



BETTER HUMANS

WELLNESS RETREAT 2023

HOLBOX

[HTTPS://BETTERHUMANSRETREAT.CARRD.CO/](https://betterhumansretreat.carrd.co/)

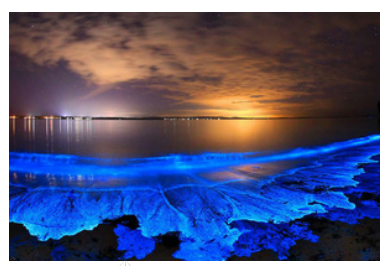


Woohooo!!

We are going to Holbox



11/11 Better Humans Wellness Retreat



A transforming immersion into

- Energy Healing,
- Vibration,
- Consciousness,
- Self-Empowerment,
- Natural Medicine, Ayurveda
- Herbalism,
- Yoga,
- Mayan Secrets, and
- the **MAGICAL** experience of **BIOLUMINESCENSE!**

Nov 8 - 12, 2023

Ticket Sale Price
\$1.480- \$2.180 all-inclusive
(w/o air/ground transportation)

WHEN: Wednesday Nov 8th - Sunday 12th 2023
WHERE: Holbox Island - Mexico* (Cancun Airport)
 Boutique Hotel: Island Reserve by Karisma
WHAT: Empowering " Next-Level" Better Humans Wellness Retreat
WITH: Erika Ramelli + Badass Super friends



ERIKA RAMELLI, founder of Better Humans, is an International Wellness & Stress Management Consultant, Natural Medicine expert, Author, Energy Healer and Master Herbalist. 20+ years experience with corporate and hospitality clients in 18+ countries

THE TEAM

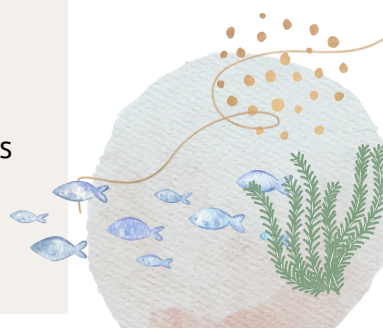
This inspiring community-building team of partners & facilitators brings a wealth of experience, quality and authenticity to all they create! OMazing experts ready to support your journey and enhance your experience;
Dr Jodi Ashbrook, Karisma Hotels

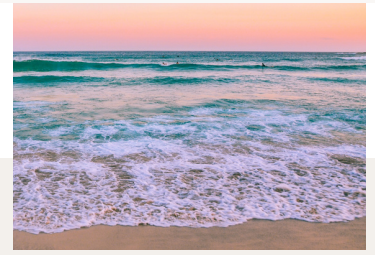
THE AUDIENCE

Our attendees are mid-senior level professionals, entrepreneurs, creatives and mindful individuals who choose to cultivate their wellbeing intentionally and pursue conscious lifestyles.
 If this sounds like you, you belong on this retreat.

FOR YOU IF

- You hold an inclusive model of spirituality
- You realize that you are unique & multi-faceted
- You are looking for vetted facilitators & proven techniques
- You are seeking likeminded & like-hearted people
- You strive to be a positive force in the world
- You want to get away and like magical places





Retreat take aways

Attending this wellness retreat will ignite your greatness and rejuvenate your mind, body, and soul. Our well curated programs offer a wide range of mindful activities, herbal workshops, yoga classes, meditation sessions, mayan treatments, energy healings, ayurveda based guidance, and healthy meals. Here are some key takeaways

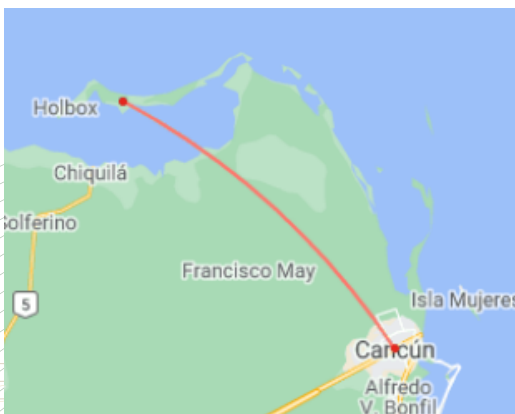
1. **Cultivate a healthy mind:** Mindfulness is the act of being present in the moment and paying attention to your thoughts, feelings, and physical sensations. Reduce stress, improve your focus, and cultivate a blissful sense of inner peace. You will experience various unique techniques to choose the one that best works for you.
2. **Tips for sustainable conscious lifestyle:** Not all bodies are built the same way. One size does not fit all. Discover the key foods, herbs and practices that best support YOU.
3. **Connect with nature:** Spending time in nature can be incredibly healing for the mind and body. Take advantage of this beautiful island to relax, feel, reconnect and self-care

Walk away with new friendships, OMazing tools to lead a healthier life. Open your heart to activate innate wisdom, cultivate a sense of inner peace and well-being that will last long beyond your short time with us.

Holbox is a hidden gem! This small island (just off the north coast of Mexico's Yucatan Peninsula) is about two hours north of Cancun and is accessed by a ferry. The turquoise waters, white sands and bioluminescence will leave you breathless!

The stunning boutique complex has 38 rooms and suites with terraces or balconies, easy access to the beach and plenty of privacy.

Choose between Single \$2,108. Double, \$1980 or Triple \$1880 occupancy. Rates are per person and include food and programs.



Transport



GLOBAL
INCENTIVE MANAGEMENT DMC
Cancún • Riviera Maya • Costa Mujeres • Puerto Vallarta
Los Cabos • Punta Cana • Costa Rica • Panamá • Jamaica

We got you covered and safe with our OMazing in-land partner:

Global Incentives Management Inc

Jose Loria and Team Tel Whatsapp +52 9982424939

Ivan Pasos Sales Manager ipasos@gimdmc.com



Stuff

11/11 Better Humans Wellness Retreat



CHECKLIST

- Mark Calendar
- Check Passport
- Invite a friend
- Complete retreat forms
- Book Airfare
- Book land transport
- book water transport
- Customize your trip Book your enhancers
- Come ready to surrender and expand

INCLUDED

- Schedule of wellness programs + 11/11 ceremony
- Yoga
- Room
- 3 simple meals / day (Vegan, gluten free and other nourishment options available)
- Better Humans Product Discounts

NOT INCLUDED

Specialized enhancing services such as

- - Mayan experiences / Temazcal
- - Massages
- - Chakra Balancing + Pranic Healing
- - Swimming with Whale sharks
- - Photoshoots
- Flights and airport transportation
- Boat Transport to the island (Speed boat or ferry)
- Optional nights before or after the retreat
- Alcohol and a la carte food & beverages

Payment

Direct Link, Venmo, Zelle, Cash app

special rates end Sept 15th

Q & A

What should I pack? You should pack your passport, Swimsuit(s), comfortable flowy clothing and sandals, a light sweater, movement friendly outfits, hat & sunnies, notebook, journal and pens, beach bag

Should I bring my yoga mat or meditation cushion? Feel free to bring your own.

Can my special dietary restrictions be accommodated? Absolutely. All modifications will be accommodated.

Is there alcohol? The property serves alcohol at its restaurants. A non-alcoholic experience is also available.

Do Better Humans Members get a discount? Those in "active coaching programs" and Members do receive a discount.

Transport to-from airport- ferry-hotel? We've made a partnership with a safe and secure transport service. Contact them to book your airport and boat transport. [Ivan Pasos ipasos@gimdm.com](mailto:Ivan.Pasos@jimdm.com)

The Fine Print:

We understand that life is dynamic, plans change and you may need to cancel your registration for this November retreat starting on. No stress! We gotcha! **Here is our refund and cancellation policy:**

- All Bookings are transferable up to Nov. 1st 2023

- Cancellations more than 60 days before the start of the retreat (before September 9, 2023) will receive a 75% refund of the total amount paid, minus any applicable transaction fees.

- Cancellations between 60 and 15 days before the start of the retreat (September 9 to October 24, 2023) will receive a 50% refund of the total amount paid, minus any applicable transaction fees.

- Cancellations within 15 days of the start of the retreat (on or after October 25, 2023) will not be refunded.

Please note that any refunds will be processed within 30 days of receipt of your cancellation using the same payment method used for the original registration. To cancel your registration, please send a notice of cancellation to programs@betterhumans.net

We hope that this policy provides you with the necessary flexibility, while also allowing us to ensure that we can provide the best possible experience for all of our participants. If you have any questions or concerns, please don't hesitate to contact us.



11/11 Better Humans Wellness Retreat

8

Wednesday November 2023

8 AM- 7PM

Island Reserve - Punta Coco, Holbox Mexico
Arrival and check in

7PM

Welcome Cocktail
Welcome, introductions, expectations **Location:** _____

9, 10, 11

THURSDAY, FRIDAY SATURDAY November 2023

- 6:45am Sunrise Meditation
- 7:15am Tea & Quiet Time
- 8-9am Yoga practice
- 9 - 9:45am Breakfast/Showers
- 10-12pm Morning Expert Keynote
- 12:15m-1pm Workshop
- 1-2pm Lunch
- 2-3:30pm Afternoon Keynote
- 3:30-6pm OPEN for Self-discovery, enhancers, sunbathing, massages, 1/1 sessions and conscious friendships
- 6-8 Dinner
- 8-11pm Optional Social Experience (Ceremony 11/11)

12 SUNDAY November 2023

- 6:45am Sunrise Meditation
- 7:15am Tea & Quiet Time
- 8:30am -11:30 Closing activities + Q&A + Farewell Brunch
- 12pm- Free Time for enhancers, extra day or departures

Enhancers:

- _____ Erika (\$125) _____ Jodi Ashbrook (\$60) One-on-One 1 hr sessions
- _____ 30 Mins Divine Photoshoot with Lene Love (\$222)
- _____ In-room Massage service (\$120)
- _____ Temazcal Mayan Sweat Ceremony

