

# SANARA TULUM - TENTATIVE ITINERARY

## FRIDAY

### AFTERNOON (CHECK IN)

Sanara is positioned directly on the beachfront, looking out over the turquoise Caribbean Sea. Journal, relax, have a smoothie on the beach, experience the magic and the energy of Tulum. We encourage you to get outside, to walk barefoot on the soft, white sand, to paddle or swim in the ocean, and explore or simply lounge and catch up on rest in your beautifully appointed accommodations.

### EVENING

8:00 PM Informal Welcome Dinner at the incredible on-site restaurant, **The Real Coconut**

## SATURDAY

### SUNRISE

8:00 AM Gentle Sunrise Hatha Yoga

10:00 AM Enjoy an incredibly fresh breakfast at on-site restaurant, **The Real Coconut**

11:00 AM We'll meet on the rooftop deck for a few hours of our fun interactive healing workshop, **Mindful Mosaic**, where you'll learn all about healing and caring for your mind, body and spirit through the wisdom of the 7 Chakras.

### AFTERNOON

12:00 PM Lunch at the Real Coconut On-site Restaurant

### EVENING

4:00 PM Enjoy a long break that can include yoga in the stunning yoga studio overlooking the sea, healing spa treatments at the on-site spa. (Download treatment menu [HERE](#)) or simply relax on the beach, at the restaurant or in the multiple private retreats throughout the property.

7:00PM Dinner at the on-site Restaurant, **The Real Coconut**

## SUNDAY

### SUNRISE

11:00 AM We'll meet on the rooftop deck for a few hours of our fun interactive healing workshop, **Mindful Mosaic**, where you'll learn all about healing and caring for your mind, body and spirit through the wisdom of the 7 Chakras.

AFTERNOON

1:00 PM Lunch at the On-site Restaurant, The Real Coconut

EVENING

8:00PM Meditative Sound Healing in the gorgeous atrium Yoga studio overlooking the Sea

## MONDAY

- ★ A day free of scheduling to explore Tulum or go on excursions. See Below for optional excursions. Enjoy delicious meals at your leisure at the on-site **Real Coconut Restaurant**.

## TUESDAY

SUNRISE

11:00 AM We'll meet on the rooftop deck for a few hours of our fun interactive healing workshop, **Mindful Mosaic**, where you'll learn all about healing and caring for your mind, body and spirit through the wisdom of the 7 Chakras.

AFTERNOON

12:00 PM Lunch at **The Real Coconut** On-site Restaurant

EVENING

4:00 PM Enjoy a long break that can include an excursion, (See below for optional excursions) yoga in the stunning yoga studio overlooking the sea, healing spa treatments at the on-site spa. (Download treatment menu [HERE](#)) or simply relax on the beach, at the restaurant or in the multiple private retreats throughout the property.

## WEDNESDAY

- ★ (CHECK OUT) A day free of scheduling to prepare for the journey home

## SOME OF THE EXCURSIONS SANARA OFFERS ARE:

### Half day:

- Tulum ruins
- Cenote (fresh water sink hole) snorkeling and swimming
- Muyil Lagoon
- Guided jungle hike
- Melipona (Mayan Stingless Bee) Social Enterprise & Cenote
- Shopping, restaurants, and bars.

### Full day:

- Chichen Itza Mayan ruins
- Coba Mayan ruins & Cenote
- Valladolid Colonial Town & Cenote
- Mayan Elders & Mayan Village Social Enterprise Visit
- Swimming with Whale Sharks (May to September)
- Scuba diving - ocean or cenote (we can also offer PADI dive courses)

Please note that some activities are seasonal and will be unavailable during certain times of the year. You can choose to pre-book activities, or we can organize these for you during your stay.