

REGENERATIVE RETREAT

January 23-30, 2027
Zihuatanego, Mexico

With Stephanie Henriksen and Sarah Cranston

PLAYA VIVA



THE REGENERATIVE RETREAT

Thank you for considering our retreat! Join us January 23-30, 2027 for a week of movement, regeneration and relaxation on Mexico's Pacific coast.

We'll be staying at Playa Viva, a coastal eco-sanctuary located on an active 200-acre permaculture farm. Playa Viva is B-corp certified and committed to a triple-bottom-line that promotes the planet, people and prosperity.

Our days will consist of two movement practices, farm-to-table meals, time to relax, and opportunities for on and off-site adventures.

You can expect intentional movement and facilitation, R&R, time to enjoy the incredible ecosystem and connection with like-minded individuals.

This retreat is suitable for all levels, for solo travelers or small groups of friends or family.

We hope to see you there!
Sarah & Steph

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YOUR HOSTS

Sarah is a longtime movement teacher with over 12 years of teaching experience.

Her yoga and pilates classes are athletic, function-focused and have practical mindfulness sprinkled throughout.

Sarah is passionate about sustainability (with a Bachelor of Arts in the field) and aims to foster deeper values of friendship and community through her retreats and classes.



Stephanie has been teaching yoga for over 10 years and recently expanded her offerings to include Pilates.

With a lifelong passion for movement, she is deeply interested in fitness as both a therapeutic practice and a powerful tool for cultivating connection and community.

Her classes are grounding, intentional, and welcoming; creating space for students to move, breathe, and reconnect with themselves in meaningful ways.



ACCOMMODATIONS

KING ECOCASTIA

Double occupancy: $3,000 USD per person
Triple occupancy: $2,800 USD per person

- One bedroom self-contained “casita” (little house)
- One king bed and daybeds which serve as an additional bed or couch
- Private bathroom
- Unobstructed ocean view
- Shutter doors can open for a full ocean view or close for complete privacy





QUEEN ECOCASITA

Single occupancy: $3,700 USD per person
Double occupancy: $3,000 USD per person

- Only single occupancy room available. Double occupancy also possible.
- One bedroom self-contained “casita” (little house)
- One queen bed (cannot be seperated)
- Private bathroom
- Unobstructed ocean view
- Sliding doors that can open for a 180° ocean view or close for complete privacy




ACCOMMODATIONS

DELUXE SUITE

Double occupancy: $2,800 USD per person
Triple occupancy: $2,500 USD per person

- Spacious room with three single beds
- Part of a 4-bedroom casita shared with other retreat attendees
- Private bathroom on the same level
- Shared large outdoor balcony
- Unobstructed ocean view





STUDIO

Double occupancy: $2,500 USD per person

- Part of the 4 bedroom casita, shared with other retreat attendees
- Two single beds
- Private bathroom downstairs away from the bedroom area (different level)
- Unobstructed ocean view





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WHAT'S INCLUDED

- 7 nights accommodation
- Transportation to and from ZIH airport
- 2 movement practices a day
- 3 farm-to-table meals a day, and snacks
- Towels, soap, shampoo, lotion and conditioner in all rooms
- Access to Wifi in the common area
- 10% tip to Playa Viva Staff
- 2% Donation to the Regenerative Trust

WHAT'S NOT INCLUDED

- Flights to and from Mexico
- Additional excursions or activities
- Spa/massage treatments
- Bar drinks and blended smoothies
- Playa Viva boutique purchases

TRANSPORTATION

The closest airport is the Ixtapa-Zihuatenejo (ZIH) international airport. There are direct flights to ZIH from Vancouver, Calgary, Toronto and Montreal. Playa Viva is a 40 minute drive from the airport, and complementary transportation to/from the airport is included. All flight times can be accommodated, and we will be organizing groups to travel together based on flights when possible.

PAYMENT & POLICIES

- A non-refundable deposit of $500 USD will secure your spot
- **Final payment is due by November 23, 2026**
- **If you cancel after November 23, 2026 no refund is available**
- Preferred payment method is e-transfer to sarah.al.cranston@gmail.com with the USD value converted to CAD based on the exchange rate that day
- Payment also possible via Wise, or Paypal (for Paypal a 5% additional fee for processing is applicable). Please contact Sarah for more information
- Payment plans are available - please contact us

FAQS

How challenging will the movement practices be?
Like our in-person classes, all movement practices will be all levels, with modifications and assistance offered in all practices. Everyone is welcome, although we do suggest having some movement experience to get the most from this retreat.

What kind of food will be offered?
Playa Viva describes their food as healthy Mexican. They focus on traditional Mexican meals, and cook with healthy, local ingredients. The food will be fresh and local plant-based cuisine with occasional meat or fish dishes.

Can you accommodate dietary restrictions?
Vegan, dairy-free and gluten-free options are available. For other restrictions or needs, please contact Sarah or Steph before finalizing your booking.

Will alcohol be available?
Alcohol and blended drinks are available onsite for separate purchase. but are not included with your ticket price.

What will the weather be like?
Expect cool mornings and evenings, and hot days!

Will I need to tip?
Tax and tip for your stay at PV is included in your ticket price. If you want to tip any staff at the end of your retreat, that is at your discretion. If you plan to partake in any additional off-site excursions, you may want to bring cash to tip. More information will be provided closer to the date of the retreat.

Please visit Playa Viva's website for more information, and don't be shy to contact us with any questions!





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