



BACALAR,
MEXICO

ONE OF THE MOST HEALING PLACES
IN THE WORLD

PRIVATE RETREATS

with Lindsay "LuLu" Simmons



Join LuLu for a magical private retreat experience on the banks of a freshwater lagoon known for its pristine waters and shades of blue.

Enjoy stunningly beautiful views, peaceful sounds, vibrant nature, and the incredible, healing energy of Bacalar.

You'll spend your days in ceremony, practicing movement, receiving healing treatments, and nurturing your mind, body, and heart.

A NOTE FROM YOUR HOST

I am excited about the possibility of diving into this experience with you. It is such a deep honor to share these lands and my healing team. I look forward to co-creating this experience with you.

It's worth saying that this process is entirely intuitive from beginning to end. What I am sharing here is an outline of possibilities to support you in gaining clarity about the experience you most want to have.

Naps are frequent and so are adventures. Let's flow with how you're feeling.



ENERGY CLEANSING



SOUND HEALING

WHAT'S INCLUDED

- Welcome dinner the evening you arrive
- Daily mindful movement, yoga, and meditation
- Daily ritual, connection, and energetic cleansing with me (on our own schedule)
- Daily healing treatment of your choice (see healing menu)
- Sun gazing
- Waterfront dining
- Breathtaking views
- Daily ceremony (we can speak in detail about what you wish to experience and create together, as there are many options)
- Energy healing
- 1 pre-retreat session
- 1 post-retreat session

ADD-ONS

- Water sports: kayaking, snorkeling, paddle boarding, peddleboarding, jet ski, wakeboarding, boating
- Adventures/excursions: jet ski tour, Mayan ruins, sailing, boat tour of lagoon
- Plant medicine journey
- Sound healing
- Temazcal
- Cacao ceremony

CREATE YOUR EXPERIENCE

Lodging Options:

Akal.Ki Holistic Retreat Center

Carretera Federal 307 Km. 12.5

Bacalar (Xul-Ha) Othon P. Blanco, Quintana Roo, Mexico, 77900

Phone: 52 (045) 983 106 17 51 & 52 (045) 983 132 6102

A hotel of your choosing

I can help you find the right fit for you

An AirBnB of your choosing

I can help you find the right fit for you

Dining Options:

Option 1: Full-time private chef

with curated menu of all the things you love

Option 2: Dine out at local restaurants

or at the hotel/resort of your choosing

Option 3: Self-prepared breakfast, lunch, and dinner

at your AirBnB

SAMPLE RETREAT SCHEDULE

Tuesday | Land in Chetumal, MX and arrive between 3-4 p.m. Settle in + dinner together at 7 p.m.

Wednesday | Opening ceremony. I see this being a deep dive day for us.

Thursday | I see this as another deep dive day and an excellent day for you to process what's coming up for you, drop into another ceremony, or have solitude and reflection.

Friday | I see this being a celebratory day where we connect a lot through conversation, coaching, and discussion about what you would like to create when returning home.

Saturday | Closing ceremony. Yoga is excellent for travel days; maybe we take a walk and have connection time. 12 p.m. checkout + 1 p.m. departure.

BOOK YOUR RETREAT TODAY

SAMPLE DAILY SCHEDULE

This is a sample schedule to flow with, remembering that we can create whatever feels true in the moment.

7:30 a.m. | Sunrise yoga

8:30 - 11 a.m. | Reflection time and breakfast

11 a.m. | Ceremony with LuLu

12-4 p.m. | Healing treatment and lunch

4-6 p.m. | Siesta

6 p.m. | Reflection & processing with LuLu

8 p.m. | Dinner + connection time

BOOK YOUR RETREAT TODAY

PRICING OPTIONS

Keep in mind there will be half days when you are traveling.
These days are included in the "full day."

- 2 nights, 1 Full Day: \$2,200
- 3 nights, 2 Full Days: \$3,300
- 4 nights, 3 Full Days: \$4,400



DOES NOT INCLUDE:

- Travel (I can share my suggestions & recommendations)
- Lodging (I will help you find the right place for you)
- Food (Besides the welcome dinner)
- Alcohol

BOOK YOUR RETREAT TODAY

HEALING MENU



Reiki and Sound Healing Ritual

Sound healing is known to promote deep relaxation, aligning and harmonizing the chakras as well as your entire energy field.

During your session you may have experiences like seeing colors, astral travel, and receiving soul messages and intuitive visions. It is through this work that I have felt many new gifts awaken within me.

Decode Therapy

This therapy is an integration of 5 healing modalities: Akashic Records reading, Tarot reading, sound therapy, aura cleansing, and massage energy therapy.

It is a very in-depth experience and has been transformational for many women on retreat.



HEALING MENU CONT.



Bodywork

Thai stretching therapies, deep tissue massage, hot stone, Lomi Lomi, and Swedish massage are proven to relax the body, move energy, and cleanse and heal emotions.

Your gifted and experienced Massage Therapist has an energy that's gentle, loving, and powerful.

Mayan Spa Treatments

Explore a range of traditional therapies including massage, facials, and body care, as well as authentic Mayan spa treatments that will leave you feeling relaxed, refreshed, and restored.

Please view the Akalki Resort's full list of spa offerings [here](#).



HEALING MENU CONT.

Temezcal

Temazcal is an ancient practice of gathering in a heated adobe bungalow that lies low to the ground. It is a very special event and indigenous to this region of Mexico.

A trained ceremony master introduces heated stones to the center of the bungalow. Each stone is offered to encourage healing and purification of the body, mind, and spirit.



PREPARING FOR RETREAT

Packing List

Invitation to Freedom

Note: As of today, entry back into the US, does not require a negative COVID test. If that changes, I have very convenient options for testing.



ABOUT YOUR HOST



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.

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.



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
- Practitioner in training of NLP, T.I.M.E., EFT, and Hypnosis
- Specialty in life and success coaching