



BACALAR,
MEXICO

ONE OF THE MOST HEALING PLACES
IN THE WORLD

LA LUNA LAGUNA

A Healing Retreat
February 12-19, 2022



Join international yoga teacher and intuitive healer Lindsay "LuLu" Simmons for a magical week of yoga, healing, connection, & wonder.

**This private resort
is reserved EXCLUSIVELY for us.**

Experience 8 days in paradise on the banks of a freshwater lagoon, known for its pristine healing waters and shades of blue. Experience stunningly beautiful views, peaceful sounds, vibrant nature, and the incredible, healing energy of Bacalar.

We'll spend our days practicing yoga, receiving many healing treatments, eating fresh, organic cuisine from the Resort's private garden, connecting deeply, and nurturing the mind, body, and heart.

RESERVE YOUR SPACE TODAY

ABOUT THE RETREAT



WATER TREATMENTS



TWICE DAILY YOGA

La Luna Laguna is an intimate retreat designed specifically to restore natural balance to your nervous system, encouraging complete relaxation, and integrate the mind, body, and spirit.



MEDITATION



SOMATIC RELEASE



SOUND HEALING

ABOUT THE RETREAT

- 8 days, 7 nights in a luxury waterfront resort
- Sunrise and sunset yoga + meditation
- Fresh, organic cuisine prepared from the resort's onsite organic garden
- Waterfront living and dining
- 3 healing massage/bodywork treatments or rituals
- Group healing + somatic release with LuLu
- Yoga nidra
- Full moon and cacao ceremony
- Group sound healing session
- Group healing breathwork circles
- Kayaking, peddleboarding, paddleboarding, and snorkeling
- Group tour of the resort's organic garden
- Optional excursions to Mayan ruins, cenotes, or various national parks by boat or car
- Group shuttle *to and from* the airport
- Group support *before and after* the retreat
- Fabulous celebratory dinner + dancing
- Special surprises + gifts
- And much, much more....

ABOUT THE HOST



Hello radiant soul. I'm LuLu and I'll be your guide through the gorgeous journey of coming home to yourself while surrounded by the pristine waters of Laguna Bacalar.

We will journey together with a myriad of integrated healing modalities from around the world, including but not limited to: intuitive yoga, healing bodywork, aromatherapy, breathwork, sound healing, Thai yoga therapy, somatic release, Mayan rituals of temazcal and copal infusion, emotional translation, Mayan healing, and more.

In my personal healing journey, I've discovered that my deepest medicine and spiritual awakenings came from my most challenging struggles: each teaching me how to go within for the answers to my heart's most urgent questions.

My journey home has taught me how to trust myself, how to trust my body, and inspires me to run toward my life instead of away from it.

It doesn't matter who you are, where you are, how old you are... how stiff, sick, inflexible, or any other excuse... there is something here for you.

Guaranteed.



CREDENTIALS ♥

- 300-hr Certified Jivamukti Yoga Teacher
- 16-hr Yin Yoga Teacher Certification
- Bachelors Degree in Psychology from UNC-Chapel Hill
- Licensed Massage and CranioSacral Therapist
- Certified Thai Yoga Therapist
- Certified NLP practitioner
- Certified EFT, T.I.M.E., and Hypnosis practitioner
- Certified Life and Success Coach

RESERVE YOUR SPACE TODAY

ABOUT THE SUPPORT

The intention behind La Lana Laguna Retreat is restore balance to your entire being on every level. Every aspect of this retreat is curated to allow for spaciousness, flow, deep healing, deep nourishment, and deep integration. To support you on every level we have expanded the group support available to you before, during, and after the retreat.

You can expect 1-2 group calls before we arrive in Bacalar on February 12th to prepare your system to receive this experience more profoundly. You can also expect 3 group calls following the end of the retreat to support you in re-entry and deep integration. The goal behind these offerings is to nourish your mindbodyheart and provide you with tools for supporting yourself more fully and completely.



Note: Intuitively and often, I will give you more than you signed up for. If I sense the group needs additional resources, I will intuitively respond and create what would support your highest level of integration (always.)



You can expect:

- 1 Pre-retreat group call
- 3 Post-retreat group calls
- 3 (1:1) Healing treatments
- 12+ Group Sessions (healing, movement, breathwork, sound therapy, yoga)
- Transcendence in your way of being
- And much, much more

ABOUT THE RESORT



PRIVATE LAGOON-FRONT RESORT

BACALAR, MEXICO

LAGOON-FRONT CABAÑAS

We have the ENTIRE resort to ourselves this week.

This beautiful resort has exquisite details and is built on the banks of the therapeutic, magical, and alkaline waters of Laguna Bacalar.

The Lagoon is known for its crystal clarity, healing powers, and vibrant shades of blue.

You can expect exquisite beauty and comfort, with some of the most beautiful views you've ever seen and the most delicious food you've ever tasted.

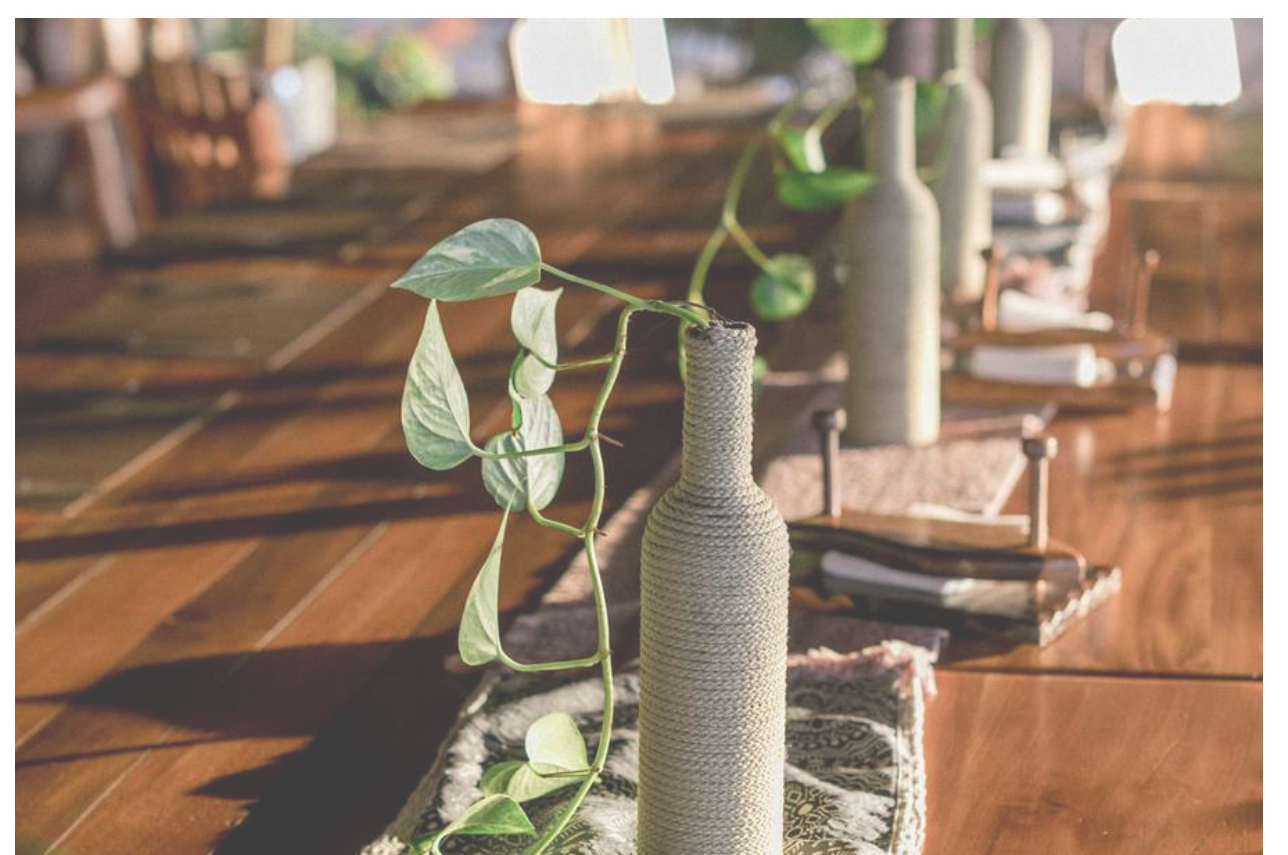
We will dine, practice yoga, and sleep in villas right on the lagoon.

This resort is truly a sanctuary in paradise.

Kayak tours, stand-up paddleboarding, and expeditions are offered complementary, and there are optional sailing excursions to various places throughout the gorgeous lagoon. The Healing Center offers various treatments for physical & emotional healing.

There is a large organic garden onsite where they teach about organic gardening and serve the freshest fruits and vegetables daily. The resort staff are warm, welcoming, and absolutely amazing, and will cater to your every need.

All diets and dietary restrictions can be accommodated with ease.

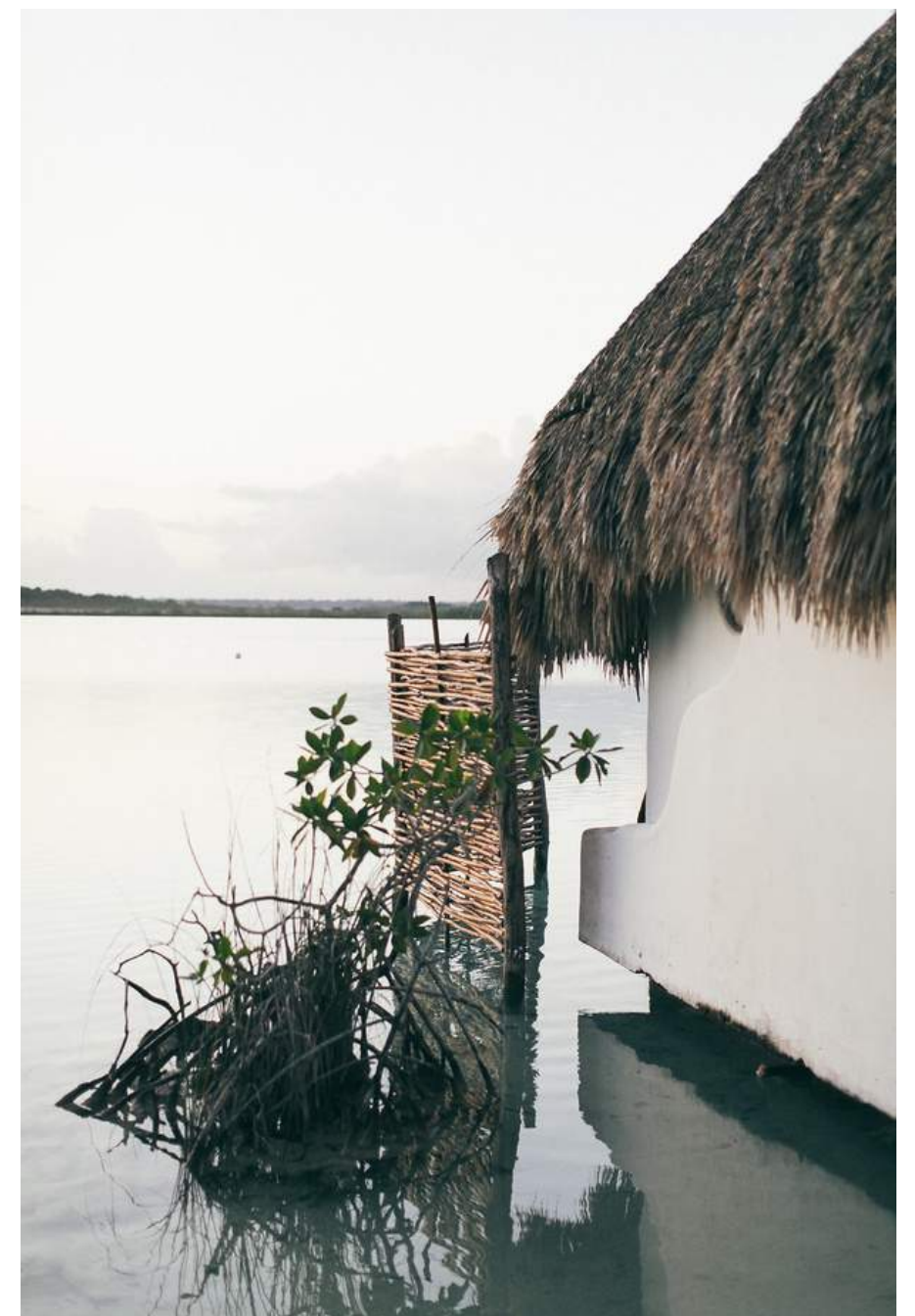


R E S E R V E Y O U R S P A C E T O D A Y

ABOUT THE ROOMS

The intention behind La Lana Laguna Retreat is to create community and connection. One way we will do this is by sharing private cabanas with one another.

If you feel it would be better for you to have more solo time and would like a private room to yourself, just let us know. This private option is available to you.



Guest rooms are booked on a first-come, first-serve basis. The entire resort was renovated during 2020 and now has 15 guest rooms available to us.



Retreat pricing is based on double occupancy. If you prefer to stay in a room all to yourself, simply ask! The rooms can accommodate 3-4 guests comfortably.

CABAÑAS MANGLAR

\$4,950 per person (double occupancy)

**** \$4,450 if paid in full by December 1st.**

Payment Plans Available **



These gorgeous cabanas are brand new to the property. They sit just a few steps from the lagoon. Most rooms face the lagoon waters, and a few face the jungle and mangroves.

Each room includes:

1 King bed (or 2 Queens)

Private patio/porch

Private bath

Hot water

A/C throughout

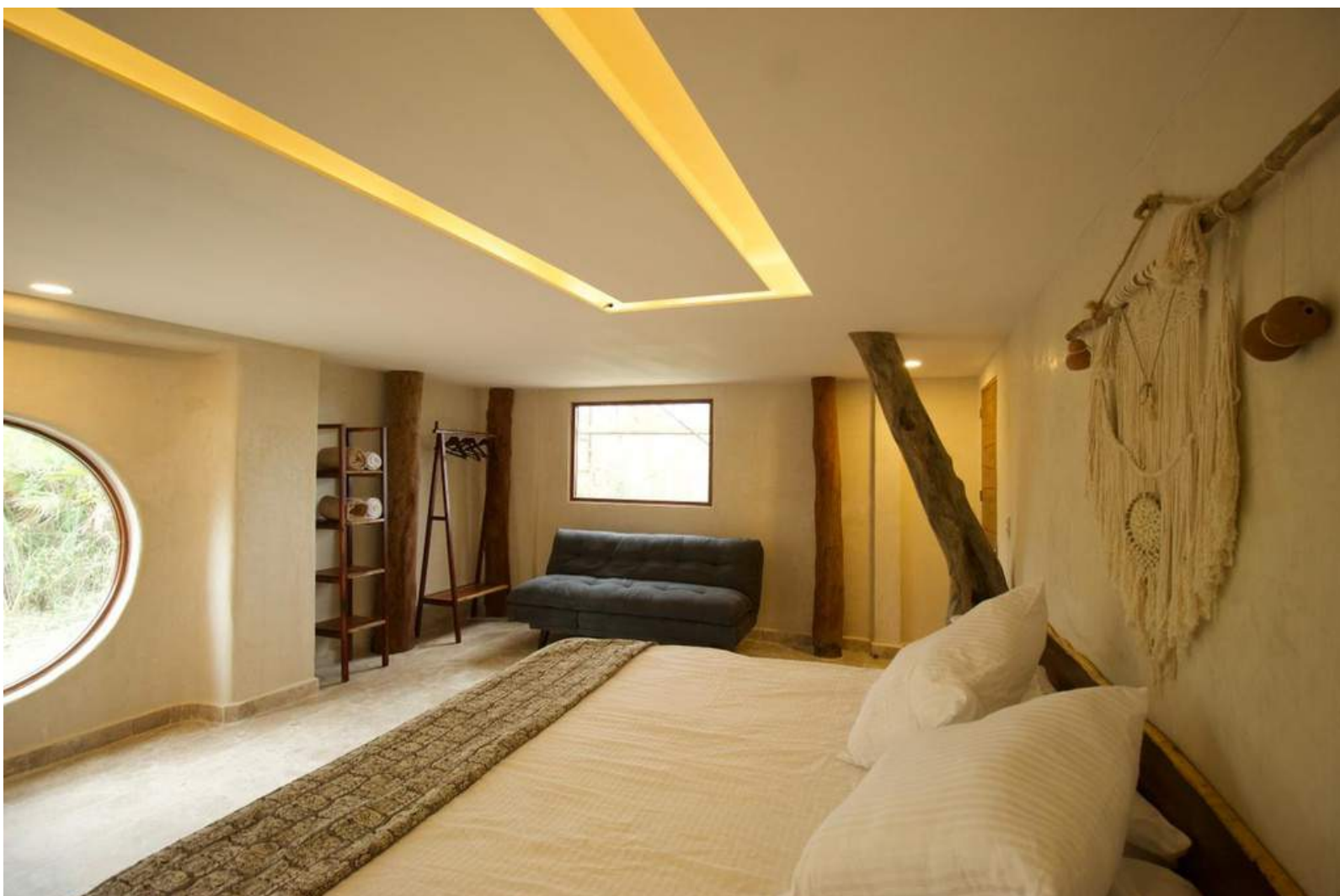
Bath + beach towels

Shampoo + conditioner

Chocolate soap

Room service

Daily maid service



CABAÑAS LAGUNA

\$5,550 per person (double occupancy)

**** \$4950 if paid in full by December 1st.
Payment plans available ****



The Laguna Cabanas are right over the water and offer stunning views and magical sounds of the lagoon! The lagoon's healing waters literally move under the floors of your suite.

Each room includes:

1 King bed

Sun deck and pavilion

Private access to lagoon

Panoramic view the lagoon

A single bed (or 2 twins)

Beautiful wood floors

Private bath

Hot water

Ceiling fan

A/C floor fan

Bath + beach towels

Shampoo + conditioner

Chocolate soap

Room service

Daily maid service



Plus, the exclusive sun deck allows direct access to the lagoon and is equipped with two comfortable lounge chairs.



A person's hand is shown reaching out from the right side of the frame, hovering just above a body of water. The background is a soft, hazy sunset or sunrise over a body of water, with the sun low on the horizon, creating a warm, golden glow. The water's surface is slightly rippled, and the overall atmosphere is serene and contemplative. The text is overlaid on this background in a clean, serif font.

PRICES
STARTING
AT
\$4,450
IF BOOKED
+
PAID IN FULL
BY DECEMBER 1ST

DETAILS

The intention behind every element of this healing retreat is to create space for you to relax more deeply than you ever have before.

To open your heart and develop compassion for yourself, while finding clarity and experiencing stillness.

You will have an abundance of opportunities to slow down, take deep breaths, and allow yourself to "just be."

Feel fully alive in the present moment, nurtured by the womb of the healing waters around you, and open to a world of new possibilities.

Feel whole again.

La Luna Laguna is much more than your average yoga retreat. Each yoga class and each healing treatment is tailored to you in every way, creating more than just a physical release, but alignment of mind, body, and spirit.

I will encourage you to listen to your body's needs and respect its limits, and explore new growth and space with your breath and intention. Together, we can receive the benefits of each practice from where we are.

In the sacred space we create together, you can allow your spirit to slowly awaken and reconnect with the simple joy of being alive. Feeling in awe of everything around you. Experiencing complete emotional and physical wellbeing.

There will be plenty of free time to enjoy "vacationing" and to receive healing treatments from LuLu and the Healing Center. Eat delicious food, relax by the lagoon in the sun or moonlight, take in the spectacular views, cultivate lifelong friendships, and enjoy the many optional excursions around the Laguna.

Return home feeling truly aligned and rejuvenated.

SAMPLE DAILY SCHEDULE

6 - 7 a.m.	Coffee, tea, fresh juice, and fruit
7 - 9 a.m.	Sunrise yoga
9 - 10 a.m.	Breakfast
10:30 a.m - 1 p.m.	Healing treatments
1 - 2:30 p.m.	Lunch
2 - 5 p.m.	Free time: swimming, exploring, siesta
5:30 - 7 p.m.	Sunset yoga/workshop
7 - 8 p.m.	Dinner
8 p.m.	Family time

RESERVE YOUR SPACE TODAY

THE FINE PRINT

Schedule is subject to change to best serve the needs of all students in the group. Each room is suggested for double occupancy, however, if you are traveling with a group of 3 and would like to stay together in one room, we can absolutely accommodate. Most rooms are able to fit 3-4 people comfortably. Just ask if you have any questions.

Travel: This price does not include your flight to Mexico, but I can make flight suggestions based on my research and experience. Travel from the Cancun Airport to the resort is 4 hours. I would highly recommend sharing a van with members of our group, and if you choose this option, the price of the shuttle is included in the retreat price listed above.

Private shuttles are available upon request.

There is an option to fly to a nearby airport in Chetumal that is only 40 minutes from to the resort by taxi. If you would like either of these options, I can supply additional information, but cannot book, pay for, or take responsibility for any unforeseen changes.

Deposit to secure your spot on La Luna Laguna is \$500 and is non-refundable once registration opens. In the event that you are not capable of attending the retreat, you can transfer your place to a friend, but your deposit and the full price of the retreat are 100% non-refundable. For this reason, we highly recommend purchasing travel insurance.



RESERVE YOUR SPACE TODAY:

FREQUENTLY ASKED QUESTIONS

1. What's not included?

Your flight, alcohol purchased at the resort, additional excursions, travel insurance (recommended), additional gratuities, souvenirs, additional healing sessions, and private yoga sessions.

2. How do I get there?

(From USA) you have two options:

Option 1 - Fly to Cancun, Mexico. From Cancun airport, a group shuttle will take you to on a 4-hour ride to the Resort where I will be waiting for you! (I recommend this option the most.)

Option 2 - Fly to Mexico City airport. Book a separate flight from Mexico City to Chetumal airport. You will need to check flight times to Chetumal before booking! Then, from Chetumal airport, you will take a 40-minute taxi to the resort where I will be waiting for you. (I only recommend this option if you have access to a *direct flight* to Mexico City and feel very comfortable traveling internationally and navigating foreign airports.)

3. Will there be WiFi/cell phone reception?

Based on your cell phone plan, you may or may not have international calling. There is WiFi at the retreat property but it *does not* reach all of the rooms. While you are welcome to use the WiFi out on the terrace or in the restaurant at your convenience, we do encourage you to "unplug."

4. How do I get the early bird rate?

Easy! Pay in full by December 1st, 2021.

R E S E R V E Y O U R S P A C E T O D A Y

FREQUENTLY ASKED QUESTIONS

5. Who can attend La Luna Laguna?

If you're reading this, La Luna Laguna is for you. You can be an experienced yogi or have never taken a yoga class before. We teach to every level, and every level will have so much available to them to learn, grow, and enjoy. This retreat is also for you if you desire to travel, but feel safer exploring in a group setting. Our intention is to create an environment where we can support and encourage each other, reflect on the highest vision of ourselves and our lives, and enjoy the connection that comes from the retreat experience. Lifelong friendships are very common and happen effortlessly (I have chills just writing this!) There is no experience like a yoga retreat and I want to make it possible for as many of you to experience this as possible, which is why I've made it so affordable.

6. What weather should I pack/plan for?

February in Mexico has almost perfect weather. The lows are in the 70s and highs are in the 80s. There is a breeze, so sweaters are a great option in the evenings and mornings. Bring bathing suits, plenty of yoga clothes for practice, and some pants/sweaters/light jackets for windy evenings. Layers are always a great idea! Laundry is not available onsite, so pack accordingly and/or bring your own non-toxic detergent to wash in the sink or shower and dry in the sun as needed.

7. Will I have downtime to relax?

YES! As noted in the sample schedule, there will be time in the morning and between class times for you to relax and enjoy as you wish. We are trusting you to take care of yourself and what you need as you need it. We invite you to join in on all group activities, and understand if you need sacred alone time. You can create the experience you need most in a supportive environment. We welcome all of you!

RESERVE YOUR SPACE TODAY

FREQUENTLY ASKED QUESTIONS

8. Will I have access to a gym?

There is no gym, but we will be on a large property with paths for walking/running as well as water activities like kayaking and paddle boarding.

9. Will I have access to excursions?

Yes. There are many options for excursions to the various Mayan ruins, sailing around the Lagoon, boat tours, snorkeling, and much more. I can offer you guidance but will not be responsible for booking or payment of any additional excursions.

10. How do I sign up?

A deposit of \$500 reserves your room. Follow the link to PayPal at the bottom of this webpage to make your first payment, or feel free to pay via Venmo, check or cash.

11. What is the cancellation policy?

Cancellation Policy: The \$500 deposit is non-refundable. In the event that you are not capable of attending this retreat, you can transfer your place to a friend, but your deposit and the full price of the retreat are non-refundable. I recommend purchasing travel insurance for greater peace of mind and security.

12. Are there payment plans available?

Yes! Connect with me directly and we will customize a payment plan together that aligns with both of us.

15. Will I have access to a pool?

There is no pool on the property but there is the beautiful freshwater lagoon! We are also 45 minutes from the Caribbean Sea. You can immerse in salt or fresh water for the entire week!

R E S E R V E Y O U R S P A C E T O D A Y

TESTIMONIALS



"La Luna Laguna was beyond my expectations! It's so much more than a yoga retreat. I left with lifelong friendships and a complete foundational shift."

"The connection with the other Lagunitas and the community feeling was amazing! The "openness" of everyone's minds and the loving accepting atmosphere set by the leaders trickled down into all of us and set the tone."



"Words cannot describe the healing, beauty, and connection that occur on La Luna Laguna Retreat. The energy of the space alone is indescribable, then you are guided by LuLu and her guest teachers who encourage you to lean into your truest self."

[RESERVE YOUR SPACE TODAY](#)

TESTIMONIALS



"I loved learning and incorporating elements of our surroundings into the activities, such as the sacredness of the place and the Mayan culture."

"It's like living in heaven for the week. There are just no other words adequate to describe it. It is everything and more."



"My favorite aspects of the retreat were experiencing different healing modalities, spending time in the sun, connecting with others, feeling limitless, and having no expectations of myself!"



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