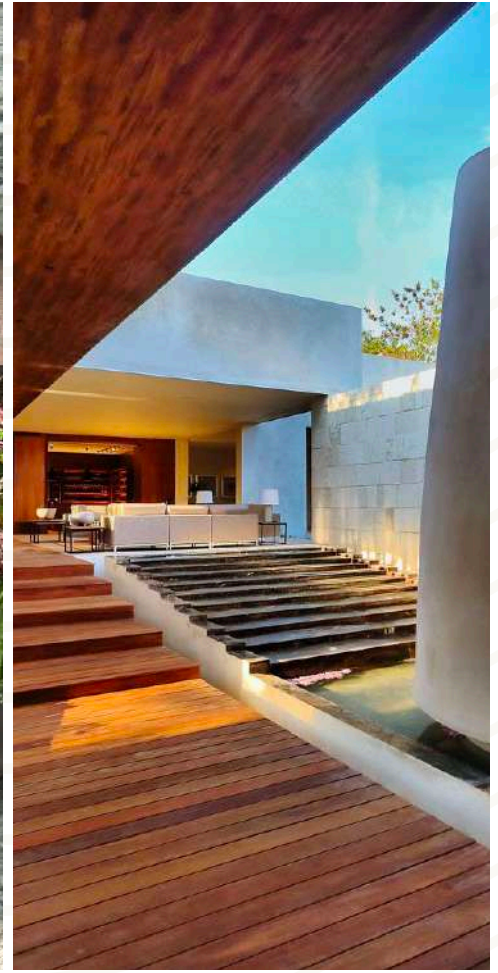
Discover transformative wellness and become the best version of yourself with breathing techniques, stress management, and local organic foods

Nov 07-10, 2024

Location: Chablé Yucatán

Mérida, México

Powered by
Forest Travel Agency



Welcome to a transformative journey

Embark on an innovative journey with Orah Wellness!

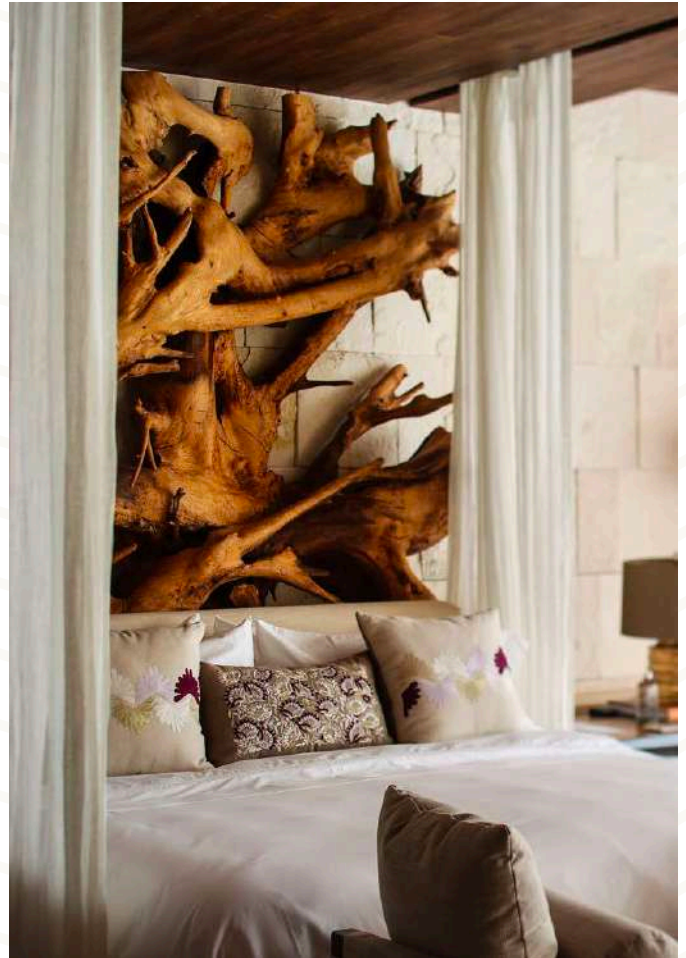
Immerse yourself in magical destinations, surrounded by nature and organic architecture. Experience the power of mindful breathing, movement, and wholesome nutrition. Forge meaningful connections, create unique friendships, and indulge in safe, enriching conversations.

Orah Wellness is your gateway to a holistic sensory adventure, marking a path of wellness in your life.

Location: Chablé Yucatán

Mérida, México

Where lightness sets you free



From the moment you arrive at Chablé Yucatán, you sense a profound and vibrant connection. Nature, here, is openly abundant. Lightness permeates the land, and you take it in with all your senses. The everyday begins to fall away as you feel the present like a truth you have always known.

In our next Luxury Wellness Retreat you will....

- Discover the transformative power of nature
- Cultivate self-love
- Embrace mindful living
- Nourish your body with medicinal foods
- Expand your awareness
- learn and master stress management techniques
- Experience wellness with purpose and intention, learning practical ways to achieve it



Our program includes...

- 4 Days / 3 nights in luxury accommodations.
- Private round trip airport transfers.
- All Meals locally sourced curated by Susan Farkas.
- Guided wellness sessions with the experts.
- Sunrise and sunset activities.
- Heart opening cacao ceremony.
- Energy expanding movement classes.
- Sound Healing.
- Learn Techniques of Breathwork for Stress Relief
- One spa treatment to unwind, tune in and recharge or a private sessions with our experts.
- And much more...



Our Orah Wellness Experts



Alexander Cohen

In my integrative wellness practice, I integrate various modalities to foster a profound mind-body connection and promote holistic well-being. Through a blend of mindful movements, yoga, meditation, and breathwork, we tap into your body's innate wisdom, increasing energy levels and inducing deep relaxation as needed.



Debbie Heim

I am an experienced luxury travel designer, having worked at Forest Travel for over 30 years. This experience has been enriching and has motivated me to dedicate my life to fitness and wellness. My profound success in maintaining a healthy work-life balance in my own life inspires me to help others do the same.



Susan Farkas

As a Integrative Medicine and nutrition expert, I am dedicated to curating menus sourced from local ingredients that highlight the healing properties of food. Through thought-provoking conversations on nutrition, the significance of the microbiome in bolstering immunity and overall well-being, evidence-based recommendations, the impact of bioindividual medicine, and more.



Sandra Coiffman

Effective stress management helps you break the hold stress has in your life, so you can be happier, healthier and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation and fun - and the resilience to hold up under pressure and meet challenges head-on.

Total price of our Luxury Wellness Retreat

Starting at

\$4,389 USD

Per Person based on Double Occupancy

\$5,689 USD

Based on Single Occupancy

Not included in your stay


- ⦿ Airfare
- ⦿ Alcoholic beverages

Refund Policy

- ⦿ Guaranty your space with \$250 USD. Space is limited.
- ⦿ Full payment must be completed by 05 September 2024.
- ⦿ Cancellations made less than 30 days before the retreat are non-refundable.
- ⦿ In the event that Orah Wellness cancels the program, a full refund will be issued.

Are you ready to **turn your life around?**

Contact us for more information
and inquiries

 +1 (305) 932 5560
Ext 122

 orahwellness@foresttravel.com

 @orahwellness

**See you at our
Luxury Wellness Retreat!**

